



# Lewes Swimming Club

President: Mick Burt



## LEWES SWIMMING CLUB CHAMPIONSHIPS 2019

### Promoter's Conditions

1. The competition will be held at Seahaven Swim and Fitness Centre.
2. The competition will be held under Swim England Laws and Regulations and Swim England Technical Rules of Racing and will be a Level 4 Licensed Meet.
3. All events will be Heat Declared Winners (HDW). There will be no Finals. 'One Start' procedures will apply.
4. Events will be seeded according to entry times. All entry times will be taken from the swimmers' current PBs.
5. Competitors must be active members of Lewes Swimming Club and registered with Swim England under CAT 1 or CAT 2.
6. AGE GROUPS – 9yrs & Under, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17-20yrs and 21yrs & Over.
7. AGE for the entire competition will be as at 31st December 2019.
8. ENTRY FEES – The fee is £33 for 9 or more events or £22 for up to 8 events. Payments must be made electronically by internet banking or PayPal, as we are unable to accept cards, cash or cheques. Payment details are on the entry form.
9. ADMISSION – There will be no charge for spectators. Programmes will be on sale at 50p each.
10. AWARDS  
Place ribbons will be awarded for the top six places in each event, age group and gender. All other competitors will receive a participation ribbon.  
For all events the top 6 swimmers of each gender in each age group will also be awarded points: 12 for 1st place, 10 for 2nd place, 8 for 3rd place, 6 for 4th place, 4 for 5th place and 2 for 6th place.  
At the end of the year there will be awards for the three people of each gender scoring the most points in each age group, including a cup for the winner. Awards are presented at the annual presentation evening.  
Only points gained for each swimmer's best 12 events will be included for age group awards. (Swimmers must have competed in a minimum of 6 events to qualify for an age group award).
11. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events. Results for disability swimmers S1-S14 will be declared separately.
12. A swimmer who is late will lose the right to swim but may be placed in an unoccupied lane at the discretion of the promoter.
13. All entrants will be emailed in the week before each swim. Any swimmer who is unable or not intending to swim must notify the promoter by 3pm on the day of the swim. Failure to do this will result in all future entries for these championships being removed and entry fees will not be refunded.
14. Time trials may be allowed and will be at the discretion of the referee.
15. The Club reserves the right to change the programme in the event of unforeseen circumstances.
16. The closing dates for entries are:  
Session 1: 8th March 2019; Sessions 2-6: 7 days before each session.  
Entries should be posted to the Championships Secretary, **Mrs Beth Jaques, 53 Chyngton Gardens, Seaford, East Sussex, BN25 3RS.** Email [bethajaques@gmail.com](mailto:bethajaques@gmail.com)
17. If any of the above rules are subsequently found to have been contravened, the promoter shall decide what action, if any, shall be taken.

Trixie Nisbet  
LSC Club Championships Promoter



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## Lewes Swimming Club Championships 2019 - Schedule of Events

<b>Session 1 - Sunday 17/03/19</b>			<b>Session Length 2hrs</b>			<b>Session 4 - Sunday 13/10/19</b>			<b>Session Length 2hrs</b>		
1	Girls 9 & Over	100m	Backstroke	30	Girls 9 & Over	200m	Breaststroke				
2	Boys 9 & Over	100m	Backstroke	31	Boys 9 & Over	200m	Breaststroke				
3	Mixed Masters	100m	Backstroke	32	Mixed Masters	200m	Breaststroke				
4	Girls 9 & Over	50m	Freestyle	33	Girls 9 & Over	200m	Freestyle				
5	Boys 9 & Over	50m	Freestyle	34	Boys 9 & Over	200m	Freestyle				
6	Mixed Masters	50m	Freestyle	35	Mixed Masters	200m	Freestyle				
7	Girls 11 & Over	400m	Individual Medley								
8	Boys 11 & Over	400m	Individual Medley								
9	Mixed Masters	400m	Individual Medley								
<b>Session 2 - Sunday 12/05/19</b>			<b>Session Length 2hrs</b>			<b>Session 5 - Sunday 10/11/19</b>			<b>Session Length 2hrs</b>		
10	Girls 9 & Over	200m	Individual Medley	36	Girls 9 & Over	50m	Backstroke				
11	Boys 9 & Over	200m	Individual Medley	37	Boys 9 & Over	50m	Backstroke				
12	Mixed Masters	200m	Individual Medley	38	Mixed Masters	50m	Backstroke				
13	Girls 9 & Over	50m	Butterfly	39	Girls 10 & Under	100m	Freestyle				
14	Boys 9 & Over	50m	Butterfly	40	Boys 10 & Under	100m	Freestyle				
15	Mixed Masters	50m	Butterfly	41	Girls 11 & Over	400m	Freestyle				
16	Girls 10 & Under	25m	Freestyle	42	Boys 11 & Over	400m	Freestyle				
17	Boys 10 & Under	25m	Freestyle	43	Mixed Masters	400m	Freestyle				
18	Girls 11 & Over	100m	Freestyle								
19	Boys 11 & Over	100m	Freestyle								
20	Mixed Masters	100m	Freestyle								
<b>Session 3 - Sunday 07/07/19</b>			<b>Session Length 2hrs</b>			<b>Session 6 - Sunday 08/12/19</b>			<b>Session Length 2hrs</b>		
21	Girls 9 & Over	100m	Individual Medley	44	Girls 9 & Over	200m	Backstroke				
22	Boys 9 & Over	100m	Individual Medley	45	Boys 9 & Over	200m	Backstroke				
23	Mixed Masters	100m	Individual Medley	46	Mixed Masters	200m	Backstroke				
24	Girls 9 & Over	100m	Breaststroke	47	Girls 9 & Over	100m	Butterfly				
25	Boys 9 & Over	100m	Breaststroke	48	Boys 9 & Over	100m	Butterfly				
26	Mixed Masters	100m	Breaststroke	49	Mixed Masters	100m	Butterfly				
27	Girls 11 & Over	200m	Butterfly	50	Girls 9 & Over	50m	Breaststroke				
28	Boys 11 & Over	200m	Butterfly	51	Boys 9 & Over	50m	Breaststroke				
29	Mixed Masters	200m	Butterfly	52	Mixed Masters	50m	Breaststroke				



