



# CUMBRIA COUNTY CHAMPIONSHIPS

CUMBRIA COUNTY  
AGE GROUPS

# 2023

## **1. OBJECTIVES**

1. To provide the opportunity for Cumbria swimmers to compete in a County Championships licensed at Swim England Level 2.
2. To provide the opportunity for multi-classification para-swimming for classes S1 – S14. Multi-classification races, known as MC races, are where para-swimmers compete against rivals from different classifications.
3. County Championships will held annually in conjunction with the Age Group Competition.
4. To find the best swimmers for each stroke in each Age Group and the overall best Men and Junior Men, Women and Junior Women swimmers in the County each year for each event.
5. To present the 'Tommy Hatch Trophy' to the club accruing the most points in the Age Group Competition.
6. To present the 'Cumbria Trophy' to the club accruing the most points in the Championship events.

## **2. SCOPE**

1. The Championships will comprise an appropriate number of galas for individual Age Groups events, and Age Group and County team relays.
2. All events will be held within the Swim England window for county championships (January / February)
3. To provide competitive swimming for 10, 11, 12, 13, 14, 15 year olds and 16 years and over in a combined Championships and Age Group format within the county of Cumbria.
4. The Association will allocate gala sessions and member clubs will provide organisational support to the Gala MC.
5. 'Tommy Hatch Trophy' points will accrue for the 10 year to 16 years and over Age Groups in individual events and for 10/12 year and 13/14 year Age Groups in relay events.
6. Cumbria Trophy' points will accrue from Championship events.

Full copy of the rules can be viewed on the county website: <http://www.swimcumbria.org.uk>

This is a combined competition comprising of

- Cumbria County Championships
- Cumbria County Age Groups

Competitors swimming within the 'Heats' are competing within the 'Cumbria County Age Groups' competition and will be awarded 'Age Group' badges.

The fastest swimmers within the 'Cumbria County Age Groups' competition will be automatically entered into a single heat of the 'Cumbria County Championship' finals along with 2 reserve swimmers.

Events which are marked 'HDW' will not swim finals and the results of the 'Cumbria County Age Groups' heats will be used to decide the 'Cumbria County Championships' winners. HDW winner events are events which have a lower number of competitors, these are events which generally have 3 or less heats. The competition organiser has the delegated authority to decide on these events

Note: Some events including the 800m/1500m freestyle are 'Cumbria County Championships' events only and do not form part of the 'Cumbria County Age Groups' competition. 'Age Group' badges will not be awarded for these events.

The events will be swam in facilities within the county across 2 weekends in January and February.

# Workington

**Saturday 21st & Sunday 22nd January**

**Saturday 4th & Sunday 5th February**

Workington Leisure Centre  
Griffin St  
Workington  
Cumbria  
CA14 2DX



## Cumbria County Age Group - Events (Girls and Boys)

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓		
Backstroke	✓	✓	✓			
Breaststroke	✓	✓	✓			
Butterfly	✓	✓	✓			
Individual Medley		✓	✓	✓ (12/Over)		

## Cumbria County Age Group - Team Events (Girls and Boys)

10 - 12 yrs	4 x 50m Freestyle	4 x 50m Medley
13 - 14 yrs	4 x 50m Freestyle	4 x 50m Medley

Cumbria County Championships 'Junior (16/Under)' Events  
(Girls and Boys)

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓ HDW		
Backstroke	✓	✓	✓			
Breaststroke	✓	✓	✓			
Butterfly	✓	✓	✓ HDW			
Individual Medley		✓	✓	✓ HDW (12/Over)		

Cumbria County Championships 'Junior (16/Under)' Team Events  
(Girls and Boys)

Junior 16/Under	4 x 50m Freestyle	4 x 50m Medley
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Cumbria County Championships 'Open' Events  
(Girls and Boys)

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓	✓ HDW	✓ HDW (12/Over)	✓ HDW (12/Over)
Backstroke	✓	✓	✓			
Breaststroke	✓	✓	✓			
Butterfly	✓	✓	✓ HDW			
Individual Medley		✓	✓	✓ HDW (12/Over)		

## Cumbria County Championships 'Open' Team Events

Open	4 x 50m Freestyle (Girls and Boys)	4 x 50m Medley (Girls and Boys)
Mixed	6 x 50m Freestyle Girl and Boy from each of the following age groups (Under 12 / Under 14 & Open)	

