The 2020 Championships will be held at Inspire: Luton Sports Village. All events in these Championships will be held as long course (50m). The County Junior **(under 16 years)** and Senior Championship titles shall be decided from the fastest times recorded in the finals. When an event has no final, the fastest times recorded in the heats will be used to determine the Junior and Senior Champions. Junior swimmers are eligible for senior titles. All events shall be deck seeded and 'Over the Top Starts' may be used except in Backstroke events.

## ELIGIBILITY

Swimmers shall be at least **10 years old**, as at **31st December, 2020.**

Every swimmer's Swim England membership record must display a **Category Two** membership in addition to membership of the Bedfordshire ASA club in whose name he/she is entered, at the time of entry. This includes any relay team members not entered in individual events.

Entry will only be considered where achievement of the Minimum Qualification Standard is attained after January 1st 2019 and is recorded in the British Swimming Rankings Database at the time of entry. This condition will NOT apply to swimmers whose Swim England membership record includes a Para-swimmer Sport Class, swimmers in possession of an ASA Certificate of Swimming Disability or any Team event; however, entry times are required. The facility may have both primary and secondary starting strobes available.

## SESSION DATES & TIMES

Dates and daily start times are as indicated on the schedule of events, where ‘tba’ is shown, the times will be notified when the accepted entry listings are published.

## WARM UP PROCEDURE

A controlled warm up system will be operated. The pool will be available for one hour before the start of each session. Details of the warm up procedures will be published on the Beds ASA web site at least one week before the first session and will be available in the programme.

## WITHDRAWALS

Every accepted entry is expected to swim unless the competitor withdraws. Notice of any withdrawal from a heat shall be reported to the Recorders, at least **45 minutes** before the start of the Session. Withdrawals after the 45 minute deadline may only be made on medical grounds and must be notified by the club coach to the official Recorders. Failure to comply with these conditions shall result in a £5 penalty which shall be paid before the swimmer competes again in the Championships. The club in whose name the competitor has been entered will be responsible for any penalties outstanding at the end of the Championships.

There will be no reserve swimmers for a final.

Requests to refund entry fees will only be considered when a swimmer medically withdraws from the entire Championships or all events during an entire weekend. Notification of any such withdrawal must be received by the Association at least one day before the start of each weekend.

## TEAM EVENTS

Relay Team Declaration Forms shall be submitted to the Recorders, at least **45 minutes** before the start of the relevant Session.

## SAFETY

All swimmers must be under the supervision of the Club Coach or a designated Club official at all times during the warm up, competition and in the vicinity of the pool.

In order to ensure the safety of competitors, only Inspire staff, swimmers and accredited coaches, team managers, officials and helpers will be allowed access to the Changing Village. Parents are requested **not** to enter the Changing Village and may be asked to leave the venue if they do not comply with this request.

Swimmers are requested to use the lockers provided in the changing village for clothes, valuables and other personal belongings to keep the pool deck area and ventilation vents clear.

Bedfordshire ASA accepts no responsibility for loss of any personal belongings or equipment.

## PHOTOGRAPHY & SOCIAL NETWORKING

Official photographs and any social networking feeds from this event will comply with the Swim England Photography or Social Networking Guidance's. Parents and carers who do not wish their child to be photographed must inform the Association in writing prior to the Championships.

For the avoidance of doubt the photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. The social media guidance will apply if those images or recordings are being shared through any social media platform whether that sharing is happening instantaneously through live streaming or whether the material is being stored for sharing at a later time.

## Photography is prohibited in the changing village. Anyone not complying with these requirements will be asked to leave the venue immediately.

**AWARDS**

The results of all events shall be determined by finals. When an event has no final, the fastest times recorded in the heats shall be used (Timed Finals). Gold, Silver and Bronze medals will be awarded to 1st, 2nd and 3rd places in each of the seven age groups, 10/11, 12, 13, 14, 15, 16 and 17&Over and may be collected from the medal table as soon as the official results are published. Junior and Senior Champions will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd places.

The swimmer that scores the highest number of FINA points for a single individual swim will be declared the top swimmer in each of the following five age groups, 10, 11, 12, 13 and 14.