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## CLUB CHAMPIONSHIPS 2019 - ENTRY FORM

Please complete one form per person

Closing Date: 8<sup>th</sup> March 2019 (For session 1)

Swimmer's Name (in CAPITALS please) \_\_\_\_\_ Male/Female (please circle)

Address \_\_\_\_\_

Date of Birth \_\_\_\_\_ Age as at 31st December 2019 \_\_\_\_\_

Tel No \_\_\_\_\_ Email Address (please print) \_\_\_\_\_

Pool(s) you swim at (please circle) Lewes / Newhaven / Ringmer / Seaford

Please tick the events you would like to enter in the grid below.

Events for swimmers aged 10 years and under	Sunday March 17th		Sunday May 12th		Sunday July 7th	
	100m Backstroke	<input type="checkbox"/>	200m Medley	<input type="checkbox"/>	100m Medley	<input type="checkbox"/>
50m Freestyle	<input type="checkbox"/>	50m Butterfly	<input type="checkbox"/>	100m Breaststroke	<input type="checkbox"/>	
		25m Freestyle	<input type="checkbox"/>			
Age Groups 9&U 10yrs	Sunday October 13th		Sunday November 10th		Sunday December 8th	
	200m Breaststroke	<input type="checkbox"/>	50m Backstroke	<input type="checkbox"/>	200m Backstroke	<input type="checkbox"/>
	200m Freestyle	<input type="checkbox"/>	100m Freestyle	<input type="checkbox"/>	100m Butterfly	<input type="checkbox"/>
				50m Breaststroke	<input type="checkbox"/>	

Events for swimmers aged 11 years and over	Sunday March 17th		Sunday May 12th		Sunday July 7th	
	100m Backstroke	<input type="checkbox"/>	200m Medley	<input type="checkbox"/>	100m Medley	<input type="checkbox"/>
50m Freestyle	<input type="checkbox"/>	50m Butterfly	<input type="checkbox"/>	100m Breaststroke	<input type="checkbox"/>	
400m Medley	<input type="checkbox"/>	100m Freestyle	<input type="checkbox"/>	200m Butterfly	<input type="checkbox"/>	
Age Groups 11, 12, 13, 14, 15, 16, 17-20yrs & Masters 21+	Sunday October 13th		Sunday November 10th		Sunday December 8th	
	200m Breaststroke	<input type="checkbox"/>	50m Backstroke	<input type="checkbox"/>	200m Backstroke	<input type="checkbox"/>
	200m Freestyle	<input type="checkbox"/>	400m Freestyle	<input type="checkbox"/>	100m Butterfly	<input type="checkbox"/>
				50m Breaststroke	<input type="checkbox"/>	

Cost is either £22 for up to 8 events or £33 for 9 events or more.

Total Number of Events \_\_\_\_\_ @ £22 or £33 Total Paid \_\_\_\_\_

Please tick payment method below.

Paid by internet banking to: Lewes Swim Club Sort Code **20-49-76** Account **23185745**

Paid by PayPal to: **pay@lewesswimmingclub.org**

<input type="checkbox"/>
<input type="checkbox"/>

Please quote the swimmer's first and last names. If more than one, use the names of the youngest

Please return to: Beth Jaques, 53 Chyngton Gardens, Seaford, East Sussex BN25 3RS

Signed: \_\_\_\_\_ Signed (Parent): (if under 16) \_\_\_\_\_