\*HDW = Heat Declared Winner



## Session 1

Saturday 21/01/2022					
9.00am Warm-Up for 10.00am Start					
101		Heats	Girls	10yrs/Over	200m Breaststroke
102	MC	Heats	Boys	10yrs/Over	50m Freestyle
103		CC Final	Girls	10yrs/Over	200m Breaststroke
104	MC	Heats	Girls	10yrs/Over	100m Butterfly
		<b>Presentation</b>	Girls	Event 103	200m Breaststroke
105		CC Final	Boys	10yrs/Over	50m Freestyle
106	MC	Heats	Boys	10yrs/Over	100m Backstroke
		<b>Presentation</b>	Boys	Event 105	50m Freestyle
107		CC Final	Girls	10yrs/Over	100m Butterfly
108	MC	Heats	Girls	10yrs/Over	100m IM
109		CC Final	Boys	10yrs/Over	100m Backstroke
		<b>Presentation</b>	Girls	Event 107	100m Butterfly
110	MC	HDW	Boys	10yrs/Over	400m Freestyle
111		CC Final	Girls	10yrs/Over	100m IM
		<b>Presentation</b>	Boys	Event 109	100m Backstroke
		<b>Presentation</b>	Boys	Event 110	400m Freestyle
		<b>Presentation</b>	Girls	Event 111	100m IM

## Session 2

Saturday 21/01/2022					
1.45pm Warm-Up for 2.45pm Start (TBC)					
201		Heats	Boys	10yrs/Over	200m Breaststroke
202	MC	Heats	Girls	10yrs/Over	100m Breaststroke
203		CC Final	Boys	10yrs/Over	200m Breaststroke
204	MC	Heats	Boys	10yrs/Over	200m Freestyle
		<b>Presentation</b>	Boys	Event 203	200m Breaststroke
205		CC Final	Girls	10yrs/Over	100m Breaststroke
206	MC	Heats	Girls	10yrs/Over	100m Backstroke
		<b>Presentation</b>	Girls	Event 205	50m Freestyle
207		CC Final	Boys	10yrs/Over	200m Freestyle
208	MC	Heats	Boys	10yrs/Over	100m IM
209		CC Final	Girls	10yrs/Over	100m Backstroke
		<b>Presentation</b>	Boys	Event 207	100m Butterfly
210		HDW	Girls	12yrs/Over	400m IM
211		CC Final	Boys	10yrs/Over	100m IM
		<b>Presentation</b>	Girls	Event 209	100m Backstroke
		<b>Presentation</b>	Girls	Event 210	400m Freestyle
		<b>Presentation</b>	Boys	Event 211	100m IM

## Session 3

Sunday 22/01/2022					
9.00am Warm-Up for 10.00am Start					
301		HDW	Boys	10yrs/Over	200m Butterfly
302		Heats	Girls	10yrs/Over	200m Backstroke
303	MC	Heats	Boys	10yrs/Over	100m Breaststroke
		<b>Presentation</b>	Boys	Event 301	200m Butterfly
304		CC Final	Girls	10yrs/Over	200m Backstroke
305	MC	Heats	Girls	10yrs/Over	50m Butterfly
		<b>Presentation</b>	Girls	Event 304	200m Backstroke
306		CC Final	Boys	10yrs/Over	100m Breaststroke
307	MC	Heats	Boys	10yrs/Over	100m Freestyle
308		CC Final	Girls	10yrs/Over	50m Butterfly
		<b>Presentation</b>	Boys	Event 306	100m Breaststroke
309	MC	HDW	Girls	10yrs/Over	400m Freestyle
310		CC Final	Boys	10yrs/Over	100m Freestyle
		<b>Presentation</b>	Girls	Event 308	50m Butterfly
		<b>Presentation</b>	Girls	Event 309	400m Freestyle
		<b>Presentation</b>	Boys	Event 310	100m Freestyle

## Session 4

Sunday 22/01/2022					
1.45pm Warm-Up for 2.45pm Start (TBC)					
401		HDW	Girls	10yrs/Over	200m Butterfly
402	MC	Heats	Boys	10yrs/Over	100m Butterfly
403	MC	Heats	Girls	10yrs/Over	50m Backstroke
		<b>Presentation</b>	Girls	Event 401	200m Butterfly
404		CC Final	Boys	10yrs/Over	100m Butterfly
405	MC	Heats	Boys	10yrs/Over	50m Backstroke
		<b>Presentation</b>	Boys	Event 404	100m Butterfly
406		CC Final	Girls	10yrs/Over	50m Backstroke
407	MC	Heats	Girls	10yrs/Over	200m Freestyle
408		CC Final	Boys	10yrs/Over	50m Backstroke
		<b>Presentation</b>	Girls	Event 406	50m Backstroke
409		HDW	Boys	12yrs/Over	400m IM
410		CC Final	Girls	10yrs/Over	200m Freestyle
		<b>Presentation</b>	Boys	Event 408	50m Backstroke
		<b>Presentation</b>	Boys	Event 409	400m IM
		<b>Presentation</b>	Girls	Event 410	200m Freestyle

