

Long Eaton Swimming Club Rules for Galas and Competitions

- 1. Galas and Competitions involving swimming organised by bodies to which the Club and its swimmers give support must be held under Swim England Regulations and either Swim England or F.I.N.A Technical Rules. Any participation in any other sport or competition must not contravene Swim England Regulations.
- 2. No person shall enter, individually or as a team, in a gala or competition under the name of Long Eaton Swimming Club, unless prior approval has been given by the Committee
- 3. The **Club Championships** shall be held each year and be split into three sections as below:
 - 1) **Open** all age groups compete for top 3 placing's in the Boy/Gents and Girls/Ladies events
 - 2) Age Group each individual age group compete for places in each event
 - 3) Sprint 50m races

Any competing member of Long Eaton S.C. may take part in these events. Entries will only be accepted from Swim England Category One or Two members of Long Eaton S.C.

- 4. <u>Open</u> events are the 4x 100m Individual Medley and 400m Freestyle. These events will be decided on heat times.
 - 1) The perpetual trophies for these events shall not be returned if won by the same swimmer on twelve consecutive occasions.
- 5. <u>Age Group</u> events shall be for the following:
 - 1) 8yrs and under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs and over.
 - 2) Events in each age group shall be:
 - i. 8 yrs & under
 - 1. 25m Backstroke, Breaststroke and Freestyle
 - ii. 9 years and over
 - 1. 50m Backstroke, Breaststroke, Freestyle and Butterfly
 - 2. 4 x 50 I.M
 - 3. 200m Backstroke, Breaststroke, Freestyle and Butterfly

Ages shall be as at 31st December in the year of competition.

All events will be swum on a "heat declared" basis, there will be no finals.

- 6. In the **8 years and under** Age Group, points shall be awarded on the basis of six points for the fastest swimmer, five for the next fastest, down to one point for all those who complete the event.
 - 1) The swimmer with the most points in this Age Group will be declared to be the Overall Winner, but where more than one swimmer has equal points the title shall be shared.
 - 2) A Trophy shall be awarded to the youngest 8yrs and under who achieves a top six placing in an event by virtue of heat times, and shall be open to all members of the club who are capable of swimming one full 25m length.
- 7. Stroke Trophies in each age group 9yrs and over will be awarded to the swimmer with the highest point score in any distance in that stroke at: 50m, 100m or 200m distance.
- 8. **Sprint** section shall consist of 50m Backstroke, Breaststroke, Freestyle and Butterfly events.
 - 1) The Junior Sprint Championships will be awarded to the fastest member aged 13 years or under.
 - 2) The Senior Sprint Championships will be awarded to the fastest member aged 14 years or over.
- 9. In the **9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs** and **16 years and over** Age Groups, each swim will be awarded FINA Points. The winner of these Age Groups will be the swimmer with the highest points total based on their best swim in each of the groups of events shown in table 1. This will be the Overall Winner

Table 1

8 & under		(25m freestyle	10 years all)		
all a	all these count	(25m backstroke	11 years all)	the best of these	50m freestyle
			25m breaststroke	12 years boys)		50m backstroke
						(Sprint)	50m breaststroke
9 years							50m butterfly
all		the best of these	50m freestyle				
			50m backstroke		and	the best of these	200m backstroke
		(Sprint)	50m breaststroke			(Form)	200m breaststroke
			50m butterfly				200m butterfly
	and	the best of these	200m backstroke		and	the best of these	200m freestyle
		(Form)	200m breaststroke			(Dist Freestyle)	
			200m butterfly				
					and	the best of these	4x 50m I.M.
		and	200m freestyle			(Medley)	4x 100m I.M.
		(Distance freestyl				· · · · · · · · · · · · · · · · · · ·	
				13 years and over			
		and	4x 50m I.M.	all		the best of these	50m freestyle
		(Medley)					50m backstroke
		((Sprint)	50m breaststroke
VOU	can also swim	4x 100m I.M.	not for points			()	50m butterfly
<i>j</i> ea		400m freestyle					Som Suttering
					and	the best of these	200m backstroke
2 years gi	rls				unu	(Form)	200m breaststroke
z years gi		the best of these	50m freestyle			(i oini)	200m butterfly
			50m backstroke				200m Butterily
		(Sprint)	50m breaststroke		and	the best of these	200m freestyle
		(Opinit)	50m butterfly		anu		400m freestyle
			Join Dutterily				400m neestyle
	and	the best of these	200m backstroke		and	the best of these	4x 50m I M
	anu	(Form)	200m breaststroke		anu		4x 100m I.M.
		(i oiiii)	200m butterfly			(Medicy)	+x 100111.1vi.
					and	the best of these	100m freestyle
	hne	the best of these	200m freestyle		anu		100m backstroke
	anu	(Dist Freestyle)				(100's)	100m breaststroke
						(1003)	100m butterfly
	and	the best of these	4x 50m I M				Toom bulleniy
	anu	(Medley)	4x 100m I.M.				
		(mealey)					
	004	the best of these	100m freestyle				
	and	the best of these	100m backstroke				
		(100's)	100m backstroke				
		(1005)					
			100m butterfly				

- 10. To be declared the winner of any event or Award in the Club Championships, a member must have been a member for three months and be paying a monthly Squad Fee to LESC by the closing date for entry. (Please check when joining LESC that you have paid CAT 1 and CAT 2 subscriptions to enable your child to compete.)
- 11. The date and venue of the Club Championships shall be decided by the Committee.
- 12. The closing date for entry into the Club Championships shall be as published by the Committee.

- 13. Except as in Rule 4 above, any person who wins a LESC perpetual trophy and is presented with it shall sign a receipt and return it by a date fixed by the Committee to enable re-presentation at the next Club Championships. Any member who resigns from the Club shall return any LESC perpetual trophies held.
- 14. Please ensure the trophies are well looked after and returned in a good condition. Any failure to return a trophy or damaged one may incur a cost to replace these by the recipient.
- Members finishing in the first three in any event but not eligible to win under Rule 10, by not paying a monthly Squad Fee to LESC, shall receive a Commemorative Award.