

Welcome to the winter edition of the Boston Amateur Swimming Club's newsletter. I hope you find the information inside both useful and informative and also please take note of the Christmas and New Year swimming arrangements inside.

Looking back over the year, several aspects have been noteworthy, many of which are detailed in a "part two" to my welcoming introduction overleaf.

The one thing that has dominated the thoughts of all club connections during 2009 has been the closure of the training pool. A pool user group was set up between the club and other users of the training pool to see what options there were to try to keep the pool open.

It was decided that the best option was for Boston Borough Council to carry on running the pool. It was decided to try and put pressure on the council to re-open it.

There have been several meetings with councillors, letters in the local press and a petition was started. A march through the town from the Central Park to the council offices in West Street took place in October with the petition being handed over to local councillors there being almost 10,000 signatures on the petition. We now await the final decision as to the fate of the pool. Let's hope the councillors see sense and keep the pool open.

Letters to the local press about the continued closure of the training pool will help keep the profile high and in the public eye.

I would like to thank the pool user group for the work they have done and are still doing to keep this valuable asset to the town open.

See overleaf for my other thoughts and observations from 2009.

In concluding this part of my summary, I would like to wish you all a Happy Christmas and a successful and prosperous New Year.

### ***CHAIRMAN'S LOOK-BACK***

In addition to the observations made on the front page of this newsletter, it is important to note many other events from the past 12 months.

The 2009 Open meet in January was a resounding success as was the summer ball, both events bringing in a combined total of around £11,000 pounds to the club. I would like to thank both of the organising committees for these two events. Looking ahead, we need the 2010 Open meet in January to be another success. We are looking for more sponsors, so if you know someone who would be willing to offer any sponsorship, I can let you have a letter from the club to give them. We need to raise as much money as we can. Below is an extract from the letter.

“It is only by fund-raising and specifically by hosting our own Open meet that the club continues to be self-financing. We are conscious that swimming should be for everyone regardless of age, ability or financial circumstances and we make every effort to keep our fees at a realistic level in spite of increased running costs each year. This is why the Open meet is so important to the club.”

If you have an idea about fund raising, please do not hesitate to approach a member of the executive committee with your idea.

In competition areas, all our league teams have performed well over the last season. The summer and winter championships were a success with many records being broken and county qualifying times gained. Well done to all who participated. Also, well done everyone that attended the county, Midland and national championships.

But, yes, there is always a “but”. In order to maintain our teams in the leagues and continue with our club championships we need more parents to get involved. I am now speaking to parents of the younger swimmers: you must get involved in timekeeping then move on to judging. All that is involved is some theory work and practical work on the poolside, we are lucky that we have our secretary Guy Dix who will take you through the theory and practical.

It's no good to keep relying on the parents of the older swimmers and officials that no longer have children in the club. This year we had to use four officials that have children no longer swimming. I would like to thank these for turning out for the winter championships. Especially our two referees, without at least one of the two gentlemen turning out, there would definitely have been no club championships this year. If you would like to have a go, then see Guy. So please get involved.

Thank you to everyone who has helped the club over the past year: the officials that help at galas, team managers that look after the teams all the back room staff at galas that we don't always see, the executive committee and the swimming teachers — everyone giving their time for free. Without your help the club could not function.

The coach and his assistants who train the squads to an excellent level always look to get the best possible potential out of each and every swimmer. So I am asking all of us to work together over the coming year to help ensure that the swimming club, which is the oldest club in the town, continues to survive for the present and future members.

***Peter Hockerston***  
*Club chairman*

Newsletter supported by Haven High Technology College

**COACH'S DIARY...** from Ian Wells

Firstly, I would like to wish everybody Happy Christmas and winning New Year in 2010.

### **GOOD START TO THE NEW SEASON**

The Anglian League final was held in September at Grantham and, with all eight teams competing, it made for exciting final. It was shame the gala was bit slow because of the electronic timing.

Boston A team won the league, even though we had to settle for a joint second place on the night. This proved how important it was for us to win every round and thus give ourselves a cushion going into the final. The B team finished in eighth place in the final and in also ended up in eighth place in the league. Next season the cut-off times have been changed, so swimmers who have broken cut-off times in the past may be able to swim in the Anglian League again.

The Geoff Moulder Memorial trophy once again saw the A team winning the gala. It is now a straight nine out of nine times that we have won this trophy. Once again we had a B team swimming well above themselves, even though they finished in seventh place.

The Gerry Gibbons Memorial Trophy held at Spalding was cancelled due to Leisure Connections not providing staff. Well done to Sarah for contacting everybody to let them know it was called off, despite the extremely late notice.