'HDW' = Heat Declared Winner  
'MC' = Multi-Classification Para Inclusive Event

**Saturday 04/02/2022**  
9.00am Warm-Up for 10.00am Start

<b>Session 5</b>	501	Heats	Boys	10yrs/Over	200m Backstroke
	502	MC Heats	Girls	10yrs/Over	50m Freestyle
	503	CC Final	Boys	10yrs/Over	200m Backstroke
	504	MC Heats	Boys	10yrs/Over	50m Breaststroke
	505	CC Final	Girls	10yrs/Over	50m Freestyle
	506	MC Heats	Boys	10yrs/Over	200m IM
	507*	HDW	Girls	12yrs/Over	800m Freestyle
	508	CC Final	Boys	10yrs/Over	50m Breaststroke
		Presentation	Boys	Event 503	200m Backstroke
		Presentation	Girls	Event 505	50m Freestyle
	507*	HDW	Girls	12yrs/Over	800m Freestyle
	509	CC Final	Boys	10yrs/Over	200m IM
	Presentation	Boys	Event 508	50m Breaststroke	
	Presentation	Girls	Event 507	800m Freestyle	
	Presentation	Boys	Event 509	200m IM	

**Saturday 04/02/2022**  
1.30pm Warm-Up for 2.30pm Start (TBC)

<b>Session 6</b>	601	MC Heats	Girls	10yrs/Over	50m Breaststroke
	602	MC Heats	Boys	10yrs/Over	50m Butterfly
	603	CC Final	Girls	10yrs/Over	50m Breaststroke
	604	MC Heats	Girls	10yrs/Over	200m IM
	605	CC Final	Boys	10yrs/Over	50m Butterfly
	606	MC Heats	Girls	10yrs/Over	100m Freestyle
	607*	HDW	Boys	12yrs/Over	800m Freestyle
	608	CC Final	Girls	10yrs/Over	200m IM
		Presentation	Girls	Event 603	50m Breaststroke
		Presentation	Boys	Event 605	50m Butterfly
	607*	HDW	Boys	12yrs/Over	800m Freestyle
	609	CC Final	Girls	10yrs/Over	100m Freestyle
	Presentation	Girls	Event 608	200m IM	
	Presentation	Boys	Event 607	800m Freestyle	
	Presentation	Girls	Event 609	100m Freestyle	

Note: \* The split in the number of heats will be determined when the entry to these events is known. They will be divided in order to optimise the rest period for swimmers for Events 508/509 and 608/609. If the number of heats in event 507/607 is less than 2, then a 10 minute break will be added in between events 508/509 and 608/609

**Sunday 05/02/2022**  
9.00am Warm-Up for 9.30am Start

<b>Session 7</b>	701	HDW	Mixed	12yrs/Over	1500m Freestyle
		Presentation	Girls	701	1500m Freestyle
		Presentation	Boys	701	1500m Freestyle

**Sunday 05/02/2022**  
11.30am Warm-Up for 12.30pm Start (TBC)

<b>Session 8 - Team Relays</b>	801	HDW	Girls	10-12yrs	4 x 50m Medley
	802	HDW	Boys	10-12yrs	4 x 50m Medley
	803	HDW	Girls	13-14yrs	4 x 50m Medley
	804	HDW	Boys	13-14yrs	4 x 50m Medley
	805	HDW	Girls	Junior CC	4 x 50m Medley
	806	HDW	Boys	Junior CC	4 x 50m Medley
	807	HDW	Girls	Open CC	4 x 50m Medley
	808	HDW	Boys	Open CC	4 x 50m Medley
	809	HDW	Girls	10-12yrs	4 x 50m Freestyle
	810	HDW	Boys	10-12yrs	4 x 50m Freestyle
	811	HDW	Girls	13-14yrs	4 x 50m Freestyle
	812	HDW	Boys	13-14yrs	4 x 50m Freestyle
	813	HDW	Girls	Junior CC	4 x 50m Freestyle
	814	HDW	Boys	Junior CC	4 x 50m Freestyle
	815	HDW	Girls	Open CC	4 x 50m Freestyle
	816	HDW	Boys	Open CC	4 x 50m Freestyle
	817	HDW	Mixed	Under 14	6 x 50m Freestyle Cannon

All session times are estimates and will be confirmed once the entries are received.