Winners will be presented with a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd places.

All Trophies are the property of Bedfordshire ASA, must be kept in good order and returned un-engraved no later than November 2020. The Trophy policy can be viewed on the Beds ASA website.

## ENTRIES

All entries shall be consolidated and made electronically through a single club contact using the SPORTSYSTEMS Entry Manager V2.0. It should be noted entrants are still bound by the conditions of entry even though a form is not signed.

## FEES

**Individual Events -£5.00 per event (800m or 1500m £10.00) Team Events - £10.00 per event**

**PAYMENT: BACS (see coach)**

Spectator Entry £5.00 per day (or part thereof), no charge for children aged 2 to 8 years

**Closing date for all entries is Midnight on Friday 20th December, 2019**

**Please note that all information included in the entry pack, and supplementary information published by Beds ASA, form the conditions of the Championships**

**For any queries, please contact the Associations secretary**

**SCHEDULE OF EVENTS**

**Session One**

## Saturday 18th January - Start 18:30

Mixed 1500m Freestyle TF

# Session Two

## Friday 24th January - Start 18:30

Mixed 800m Freestyle TF

# Session Three

## Saturday 25th January - Start 10:00

**Session Five**

**Sunday 26th January - Start 10:00**

Women's 400m Freestyle TF Men's 50m Backstroke Heats Women's 100m Freestyle Heats Men's 200m Breaststroke TF

Women's 100m Freestyle Finals Men's 50m Backstroke Finals

Mixed 10&11 4x50m FreeTeam TF Mixed 12&13 4x50m FreeTeam TF Mixed 14&15 4x50m FreeTeam TF Mixed Open 4x50m FreeTeam TF

# Session Six

**th**

# Session Seven

## Saturday 1st February - Start 10:00

Women's 200m Freestyle TF Men's 100m Backstroke Heats Women's 50m Butterfly Heats Men's 200m Butterfly TF Women's 400m Individual Med TF

Men's 100m Backstroke Finals Women's 50m Butterfly Finals

# Session Eight

## Saturday 1st February - Start tba

Men's 100m Butterfly Heats Women's 50m Breaststroke Heats Men's 200m Individual Med TF

# Session Nine

## Sunday 2nd February - Start 10:00

Men's 400m Freestyle TF Women's 50m Backstroke Heats Men's 100m Freestyle Heats

 Women's 200m Breaststroke TF

Men's 100m Freestyle Finals Women's 50m Backstroke Finals

Mixed 10&11 4x50m MedTeam TF Mixed 12&13 4x50m MedTeam TF Mixed 14&15 4x50m MedTeam TF Mixed Open 4x50m MedTeam TF

# Session Ten

## Sunday 2nd February - Start tba

|  |  |  |  |
| --- | --- | --- | --- |
| Men's | 200m | Freestyle | TF |
| Women's | 100m | Backstroke | Heats |
| Men's | 50m | Breaststroke | Heats |
| Women's | 200m | Butterfly | TF |
| Men's | 400m | Individual Med | TF |
| Women's | 100m | Backstroke | Finals |
| Men's | 50m | Breaststroke | Finals |

**Sunday 26 January - Start tba**

**Session Four**

**Saturday 25th January - Start tba**

Women's 100m Butterfly Heats Men's 50m Freestyle Heats Women's 200m Individual Med TF

Men's 50m Butterfly Heats

 Women's 100m Breaststroke Heats Men's 200m Backstroke TF

 Women's 100m Breaststroke Finals Men's 50m Butterfly Finals

 Women's Open 4x100 MedTeam TF

Women's 50m Breaststroke Finals Men's 100m Butterfly Finals

Women's 10&11 4x50m FreeTeam TF Men's 10&11 4x50m FreeTeam TF Women's 12&13 4x50m FreeTeam TF Men's 12&13 4x50m FreeTeam TF Women's 14&15 4x50m FreeTeam TF Men's 14&15 4x50m FreeTeam TF

Women's 50m Freestyle Heats Men's 100m Breaststroke Heats Women's 200m Backstroke TF