In the Fenland League, the A team looked like they would not make the A final with defeat at Cambridge only finishing in second place. But Grantham with not turning up at their venue, the A squad scraped into the final and finished third behind Peterborough and Cambridge on the night to claim a fourth placed finish in the league. The B team finished second to Mildenhall in the C final and took 13<sup>th</sup> place in the league.

The National Arena Swimming League, where we compete in the East Midland district, sees the first four teams in each area going to the national final. We are sitting in the lowest position we have been for long time in 14<sup>th</sup> place after two rounds. Two teams go down from this league and we are against two teams that have made the top six in the past. I will be happy with top three places and making sure that we are in Division One for 2010. We have never been so strong in the men's open age group before and although we have got good younger swimmers, we have got enough in any age groups to be force in this league.

The Leicester Open meet was great success for those who gained the qualifying time and was the standard they needed. Once again swimmers brought home lots of trophies.

We also attended Downham open meet. There was lots of best time and trophies won.

The Midland short course championship was held at Corby in a new 50metre pool — although they put the boom in to make it into a 25metre pool. It was the first time that Loughborough University entered their swimmers, a presence that had big in impact on the finals. Patrick Ikhena won the junior 100m individual medley and came second in the 50m breaststroke. But it was the first time no Boston swimmers made the finals.

The calendar year of 2010 is now virtually upon us, and plans have started already for the New Year wish. I want to wish everybody a successful year ahead.

*Continued on next page*

**Newsletter supported by Haven High Technology College**

*Continued from previous page*

The Boston Open meet will start events off for the New Year and this is the biggest fund raising event that helps to keep the squad fees down to a minimum. So it's important that everybody supports this event.

On January 16 we have hired the Corby facilities and we will be doing some work in the 50m pool. We are sharing and mixing the swimmers up together with our colleagues from Deepings. Hopefully this will be a success and we could go on to have more sessions in the 50m pool.

County Championships entries need to be lodged in early January and Guy Dix has put together some information on how to enter. It is your responsibility to make sure everything is completed and returned on time.

### ***Please help out***

Elsewhere, it's all too easy for us all to sit back and hope someone else does the judging and time keeping for galas. This is particularly the case regarding the Fenland teams where the older swimmers are 13 years and often swimmers have broken the cut-off time by the time they are 12. But we as club must still provide a judge and two timekeepers for every round. Parents who cannot be bothered to help may well find that the kids will miss out if we do not have officials to call upon. I find it hard to believe that there are a few parents who are qualified judges or timekeepers but who then decline to help at events such as club championships. Then we have referees and judges whose children have grown up moved on, yet who still help out! Would it be right to stipulate that if you don't help, then your child can't compete? What a sorry road to take. As such, I urge all parents to give serious consideration to helping out by gaining qualifications in officiating and thus benefit the club and the swimmers in general. Is it too much to ask?

### ***Looking ahead***

Hopefully we will still be having two teams competing in both the Fenland and Anglian Leagues in 2010. We will also be going to Leicester at end of April. This will be the last chance age group qualifier for Midland Age groups. A trip to Swansea will give some swimmers experience at competing in a 50metre pool before the age groups and a chance to gain a national qualifying time and compete against different swimmers. This will be held mid-May while in July we go on to swim at the Coventry level meet.

With the training pool closing, it has affected squads swimmers and we are not in an ideal situation for training. But we are making the best of bad situation. It wasn't ideal having the club championships at half term but the council told us that the Geoff Moulder pool was shutting in November and the club's times would be changing again and that we would be unable to run our club

championships as we have done in the past. We never moved to the training pool as the council refused to open the facility so we were stuck with Saturday evenings. However, the swimmers did very well with lots of personal best times and it was nice to see records being broken. In the 1500m event alone, there were six records broken.

Let's work together, to keep the club successful and have good New Year. Together, hopefully, we can also get the back in the training pool before long!

***Ian Wells***  
*Club coach*

Newsletter supported by Haven High Technology College

## **CHRISTMAS TRAINING 2009**

The following timetable will be implemented over the Christmas and New Year holiday period.

Tuesday December 22:	No weights 8.00pm-9.00pm, Masters
Thursday December 24:	5.45am-7.15am, Perf/Sen/Dev/Future
Tuesday December 29:	5.45am-7.15am, Perf/Sen/Dev 6.00pm-7.00pm, Future/Devolvement (3 lanes) 7.00pm-9.00pm, Performance (3 lanes) 8.00pm-9.00pm, Seniors (3 lanes) 9.00pm-10.00pm, Masters
Wednesday December 30:	5.45am-7.15am, Perf/Sen/Dev 6.00pm-7.00pm, Future (3 lanes) 7.00pm-8.00pm, Devolvement (3 lanes) 8.00pm-9.30pm, Performance & Seniors
Thursday December 31:	5.45am-7.15am, Perf/Sen/Dev/Future
Saturday January 2:	8.00am-9.00am, Masters Perf/Sen/Dev/Future 9.00am-10.00am, Juniors/Silver
Sunday January 3:	Back to normal, no adult lessons
Sunday January 10:	Boston Open Meet No training for Perf/Sen/Dev/Future

## **MASTERS SWIMMING**

If you enjoy swimming for fitness or sport the Masters section is probably what you are looking for, so why not come along and give it a try?