Presentation of Team Events  
Presentation of Trophies

'HDW' = Heat Declared Winner  
'MC' = Multi-Classification Para Inclusive Event

## Girls

	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16/OV</u>
50 Freestyle	00:44.50	00:42.50	00:39.50	00:37.20	00:35.50	00:33.90	00:33.70
100 Freestyle	01:55.40	01:51.40	01:25.50	01:19.90	01:16.30	01:14.20	01:12.70
200 Freestyle	04:02.60	03:54.60	03:09.80	02:57.60	02:49.20	02:42.70	02:39.80
400 Freestyle	08:06.00	07:50.00	06:54.70	06:14.40	05:56.10	05:44.10	05:36.00
800 Freestyle			13:11.00	12:51.00	12:15.00	11:49.50	11:33.50
1500 Freestyle			23:35.00	23:05.00	21:58.50	21:14.00	20:44.50
50 Breaststroke	00:59.10	00:57.10	00:53.00	00:49.70	00:47.10	00:45.40	00:43.90
100 Breaststroke	02:21.00	02:17.00	01:55.50	01:46.70	01:41.20	01:37.40	01:34.20
200 Breaststroke	04:58.00	04:50.00	04:11.80	03:51.70	03:39.40	03:31.00	03:24.50
50 Butterfly	00:57.60	00:55.60	00:45.00	00:42.30	00:40.10	00:38.50	00:36.70
100 Butterfly	02:24.00	02:20.00	01:44.00	01:34.60	01:29.70	01:26.30	01:23.90
200 Butterfly	04:58.00	04:50.00	03:54.90	03:30.40	03:17.30	03:08.70	03:02.40
50 Backstroke	00:54.20	00:52.20	00:45.80	00:42.90	00:41.50	00:40.20	00:38.30
100 Backstroke	01:50.40	01:46.40	01:38.20	01:29.80	01:24.90	01:22.50	01:20.30
200 Backstroke	04:23.00	04:15.00	03:40.90	03:21.40	03:11.60	03:05.30	02:59.80
100 Individual Medley	01:57.20	01:53.20	01:38.50	01:32.40	01:28.30	01:25.20	01:23.00
200 Individual Medley	04:08.00	04:00.00	03:38.20	03:20.30	03:11.60	03:04.90	03:00.10
400 Individual Medley			08:06.00	07:50.00	06:47.80	06:33.70	06:21.80

## Boys

	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16/OV</u>
50 Freestyle	00:48.20	00:46.20	00:38.70	00:35.40	00:33.10	00:31.90	00:30.20
100 Freestyle	01:53.30	01:49.30	01:26.60	01:18.70	01:14.10	01:11.80	01:08.30
200 Freestyle	04:08.00	04:00.00	03:08.30	02:53.40	02:43.40	02:35.50	02:29.80
400 Freestyle	08:06.00	07:50.00	06:48.60	06:12.20	05:53.30	05:36.50	05:25.30
800 Freestyle			13:07.40	12:47.40	12:08.50	11:34.00	11:11.00
1500 Freestyle			23:02.60	22:32.60	21:39.60	20:59.90	20:36.10
50 Breaststroke	01:02.40	01:00.40	00:53.90	00:50.10	00:46.00	00:42.30	00:40.60
100 Breaststroke	02:24.00	02:20.00	01:57.00	01:47.50	01:39.90	01:33.90	01:30.20
200 Breaststroke	04:58.00	04:50.00	04:13.30	03:53.10	03:38.30	03:25.40	03:16.00
50 Butterfly	01:08.20	01:06.20	00:46.80	00:43.20	00:41.10	00:37.90	00:36.30
100 Butterfly	02:24.00	02:20.00	01:45.20	01:39.00	01:32.20	01:27.30	01:23.70
200 Butterfly	05:06.00	04:58.00	03:56.80	03:30.20	03:15.00	03:04.10	02:55.40
50 Backstroke	00:56.20	00:54.20	00:46.40	00:44.10	00:40.80	00:37.90	00:37.00
100 Backstroke	01:53.30	01:49.30	01:38.10	01:29.60	01:24.30	01:19.90	01:16.30
200 Backstroke	04:23.00	04:15.00	03:40.60	03:21.10	03:09.00	02:59.90	02:52.60
100 Individual Medley	02:10.80	02:06.80	01:37.80	01:31.90	01:26.70	01:22.40	01:17.50
200 Individual Medley	04:28.00	04:20.00	03:43.00	03:25.10	03:13.50	03:03.60	02:56.30
400 Individual Medley			08:06.00	07:50.00	06:49.20	06:28.70	06:12.90

Qualification times must be achieved at a level 1,2,3 or 4 licensed meet between 1st January 2022 and 20th December 2022