Men's 100m Breaststroke Finals Women's 50m Freestyle Finals

Men's Open 4x100m FreeTeam TF

 Women's Open 4x100m FreeTeam TF

## Warm up will commence one hour before the start time shown in the Accepted Entry Listing

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Men's | 50m | Freestyle | Finals |  | Men's Open 4x100 MedTeam TF | Women's Open 4x50m FreeTeam | TF |
| Women's | 100m | Butterfly | Finals |  |  | Men's Open 4x50m FreeTeam | TF |
| Men's 10&11 4x50m MedTeam TF Women's10&11 4x50m MedTeam TF Men's 12&13 4x50m MedTeam TF Women's 12&13 4x50m MedTeam TF Men's 14&15 4x50m MedTeam TF Women's 14&15 4x50m MedTeam TF Men's Open 4x50m MedTeam TFWomen's Open 4x50m MedTeam TF |  |  |  |  |

**TF = Timed Final**

**Issue 1**

**ENTRY STANDARDS (25m)**

Times to be achieved after January 1st 2019 and recorded in GB rankings

|  |  |  |
| --- | --- | --- |
| **B O Y S** | **E V E N T** | **G I R L S** |
| **10/11† Years** | **12† Years** | **13† Years** | **14† Years** | **15† Years** | **16****Years†** | **17Years &Over†** | **10/11† Years** | **12† Years** | **13† Years** | **14† Years** | **15† Years** | **16****Years†** | **17Years &Over†** |
| 38.1 | 35.7 | 35.5 | 30.4 | 29.9 | 29.4 | 27.1 | **50m Freestyle** | 38.1 | 35.3 | 33.2 | 33.1 | 32.7 | 31.8 | 31.6 |
| 1:29.5 | 1.21.2 | 1:20.8 | 1:09.0 | 1:08.3 | 1:05.2 | 58.1 | **100m Freestyle** | 1:28.5 | 1:19.2 | 1:13.9 | 1:13.8 | 1:10.5 | 1:09.4 | 1:08.8 |
| 3:27.5 | 3.11.8 | 3:00.7 | 2:40.0 | 2:27.7 | 2:22.4 | 2:15.5 | **200m Freestyle** | 3:19.3 | 2:56.5 | 2:40.5 | 2:35.0 | 2:29.0 | 2:28.0 | 2:25.0 |
| 6:30.0 | 6:10.0 | 5:55.5 | 5:32.5 | 5:15.7 | 5:00.5 | 4:55.5 | **400m Freestyle** | 6:30.0 | 6:15.5 | 5:42.8 | 5:41.1 | 5:36.3 | 5:20.5 | 5:15.5 |
| - | 12:45.0 | 11:30.0 | 11:00.0 | 10:33.0 | 10:10..0 | 10:00.0 | **800m Freestyle** | - | 12:52.0 | 11:51.1 | 11:22.1 | 11.19.5 | 10:55.0 | 10:35.1 |
| - | 26:11.0 | 23.11.6 | 21:01.1 | 20:10.4 | 19:35.0 | 19:27.0 | **1500m Freestyle** | - | 23:30.3 | 22:10.1 | 21:13.3 | 20:59.9 | 20:12.9 | 20.00.0 |
| 52.3 | 49.8 | 49.2 | 41.7 | 41.6 | 40.2 | 33.4 | **50m Breaststroke** | 50.9 | 47.7 | 43.3 | 43.2 | 43.1 | 42.5 | 42.5 |
| 1:56.4 | 1:51.2 | 1:47.5 | 1:33.8 | 1:32.2 | 1:30.0 | 1:23.9 | **100m Breaststroke** | 1:54.2 | 1:48.5 | 1:36.8 | 1:36.7 | 1:36.6 | 1:34.9 | 1:33.5 |
| 4:20.0 | 4:02.9 | 3:46.7 | 3:20.0 | 3:15:5 | 3:10.8 | 2:59.9 | **200m Breaststroke** | 4:08.5 | 3:45.7 | 3:28.4 | 3:28.2 | 3:28.0 | 3:16.5 | 3:08.4 |
| 52.2 | 44.1 | 43.5 | 36.5 | 35.1 | 34.9 | 28.6 | **50m Butterfly** | 46.0 | 41.6 | 37.7 | 37.5 | 35.2 | 34.9 | 34.9 |
| 2:50.0 | 2:10.3 | 1:45.2 | 1:30.2 | 1:30.0 | 1:16.4 | 1:10.2 | **100m Butterfly** | 2:19.8 | 1:47.2 | 1:25.5 | 1:25.1 | 1:23.4 | 1:21.0 | 1:21.0 |
| 4:00.0 | 3:55.5 | 3:50.0 | 3:28.0 | 2:59.1 | 2:44.4 | 2:29.8 | **200m Butterfly** | 3:50.0 | 3:40.0 | 3:20.0 | 3:10.9 | 2:58.2 | 2:56.3 | 2:56.3 |
| 44.1 | 42.4 | 42.1 | 38.1 | 36.0 | 34.4 | 32.7 | **50m Backstroke** | 45.1 | 41.1 | 38.7 | 38.6 | 38.0 | 37.5 | 37.3 |
| 1:41.2 | 1:34.4 | 1:33.9 | 1:22.0 | 1:18.5 | 1:15.9 | 1:07.3 | **100m Backstroke** | 1:41.9 | 1:33.3 | 1:25.6 | 1:25.3 | 1:23.3 | 1:22.8 | 1:20.9 |
| 3:39.0 | 3:15.8 | 3:12.6 | 3:06.6 | 2:51.1 | 2:46.1 | 2:40.4 | **200m Backstroke** | 3:41.2 | 3:18.2 | 3:10.6 | 3:06.3 | 3:01.1 | 2:56.5 | 2:48.0 |
| 3:44.0 | 3:25.1 | 3:10.9 | 2:50.8 | 2:48.5 | 2:42.7 | 2:40.2 | **200m I.M.** | 3:58.3 | 3:24.6 | 3:02.2 | 3:01.9 | 2:58.6 | 2:48.8 | 2:47.9 |
| - | 7:45.0 | 6:22.2 | 6:05.5 | 5:59.3 | 5:56.7 | 5:50.8 | **400m I.M.** | - | 7:30.0 | 7:00.0 | 6:45.7 | 6:39.9 | 6:01.2 | 6:00.0 |