The Masters contingent swims on Saturdays 7am to 8am, Mondays from 9pm to 10pm, Tuesday from 9pm to 10pm and Thursday from 9pm to 10pm. All sessions are held in the leisure pool.

The last Masters training session before Christmas will be on Tuesday December 22 at an earlier time of 8pm to 9pm. During the holidays, there will be a session on Tuesday December 29, 9pm to 10pm. Normal hours return on the Saturday January 2.

For further details ring Sarah Goodale on Boston 358847

***Sarah Goodale***  
*Assistant Coach*

Newsletter supported by Haven High Technology College

## **MASTERS COMPETITION**

The Masters section is going well with approximately 32 swimmers involved. There is an average attendance of 14 on Mondays. Tuesdays are still proving to be the most popular evening with an average of 18 while Thursdays attract a gathering of around 17 each time. We also have a fairly new time and day of Saturdays which also sees an average of seven in attendance.

October 11 saw the Carol Patch County Championship, which was held at Cranwell this year. We only had seven entries and due to illness only four swam on the day. Well done to Archie Grant who took gold in the 50m backstroke (48.93 seconds) and gold in 50m freestyle (42.68); Dick Howes collected gold in 50m breaststroke (106.13) along with two silvers — 50m backstroke (1:14.23) and 50m freestyle (56.21); Steve Roberts was fourth in the 50m backstroke (43.44), fifth in the 100m freestyle (1:22.89) and seventh in the 50m freestyle (36.16); Ian Benton was third in the 50m butterfly (1:01.53), fourth in the 50m backstroke (56.19) and fifth in the 50m freestyle (42.16). Lincoln Vulcans won with a total of 184 points. A total of eight teams entered. We finished in seventh place on 14pts.

***Sarah Goodale***  
*Assistant coach*

## **ADULT SWIMMING LESSONS**

If you are a non-swimmer or a swimmer wanting to improve your breathing or your stroke technique, why not come along on a Sunday and find out what it's all about. We are a friendly bunch and support each other in all our efforts and celebrate our achievements. It's surprising what you find you can do when you have other people around you urging you on.

Lessons are held on Sundays from 8.00pm to 8.30pm in the leisure pool and spectators are not allowed on poolside while we are swimming, so there is no need to worry about other people watching you.

Courses are usually six weeks but some are seven or eight weeks long. Fees are as follows:

6-week course:	Members £12.00	Non-Members £20.00
7-week course:	Members £14.00	Non-Members £23.00
8-week course:	Members £16.00	Non-Members £25.00

The adult swimming lessons dates:

January 17 to February 28:	7 week course
March 7 to April 18:	7 week course

Although, ideally, you should start at the beginning of the course, we welcome new swimmers at anytime. Just give me a call on the number given below and I will let you know when you can start. If you would like any further information on lessons or wish to book a place, please give Sarah Goodale a call on (01205) 358847.

**Sarah Goodale**  
Assistant coach

Newsletter supported by Haven High Technology College

## LESSONS

At the start of the season, the baby pool and the stations were all very quiet. However, we have taken on 15 new members in the baby pool and, after further assessments, 12 new swimmers in the big pool. However, lessons are down in numbers generally.

The baby pool sees an average of 30-36 swimmers each week and 40 in the big pool. The survival classes have an average attendance of five.

Jemma Tointon is now a qualified teacher so has moved from survival and is now teaching station four. We now have stations 1-4 covered with qualified teachers. Heather Guy takes station five and will be taking her level 1 exam as soon as a date is available.

The last Sunday before Christmas is December 20, which will be a fun session and we will be returning to normal hours and sessions on January 3. We will also be running the lessons on January 10. As you are all aware this is the date for our open meet. However, I feel it is important that the lessons continue.

My thanks go to Pete Watson for the continued help and support in the baby pool and all the teachers who give up their time voluntarily every week. This is very much appreciated. Their continued support is vital for the lessons to continue smoothly. Thanks also go to Sue Dix who runs the waiting list and Jacki Wright who co-ordinates the door rota.