## Girls

	Freestyle					Back			Fly			Breast			IM		
	50m	100m	200m	400m		50m	100m		50m	100m		50m	100m		100m	200m	
S1	02:23.0	07:04.4	11:15.6			03:51.1	07:37.8					SB1	03:50.9				
S2	02:13.1	06:09.3	10:52.6			01:54.4	04:17.4		03:57.6			SB2	02:26.2				
S3	01:36.8	03:00.4	06:48.4			01:37.1			02:15.5			SB3	01:47.4				
S4	01:26.2	02:59.5	06:39.1			01:31.3			02:54.6			SB4		03:25.3			
S5	01:05.5	02:22.8	05:12.1			01:17.0			01:19.4			SB5		03:12.6	SM5	02:49.2	06:16.0
S6	00:59.0	02:07.6		09:48.4			02:29.2		01:04.9			SB6		02:49.4	SM6	02:27.2	05:26.9
S7	00:57.3	02:04.1		09:12.5			02:24.3		01:02.9			SB7		02:45.9	SM7	02:23.1	05:17.7
S8	00:53.8	01:55.5		08:32.9			02:15.6			02:06.1		SB8		02:19.4	SM8	02:11.0	04:51.4
S9	00:50.0	01:48.8		08:12.1			02:00.2			01:58.7		SB9		02:15.2	SM9	02:01.5	04:30.2
S10	00:47.6	01:44.1		07:55.4			01:56.4			01:57.9					SM10	01:56.1	04:18.4
S11	00:54.2	02:02.0		09:35.7			02:24.8			02:33.3		SB11		02:37.3	SM11	02:15.0	05:00.5
S12	00:48.1	01:43.9		08:02.0			02:06.6			01:56.8		SB12		02:26.6	SM12	02:05.1	04:37.6
S13	00:48.3	01:43.6		07:57.0			02:03.9			01:57.7		SB13		02:16.8	SM13	01:56.6	04:18.9
S14	00:48.5	01:43.7	03:33.5	08:35.4			01:53.5			01:59.0		SB14		02:12.7	SM14	01:51.6	04:07.8
	Freestyle					Back			Fly			Breast			IM		
50m	100m	200m	400m	50m		100m	50m		100m	50m		100m	50m		100m	100m	200m

## Boys

	Freestyle					Back			Fly			Breast			IM		
	50m	100m	200m	400m		50m	100m		50m	100m		50m	100m		100m	200m	
S1	02:31.9	04:35.3	12:57.6			02:24.3	04:56.6					SB1	03:19.3				
S2	01:45.5	04:09.8	07:29.1			01:42.9	03:42.3		04:05.1			SB2	01:43.0				
S3	01:17.5	02:53.2	06:05.8			01:27.0			02:27.2			SB3	01:26.7				
S4	01:07.3	02:27.8	05:17.9			01:17.6			01:18.6			SB4		02:47.2			
S5	00:59.3	02:10.4	04:40.2			01:07.4			01:02.2			SB5		02:40.4	SM5	02:42.0	06:00.6
S6	00:51.3	01:55.3		08:49.1			02:07.4		00:53.1			SB6		02:21.3	SM6	02:03.8	04:35.1
S7	00:48.3	01:47.6		08:27.6			02:05.8		00:54.9			SB7		02:14.0	SM7	02:02.9	04:32.8
S8	00:46.4	01:39.4		07:45.8			01:52.1			01:47.4		SB8		02:03.0	SM8	01:52.5	04:09.7
S9	00:44.8	01:37.2		07:26.2			01:50.9			01:43.3		SB9		01:57.3	SM9	01:48.0	04:00.5
S10	00:40.2	01:30.4		07:10.2			01:44.7			01:37.8					SM10	01:41.3	03:45.3
S11	00:45.6	01:41.9		08:05.3			01:58.3			01:47.4		SB11		02:07.0	SM11	01:55.7	04:16.9
S12	00:41.3	01:30.6		07:11.4			01:44.3			01:39.1		SB12		01:56.4	SM12	01:43.5	03:50.2
S13	00:41.2	01:30.4		07:11.2			01:43.9			01:39.3		SB13		01:56.0	SM13	01:43.4	03:49.9
S14	00:43.2	01:34.4	03:19.0	07:23.5			01:42.7			01:43.0		SB14		01:55.6	SM14	01:43.9	03:50.9
	Freestyle					Back			Fly			Breast			IM		
50m	100m	200m	400m	50m		100m	50m		100m	50m		100m	50m		100m	100m	200m

Para swimmers can also enter all other events if they can achieve the qualification times.