**Individual Events -£5.00 per event (800m or 1500m £10.00) Team Events - £10.00 per event**

**PAYMENT: BACS (see Coach)**

† Ages as at 31st December 2020

Issue 2

|  |  |  |  |
| --- | --- | --- | --- |
| First Name |  | Surname |  |
| Date Of Birth | **/ /** | **ASA Number** |  |

|  |
| --- |
| YOU CAN ONLY ENTER USING YOUR OFFICIAL TIMES. TO FIND YOUR OFFICIAL TIMES HEAD TO WWW.SWIMMINGRESULTS.ORG/BIOGS |

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Time (MM:SS.hh) | Price (£GBP) | Cross (x) if checked times on Swimmer’s Biogs  |
| 50m Freestyle |  | **£5.00** |  |
| 100m Freestyle |  | **£5.00** |  |
| 200m Freestyle |  | **£5.00** |  |
| 400m Freestyle |  | **£5.00** |  |
| 800m Freestyle |  | **£10.00** |  |
| 1500m Freestyle |  | **£10.00** |  |
| 50m Breaststroke |  | **£5.00** |  |
| 100m Breaststroke |  | **£5.00** |  |
| 200m Breaststroke |  | **£5.00** |  |
| 50m Butterfly |  | **£5.00** |  |
| 100m Butterfly |  | **£5.00** |  |
| 200m Butterfly |  | **£5.00** |  |
| 50m Backstroke |  | **£5.00** |  |
| 100m Backstroke |  | **£5.00** |  |
| 200m Backstroke |  | **£5.00** |  |
| 200m I.M. |  | **£5.00** |  |
| 400m I.M. |  | **£5.00** |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total Number of Events |  | Total Cost | £ .00 | Tick if done BACS |