For any further information on dates and times if your child wishes to join, please don't hesitate to contact me, Sarah Goodale on 01205 358847

**Sarah Goodale**  
Assistant coach

## ANNUAL GENERAL MEETING

Following the AGM in November, I can confirm that the executive committee for the next year is as follows:

Chairman:	Pete Hockerston
Vice-chairman:	Phil Featherstone
Secretary:	Guy Dix
Treasurer:	Jo French
Membership secretary:	Susan Holderness
Fixtures and championship secretary:	Jane Thorn
Gala and officials secretary:	Neil Hobbins
Public relations officer:	Michael Macleod
Minute secretary:	Vacant
Fund raising officer:	Vacant
Committee members:	Mark Craven, Sharon Dean, Sue Dix, Mark Keal, Emma Parla, Karl Royce

and Dave Saunston.

Since the AGM Jacki Wright has resigned as minutes secretary, so we do have two vacant positions on the executive committee.

*Continued on next page*

**Newsletter supported by Haven High Technology College**

*Continued from previous page*

If anyone is interested in filling either of these then please speak to either Pete Hockerston, Phil Featherstone, Jo French or myself and we can explain what is the role involves as we do wish to fill both these positions if possible.

Also at the AGM we tried to set up a separate fund raising committee but had no nominations put forward. As a club we do need to rely on fund raising and sponsorship to help keep all our fees down so we do still want to set this up.

If you are interested or have any ideas for future events then please speak to any committee member.

***Guy Dix***  
*Secretary*

## **ONLINE SHOPPING: FREE MONEY FOR THE SWIMMING CLUB!**

Yes, that's what we said, there's free money to be had for our swimming club. But how?  
Please read on...

Whenever you shop online there are 600 retailers ready to pay **Boston Amateur Swimming Club** up to 15% of your purchase, **costing you nothing**. The only extra effort you need to make is first to register as a user on **[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)** thereafter each time you shop online remember to login through this website before you select the retailer. It's that simple!

How can they do it?

The answer is simple - because they don't have the overheads of running a physical shop for online retailing – no rates, extra staff, electricity bills etc. - they can afford to be charitable. Shopping online is far cheaper for the retailers, so this initiative is their way of paying a little back to the community.

There are tons of retailers offering this, including big names like **Tesco, Next, B&Q, Boots, Amazon, Argos, Laithwaites, ASDA!** Please take a moment to do this for our swimming club. It will help to top up our fundraising. Remember it costs you nothing!

So what to do now:

1. First logon to show that you support **Boston Amateur Swimming Club**
2. Secondly, each time you shop online go to **[www.easyfundraising.org.uk](http://www.easyfundraising.org.uk)** (be careful as there are websites with similar names, be sure to get the .org.uk at the end!)  
TIP: You could set it as your default web page to avoid any confusion.
3. Finally, you can access **easysearch**, our innovative charity search engine where you'll raise funds just by searching the Web. By making just 10 searches a day with easysearch instead of Google or any other search engine, each of your supporters can raise around £20 a year for your cause.

I hope you all agree this could be a good way to raise funds towards our ongoing projects. They could help supplement the every increasing fees demanded by the Council.

## **NEW OFFICIALS REQUIRED**

As a club we are always in need of more officials to assist at home galas, club championships and away galas, plus of course our own open meet. Every time the club sends a team to an away gala we have to send two timekeepers and a judge.

When we host a gala, this is increased to four timekeepers often two judges plus starter and referees, along with all the other “non-official” jobs needed for a home gala such as recorders, drinks rota, door etc.

At our club championships, to enable them to be run under ASA Law we need even more – 12 timekeepers, six judges, starter and referee plus the recorders and team managers. We have struggled recently to get enough officials to go with our teams to away galas.

It is a requirement of the leagues that we send officials with our team. If we are unable to do this, then as a club we shall have to consider withdrawing our B teams from the leagues. We do not want to do this as these teams offer excellent opportunities for our younger swimmers to swim in competition so we need your help please.

We are planning to run some more courses: Judge Level 1 (which is timekeeping and then moving onto turn judging), Judge Level 2 (which incorporates all judging of stroke and placing) and Judge Level 2(S) (starting races).

The course is not too onerous and is followed by poolside work to learn what is involved and put into practice what you have learned and a practical exercise on poolside at a gala. Judge Level 1 is the ideal place to start for new volunteers, existing timekeepers/ Judge Level 1 officials may want to look at completing their Judge Level 2 or even their Judge Level 2 (S), you have to do all qualifications in order you cannot just be a starter without first completing the other levels.

If you are interested or require additional information then please have a word with Phil Featherstone or give me a ring (01205) 350534 or send me an email via the secretary link on our website.

It is not an onerous job, is usually very enjoyable and you can still watch the swimming (although in a different capacity) and you never have to pay to get into a gala!