## **1 - General Conditions** (to be read in conjunction with the Rules of Cumbria Amateur Swimming Association)

1. Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.
2. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the Cumbria ASA website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).
3. The combined Cumbria Age Group and County Championships (hereafter 'the Championships') shall be competed for annually in accordance with the Rules of the Association and Swim England Laws and ASA Technical Rules.
4. The Age Group individual competition shall consist of the following age groups for each gender:
  - 10, 11, 12, 13, 14, 15 years and 16 years and over
5. Individual county championship events for each gender will comprise Open and Junior awards where there are Junior events. Juniors will be 16 years and under on December 31st 2023.
6. Age Group teams events for each gender will comprise swimmers from the appropriate age groups as defined above the following age groupings which shall be swum as Heat Declared Winner events
  - 10-12 year olds
  - 13/14 year olds
  - Teams must comprise swimmers of the appropriate Age Groups as defined above
7. County championship teams events shall consist of Open and Junior categories for each gender; these shall be swum as Heat Declared Winner events. Juniors must be 16 years or under on December 31st 2023. It is permissible for Junior age swimmers to compete in the Open age category.
8. Qualifying times will be applied to all individual events. For the 2023 championships qualifying times must have been achieved between January 1st 2022 and December 20th 2022 and must have been achieved at a level 1, 2, 3 or level 4 meet
9. The entry fee for individual events is £4.50 and for team events £8.00.
10. Age on the day will be as of December 31st 2023.
11. The closing date for entries will be Friday December 30th 2022. Late entries may be accepted at the Competition Organiser's discretion. Poolside entries will not be accepted.
12. Refunds will only be given:
  - Where entrants are denied entry because the number of entries has been restricted in the interests of safety or to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times in each age group shall take precedence. Events chosen for restriction will be at the discretion of the Competition Organiser.
  - Where a competitor has to withdraw on proven medical grounds.
13. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.

14. Competition organiser:

- M Ralph
- Tel: 07793-325179
- e-mail: [markrswim@gmail.com](mailto:markrswim@gmail.com)

15. The preferred method of paying entry fees is by arranging a BACS transfer to:

- Account name: Cumbria ASA
- Sort Code: 010954
- Account No: 11103221

16. Treasurer

- K J Chisholm
- Tel: 01946-694019
- e-mail: [keithchisholm@gmail.com](mailto:keithchisholm@gmail.com)

## 2 - Individual events to be swum

### 1. Events

- Backstroke, Breaststroke & Butterfly
  - 10 years and over boys and girls
    - 50m
    - 100m
    - 200m :
- Freestyle
  - 10 years and over boys and girls
    - 50m
    - 100m
    - 200m
    - 400m
  - 12 years and over boys and girls
    - 800m
    - 1500m (This will be swam as a mixed gender event)
- Individual Medley
  - 10 years and over boys and girls
    - 100m
    - 200m
  - 12 years and over boys and girls
    - 400m:

2. Results of County Championship events for 50m, 100m and 200m events (excluding 200 butterfly) will be determined by finals. All other Championships will be determined on the heat declared winner (HDW) principle. This is because of low entry numbers within these events.
3. Results of Junior County Championships (up to a maximum of 8 places) events will be determined from the
  - The times of any junior age (16 years and under) swimmers who compete in a final, followed by
  - The heats times to fill any remaining places.
4. All Age Group events will be determined by HDW principles.

## **3 - Entry Conditions**

1. Entries to individual events and relays shall reach the Competition Organiser no later than Friday December 30th 2022 accompanied by the appropriate fee.
2. It should be noted that this procedure cannot be used for para swimmers and their entries will have to be made by email or by post.
3. Entries maybe restricted to ensure safe running of the meet and to comply with local restrictions, this will be at the discretion of the Competition Organiser.
4. Team entries should be made using the form at section 13 below.
5. The Sportsystems Entry Manager MUST be used for submitting entries.
6. Electronic entry files received that are not generated using Sportsystems Entry Manager will be rejected.
7. The necessary Sportsystems entry file will be available from the Competition Organiser.
8. Entries will only be accepted from a club's nominated entry/gala secretary.
9. Qualifying times must be achieved at a level 1, 2, 3, or level 4 licensed meet.
10. A swimmer's entry time must be downloaded into Sportsystems Entry Manager from the British Swimming Rankings and have been achieved since January 1st 2022.
11. If an entry time cannot be verified against the British Swimming Rankings the entry will be rejected; in such cases the entry fee will not be refunded.
12. The only split time that will be accepted for entry is one recorded on the first leg of a team event at a licensed meet. Appropriate proof must be provided with the entry.
13. Split times from team events will not be registered on rankings.
14. It is the responsibility of clubs to ensure that their entries are correct.

## **4 - Para Swimmers**

1. The general conditions for the Cumbria Age Group and Cumbria County Championships shall apply to para swimmers except where varied by any of the following conditions.
2. Swimmers with the indicated classifications will be accepted for the following events
  - Freestyle 50m, 100m, (S1 to S14); 200m (S1 to S5 and S14); 400m (S6 to S14)
  - Backstroke 50m (S1 to S5), 100m (S1, S2 and S6 to S14 for boys; S1 and S6 to 14 for girls)
  - Butterfly 50m (S2 to S7), 100m (S8 to S14)
  - Breaststroke 50m (SB1to 3), 100m (SB4 to SB9 and SB11 to Sb14)
  - Individual Medley 100m, 200m (SM5 to Sm14)
3. Swimmers must indicate their disability classification OR provide a valid Certificate of Disability issued by Swim England at the time of entry.
4. Para swimmers
  - May enter events where there is a disability QT (section 12 below) using their classification. These times have been set in accordance with British Swimming guidelines
  - May enter without a classification where they can meet the mainstream QT (section 11 below).
  - With a Certificate of Disability can enter if they can meet the QT shown in section 11.
5. Swimmers must indicate their disability classification OR provide a valid Certificate of Disability, issued by Swim England, at the time of entry.
6. All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures.
7. Competition format
  - The competition format will be based on disability inclusion within the able bodied programme.
  - All swimmers will be seeded in the heats according to their entry times.
  - Para swimmers will be included within the results for their age group.



## 5 - Team Events

1. A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team events.
2. The names of the members of a relay team for each event shall be lodged with the recorders on a team declaration sheet (see section 14 below) no later than Wednesday January 25th 2023. If a team sheet is not received by this time then the team concerned may be withdrawn from the event.
3. Any team changes thereafter can only be made in the event of special circumstances e.g. illness. If the individuals or swim order is changed after the declaration form has been submitted, another declaration form must be submitted before the event is swum. The Gala Director shall make the final decision on the day of the competition.
4. An individual may only be nominated to swim for one team in any one event.
5. In the event of a faulty start the order of swimming may be changed so that another member of the same team swims the first leg.
6. Any swimmer who competes in a relay event but who has not swum in an individual event in either the Cumbria County Age Groups or the Cumbria County Championships must be a member of the club which they are representing at the closing date for entries and shall be registered with the Competition Organiser no later than the start of the appropriate session.
7. There are no qualifying times for any team events.
8. There is no limit to the number of teams a club may enter in any particular event.
9. Any team not complying with these requirements or swimming an ineligible person or swimming in the wrong order will be disqualified.
10. No times will be accepted for team events, they will be given the following times and seeding within the events. This is to give a more meaningful and fairer heats due to a number of teams not submitting entry times for team events in previous years,

		<b>A Team</b>	<b>B Team</b>	<b>C Team</b>	<b>D Team</b>
<b>4 x 50m Medley</b>	10-12 yrs	04:00.0	04:30.0	05:00.0	05:30.0
	13-14 yrs	03:30.0	04:00.0	03:30.0	03:00.0
	Junior	03:00.0	03:30.0	04:00.0	03:30.0
	Open	02:30.0	03:00.0	03:30.0	04:00.0
		<b>A Team</b>	<b>B Team</b>	<b>C Team</b>	<b>D Team</b>
<b>4 x 50m Freestyle</b>	10-12 yrs	04:00.0	04:30.0	05:00.0	05:30.0
	13-14 yrs	03:30.0	04:00.0	03:30.0	03:00.0
	Junior	03:00.0	03:30.0	04:00.0	03:30.0
	Open	02:30.0	03:00.0	03:30.0	04:00.0
		<b>A Team</b>	<b>B Team</b>	<b>C Team</b>	<b>D Team</b>
<b>6 x 50m Freestyle</b>	Mixed	04:00.0	04:30.0	05:00.0	05:30.0

11. All heats for the team events will be seeded automatically by the Sportsystems software.
12. It may be possible that A, B, C or D teams will be spread over multiple heats and mixed due to the number of lanes used and number of teams entered.