***Guy Dix***  
*Secretary*

## **WINTER CLUB CHAMPIONSHIPS (Bagcat awards and certificates)**

All the awards and certificates for the 2009 Winter Championships will be available for collection on Sunday January 3 during training from 5.00pm to 7.00pm. Any items not collected then will be handed out during training the following week.

## FIXTURES FOR REST OF SEASON

For those of us who like to plan ahead, and to hopefully avoid potential clashes between important swimming events and family holidays etc, please see the attached fixture list for January 2010 until the end of the season. The summer club championships are currently planned for the same weekend as 2009, but of course this will depend on the availability of the pool nearer the time. Although I try to ensure the list is as accurate as possible, please be aware that the coach will occasionally decide to attend other open meets and galas for the benefit of the swimmers. So the list is always “work in progress!”

Jane Thorn  
Fixture secretary

<b><u>January</u></b>		<b><u>May</u></b>	
Sat	02-Jan	Sat	01-May Midland Youth Champs
Sun	03-Jan	Sun	02-May Midland Youth Champs
Sat	09-Jan Boston Open Meet	Sat	01-May Spalding Open Meet
Sun	10-Jan Boston Open Meet	Sun	02-May Spalding Open Meet
Sat	16-Jan	Sat	08-May
Sun	17-Jan	Sat	15-May Copleys Cup Gala Huntingdon
Sat	23-Jan Biggleswade Open Meet	Sat	15-May Swansea Open Meet Level 1
Sun	24-Jan Biggleswade Open Meet	Sun	16-May Swansea Open Meet Level 1
Sat	30-Jan	Sat	22-May
Sun	31-Jan	Sat	29-May
<b><u>February</u></b>		<b><u>June</u></b>	
Sat	06-Feb Fenland League: 9,10,11,12,13yrs	Sat	05-Jun Midland Age Groups
Sun	07-Feb Thetford Open Meet	Sun	06-Jun Midland Age Groups
Sat	13-Feb Anglian League: 13,15yrs, open	Sat	12-Jun Fenland League: 9,10,11,12,13yrs
Sat	13-Feb County Long Distance 1500 (Corby)	Sat	12-Jun Midland Age Groups
Sun	14-Feb	Sun	13-Jun Midland Age Groups
Sat	20-Feb	Sat	19-Jun
Sat	27-Feb County Long Distance 800 (Corby)	Sat	26-Jun Anglian League: 13, 15yrs, open
<b><u>March</u></b>		Sun	27-Jun
Sat	06-Mar Primary Schools Gala		
Sun	07-Mar	<b><u>July</u></b>	
Sat	13-Mar County Championships (Louth)	Sat	03-Jul <i>Summer Club Champs</i>
Sun	14-Mar	Sun	04-Jul <i>Summer Club Champs</i>
Sat	20-Mar County Championships (Grantham)	Sat	10-Jul Fenland League: 9,10,11,12,13yrs
Sat	20-Mar Spring Novice Trophy: 9,10,11,12yrs	Sat	10-Jul Coventry B Grade Open Meet
Sat	27-Mar County Championships (Louth)	Sat	17-Jul
Mon	29 Mar to... British Long Course	Sun	18-Jul
<b><u>April</u></b>		Wed	28 Jul to.... National Age Groups
Sat	03-Apr British Long Course	<b><u>August</u></b>	
Sun	04-Apr	Sun	...01-Aug National Age Groups
Sat	10-Apr	Tue	03 Aug to.... National Youth Champs
Sun	11-Apr	Sat	...07-Aug National Youth Champs
Sat	17-Apr Anglian League: 13,15yrs, open		
Sun	18-Apr		
Sat	24-Apr Fenland League: 9,10,11,12,13yrs		
Sat	24-Apr Leicester Open Meet		
Sun	25-Apr Leicester Open Meet		

## **COUNTY CHAMPIONSHIPS 2010**

In 2010 the format for the County Championships is slightly different to previous years.

The 1500m and 800m events are being held at Corby in the 50m pool and this is being hosted jointly with Northamptonshire, the closing date for these two events is December 19 and hopefully we have obtained all the entries during our club championships.

However, if when reading this, you have not entered and you have a qualifying time then please contact Guy Dix so that you don't miss out.

The three main galas are being held in March and are being swum at the new pool at Louth (first and third gala) and at Grantham, as a club we have volunteered to host one session at Grantham so we shall be asking for volunteers to help us again.

All officials will receive an invitation to officiate at all three galas and we hope that as many of you as possible do offer to officiate, as without officials the County Championships cannot take place so please help if you can.

The closing date for the main championships is January 16. As usual we shall be asking you to complete the entries yourselves. There is an entry form in the newsletter or you can download one from the Lincs ASA website.

This needs to be completed in full with your entry time for each event. Please note that the time must have been achieved after June 30, 2009 and the date, place and time are needed on the entry form.

You can obtain your times from our website and you just need to put in your name and date of birth (dd/mm/yyyy), when you first access your times you see your PB in each event, remember that your PB may not have been achieved since June 30 so you will need to double click on the time to obtain your other times in that event.

Guy and Sue Dix will be at the pool on Monday January 11 from 6.00pm to 8.00pm, Tuesday January 12 from 5.30pm to 7.30pm and Wednesday January 13 from 5.30pm to 7.00pm to collect and check the entries.

Please note that cheques should be made payable to BASC as usual for all open meets plus the levy of £3.

Please be aware that times achieved at our Boston open meet can be used. However, the times may not be on the website so we shall place a full set of results on the club notice board.

If you have any queries on the County Championships and what events to enter or have difficulty accessing your times, then please speak to Ian or Sarah.

***Guy Dix***  
*Club secretary*

**COUNTY CHAMPIONSHIPS SCHEDULE**  
**(59<sup>th</sup> annual County Championships and Age Group competitions 2010)**

**SATURDAY 13<sup>th</sup> FEBRUARY AT CORBY**

(Subject to Confirmation).

1/2. Heats Boys & Girls 1500m Free HDW

**SATURDAY 13<sup>th</sup> MARCH AT LOUTH**

09.00 warm up for 10.00 start

1. Heats Girls 50m Backstroke HDW
2. Heats Boys 100m Butterfly
3. Heats Girls 100m Freestyle
4. Final Mens 100m Butterfly Champ
5. Heats Girls 200m Breaststroke HDW
6. Heats Boys 200m Ind Medley HDW
7. Final Ladies 100m Freestyle Champ

**SATURDAY 20<sup>th</sup> MARCH AT GRANTHAM**

10.45 warm up for 11.45 start

1. Heats Girls 50m Freestyle HDW
2. Heats Boys 50m Breaststroke HDW
3. Heats Girls 100m Backstroke
4. Heats Boys 200m Butterfly HDW
5. Final Ladies 100m Backstroke Champ
6. Heats Girls 400m Ind Medley HDW
7. Heats Boys 200m Freestyle HDW
8. A&B SKINS Ladies 50m Freestyle

**SATURDAY 27<sup>th</sup> MARCH AT LOUTH**

09.00 warm up for 10.00 start

1. Heats Girls 50m Butterfly HDW
2. Heats Boys 100m Breaststroke
3. Heats Girls 100m Ind Medley
4. Final Mens 100m Breast Champ
5. Heats Girls 200m Backstroke HDW
6. Heats Boys 400m Freestyle HDW
7. Final Ladies 100m Ind Medley Champ

**SATURDAY 27<sup>th</sup> FEBRUARY AT CORBY**

1/2 Heats Boys & Girls 800m Free HDW.

**SATURDAY 13<sup>th</sup> MARCH AT LOUTH**

(Warm up/Start tbc)

1. Heats Boys 50m Backstroke HDW
2. Heats Girls 100m Butterfly
3. Heats Boys 100m Freestyle
4. Final Ladies 100m Butterfly Champ
5. Heats Boys 200m Breaststroke HDW
6. Heats Girls 200m Ind Medley HDW
7. Final Mens 100m Freestyle Champ

**SATURDAY 20<sup>th</sup> MARCH AT GRANTHAM**

(Warm up/Start tbc)

1. Heats Boys 50m Freestyle HDW
2. Heats Girls 50m Breaststroke HDW
3. Heat Boys 100m Backstroke
4. Heats Girls 200m Butterfly HDW
5. Final Mens 100m Backstroke Champ
6. Heats Boys 400m Ind Medley HDW
7. Heats Girls 200m Freestyle HDW
8. A&B SKINS Mens 50m Freestyle

**SATURDAY 27<sup>th</sup> MARCH AT LOUTH**

(Warm up/Start tbc)

1. Heats Boys 50m Butterfly HDW
2. Heats Girls 100m Breaststroke
3. Heats Boys 100m Ind Medley
4. Final Ladies 100m Breast Champ
5. Heats Boys 200m Backstroke HDW
6. Heats Girls 400m Freestyle HDW
- Final Mens 100m Ind Medley Champ