**6 - Meet Procedures**

1. Entries must be received no later than Friday December 30th 2022. As soon as possible after this date draft programmes will be published on the Cumbria ASA website; these should be used to cross check the accuracy of the entries and to allow any necessary corrections to be made.
2. The final gala programmes will be produced as a result of any corrections that are received and will be published on the Cumbria ASA website ([swimcumbria.org.uk](http://swimcumbria.org.uk)) several days in advance of the sessions.
3. Withdrawals will be accepted until the start of the warm up for each session electronically online at [live.swimcumbria.org.uk](http://live.swimcumbria.org.uk). There will be no refund of entry fees.
4. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
5. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
6. Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
7. Heat start Lists will be available for spectators at 50p per session.
8. Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for their race. This applies to both heats and finals.
9. Spectator entry will be
  - £3 per session
  - £5 per day
  - Concessions (children and seniors) will be charged £1.50 per session for entry.
10. Wrist bands will be issued to all spectators. Spectator fees will be cashless. (Card payments only)
11. Events that culminate in a final shall be spearheaded with the last three heats being cyclically seeded, except at the discretion of the Competition Organiser (for example where cyclic seeding could lead to an unfair situation for one or more competitors).
12. All heat declared winner events shall be spearheaded.
13. The Competition Organiser has the discretion to amend the stipulation for cyclically seeding the last three heats of an event where cyclic seeding could lead to an unfair situation for one or more competitors
14. In the finals, the maximum number of places practicable shall be allocated. Two reserves will be declared for finals where possible.
15. Lanes for finals shall be allocated on the spearhead principle.
16. Finalists and reserve finalists (in individual events) must inform the Recorders, after the posting of the results, if they intend to withdraw from the event. Where a reserve is brought in after the preparation of the start list for the finals the reserve shall occupy the vacant lane and there will be no amendments made to the allocation of other lanes.
17. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria ASA.
18. It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate. Mixed teams must have both male and female coaches/team staff

19. Poolside passes will be issued on the basis of a club's entries; there will be no charge:
  - Up to 20 swimmers: 3 passes only
  - 21-30 swimmers: maximum of 4 passes
  - 31-40 swimmers: maximum of 5 passes
  - More than 41 swimmers: maximum of 6 passes.
20. Only pass holders, swimmers and officials will be allowed on poolside.
21. Any swimmer who withdraws from a heat or from a final of any event on medical grounds will not be allowed to compete again on the same day. However, they may compete on subsequent days of the competition.
22. Swimmers which withdraw from events on medical grounds will be offered a refund if evidence is submitted during the online withdrawal.
23. The competition organiser must be informed in advance of any swimmers who suffer from any medical conditions which would require assistance on the day of the meet. We should also be notified of any allergies such as 'nuts' which we may need to cater for.
24. 'Over the top' starts may be used in backstroke events at the referee's discretion.
25. Colorado timing system will be used in conjunction with SportSystem software, a strobe light will be available.

## **7 - Trophies and Medals**

1. Medals shall be awarded to competitors placed first, second and third in the individual County Championship events.
2. Medals shall be awarded to competitors placed first, second and third in the following individual Junior County Championship events i.e. those events for which there are trophies: 100m backstroke, breaststroke, butterfly and freestyle and 200m IM.
3. The winner of each Championship shall be entitled to hold the trophy where one has been provided.
4. The trophy holder (individual or club) will be expected to take reasonable care of the trophy and that it will be returned, clean and suitably engraved when and as required.
5. Medals shall be awarded to para swimmers placed first, second and third in the individual County Championship events. If there are less than 4 competitors in any one event then a 'minus 1 rule' will apply i.e. if there are 4 competitors then 3 medals will be awarded, if there are 3 competitors then 2 medals will be awarded, if there are 2 competitors then 1 medal will be awarded. . If there is only 1 competitor, a medal shall be awarded if he/she breaks their entry time
6. Medals shall be awarded to members of teams placed first, second and third in the Open County Championship teams and Junior County Championship teams events.
7. Age group badges will be awarded subject to rule 7.8 to competitors placed first, second and third in each age group for each 50m, 100m, 200m and 400m event that is swum. Age Group badges will not be awarded for 800m and 1500m events since these are Championship events only.
8. Age group badges shall be awarded to members of teams placed first, second and third in the Age Group teams events.
9. There will be presentations of medals for county and junior championship events. There will be no presentations of age group badges; these will be given to each club for distribution to their swimmers.

## **9 - Other Information**

1. Lunch will be provided for technical officials and trainees free of charge; coaches will be charged £5 per day and should notify the Competition Organiser in advance.
2. Cumbria ASA may choose to employ a professional photographer to take photographs at the events, anyone else seeking permission to take photographs as part of a recognised examination will need to discuss this with the Gala Director.
3. If any session is programmed to last more than 3 hours a break may be inserted at an appropriate point in order to give the technical officials an opportunity for a short rest and to leave the poolside.
4. Clubs to provide assistance to the host club for setup and closedown of the equipment and pool deck.