## **County Championships**

### **General conditions and information**

- All Competitors must be Registered with the ASA as Category 2 swimmers, for the Club in whose name they wish to enter by the closing date for the entries (16<sup>th</sup> January 2010).
- There are separate events and consideration times for all age groups, i.e. 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16yrs and over.
- All ages are as on 27<sup>th</sup> March 2010.
- Ages for Junior Championships are:  
Boys 14yrs & younger, and Girls 13yrs & younger on 27/3/2010.
- All events will be swum as one combined event with swimmers seeded on submitted times.
- In the 50m freestyle events there will be 'A' & 'B' SKINS Finals for the fastest 16 swimmers – see separate conditions sheet for these finals.
- There will be a Championship Final for all 100m events.
- In 100m events the fastest three swimmers from the final and the three fastest juniors will receive Championship medals. Any swimmer withdrawing from a final will forfeit the right to any Championship award in that event.
- In all 200m events the three fastest swimmers and the three fastest juniors will be awarded Championship medals.
- In all 50m, 400m, 800m and 1500m events the fastest three swimmers will be awarded Championship medals.
- The winners of each Championship will receive the perpetual trophy (where such a trophy exists) for one year.
- In each age Group for boys 9yrs to 14yrs and girls 9yrs to 13yrs awards will be made to the top 12 swimmers using the BAGAT Points Tables.
- For all age groups the first three placed swimmers in each event will receive an age group medal.
- The Honorary Championships and Age Group Secretary reserves the right to alter the order of events.
- Any entry which fails to comply with any special or general condition governing a Lincolnshire County ASA Competition will not be accepted. Any fee paid will be forfeit.
- Time Trials will not be permitted during these Championships.
- THE PROMOTER RESERVES THE RIGHT TO LIMIT ENTRIES. In particular numbers of entries for the 800m & 1500m freestyle events may be restricted; the slowest entries in each age group may be rejected. Reserves will be notified.
- Entries for the 800m and 1500m freestyle events must be submitted on a separate form with a closing date of Saturday 19<sup>th</sup> December 2009.
- The Closing date for entries (other than the 800m and 1500m freestyle events) is Saturday 16<sup>th</sup> January 2010.
  
- Entries to:- Sheila Smith, 48 Rudgard Avenue,  
Cherry Willingham, Lincoln LN3 4JG. Tel: 01522 808129
  
- LATE OR INCORRECT OR INCOMPLETE ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES.

## **Supplementary Conditions (Disability Swimming)**

It is intended to open the County Age Group Championships in 2010 to competitors who have an authorised British Swimming or IPC Swimming classification which is held on the British Swimming or IPC Swimming classification database at the time of entry.

**The general conditions for the Championships shall apply except where varied by any of the following conditions:**

### **The Events (Male & Female)**

- 50m and 100m Freestyle S1-S14
  - 200m Freestyle S1-S14
  - 400m Freestyle S6-S14
  - 50m Backstroke S1-S14
  - 100m Backstroke S6-S14
  - 50m Breaststroke SB1-SB9 & SB11-SB14
  - 100m Breaststroke SB4-SB9 & SB11-SB14
  - 50m Butterfly S1-S14
  - 100m Butterfly S8-S14
  - 100m Individual Medley SM5-SM14
  - 200m Individual Medley SM5-SM14
- > All Competitors must hold a current Functional Ability Card (FAC) at the time of entry.
- > There will be **no** minimum Consideration times – however times must be submitted and these should be certified correct by the Club Coach.
- > All classes of swimmers will swim together.
- > Functional Ability Cards (FACs) must be submitted to the Recording Desk prior to the start of the session with the athletes' first event. No further submission is required following this. Failure to do so will result in the swimmer being unable to race.

Newsletter supported by Haven High Technology College

**LINCOLNSHIRE COUNTY AMATEUR SWIMMING ASSOCIATION  
CONSIDERATION TIMES 2010  
(Times to be achieved after 1/7/2009)**

<b>BOYS</b>	<b>9YRS</b>	<b>10YRS</b>	<b>11YRS</b>	<b>12YRS</b>	<b>13YRS</b>	<b>14YRS</b>	<b>15YRS</b>	<b>16+YRS</b>
<b>50m Free</b>	42.8	39.3	35.8	33.8	32.0	30.6	29.3	28.0
<b>100m Free</b>	XXXXX	XXXXX	XXXXX	1.16.0	1.11.0	1.07.0	1.05.5	1.01.0
<b>200m Free</b>	3.38.0	3.09.0	2.53.0	2.42.0	2.31.0	2.24.0	2.20.0	2.17.0
<b>400m Free</b>	6.50.0	6.25.0	5.56.0	5.28.0	5.12.0	4.55.0	4.55.0	4.46.0
<b>800m Free*</b>	XXXXX	XXXXX	11.40.0	11.20.0	10.45.0	10.20.0	10.10.0	10.00.0
<b>1500m Free*</b>	XXXXX	XXXXX	21.20.0	21.00.0	20.10.0	19.40.0	19.20.0	19.00.0
<b>50m Back</b>	51.5	45.5	42.2	40.3	37.9	36.6	35.6	35.0
<b>100m Back</b>	XXXXX	XXXXX	XXXXX	1.27.4	1.23.6	1.17.7	1.17.0	1.12.5
<b>200m Back</b>	3.53.0	3.28.0	3.12.0	3.03.0	2.53.0	2.46.0	2.43.0	2.36.0
<b>50m Breast</b>	57.7	53.0	48.9	45.8	43.0	41.5	40.3	37.8
<b>100m Breast</b>	XXXXX	XXXXX	XXXXX	1.39.0	1.34.0	1.30.0	1.26.4	1.23.5
<b>200m Breast</b>	4.23.0	3.55.5	3.42.0	3.31.0	3.17.0	3.07.5	3.04.0	3.01.0
<b>50m Fly</b>	57.8	49.2	44.4	41.0	38.5	35.0	34.0	31.5
<b>100m Fly</b>	XXXXX	XXXXX	XXXXX	1.38.0	1.30.2	1.24.5	1.19.8	1.13.4
<b>200m Fly</b>	5.20.0	4.20.0	4.00.0	3.25.0	3.10.0	3.10.0	3.05.0	2.54.0
<b>100m IM</b>	1.55.4	1.44.0	1.35.7	1.28.5	1.22.8	1.18.2	1.17.0	1.13.0
<b>200m IM</b>	4.07.0	3.36.0	3.19.0	3.05.0	2.50.0	2.46.0	2.42.0	2.35.5
<b>400m IM</b>	6.56.0	6.56.0	6.45.0	6.20.0	5.55.0	5.50.0	5.45.0	5.30.0

<b>GIRLS</b>	<b>9YRS</b>	<b>10YRS</b>	<b>11YRS</b>	<b>12YRS</b>	<b>13YRS</b>	<b>14YRS</b>	<b>15YRS</b>	<b>16+YRS</b>
<b>50m Free</b>	44.2	39.5	36.2	34.2	33.6	32.8	32.8	32.0
<b>100m Free</b>	XXXXX	XXXXX	1.21.3	1.17.0	1.13.5	1.11.4	1.11.2	1.10.5
<b>200m Free</b>	3.40.0	3.12.0	2.55.0	2.42.0	2.36.0	2.34.0	2.33.0	2.31.5
<b>400m Free</b>	6.58.0	6.43.0	6.00.0	5.42.0	5.26.0	5.17.0	5.17.0	5.13.0
<b>800m Free*</b>	XXXXX	12.30.0	12.10.0	11.30.0	11.05.0	10.50.0	10.50.0	10.40.0
<b>1500m Free*</b>	XXXXX	24.30.0	23.50.0	22.15.0	21.20.0	20.40.0	20.40.0	20.20.0
<b>50m Back</b>	50.5	46.0	42.5	41.0	39.0	38.7	38.7	38.5
<b>100m Back</b>	XXXXX	XXXXX	1.33.2	1.28.0	1.24.5	1.22.2	1.22.2	1.21.0
<b>200m Back</b>	3.55.5	3.30.0	3.10.0	3.02.0	2.55.0	2.52.2	2.52.0	2.51.5
<b>50m Breast</b>	57.5	52.5	48.0	46.0	44.2	43.7	43.7	43.0
<b>100m Breast</b>	XXXXX	XXXXX	1.45.2	1.40.0	1.36.0	1.35.0	1.35.0	1.32.5
<b>200m Breast</b>	4.20.0	3.56.0	3.37.5	3.28.0	3.21.5	3.21.0	3.21.0	3.20.0
<b>50m Fly</b>	55.7	49.8	43.8	41.2	39.0	37.9	37.5	36.8
<b>100m Fly</b>	XXXXX	XXXXX	1.44.5	1.38.0	1.32.2	1.28.4	1.26.5	1.26.0
<b>200m Fly</b>	5.20.0	4.40.0	3.45.0	3.30.0	3.25.0	3.20.0	3.10.0	3.10.0
<b>100m IM</b>	1.55.0	1.42.5	1.33.5	1.28.5	1.25.0	1.24.0	1.22.7	1.20.5
<b>200m IM</b>	3.58.0	3.37.5	3.17.5	3.06.0	2.58.0	2.55.2	2.54.0	2.50.0
<b>400m IM</b>	6.56.0	6.56.0	6.28.0	6.15.0	6.15.0	6.15.0	6.13.0	6.08.0

**LINCOLNSHIRE COUNTY AMATEUR SWIMMING ASSOCIATION  
2010 CHAMPIONSHIPS AND AGE GROUP COMPETITIONS  
(under ASA Laws and ASA Technical rules)**

Please Use BLOCK LETTERS

ASA REGISTRATION NUMBER					
-------------------------	--	--	--	--	--

(See competition condition 3)

Full Name:	Date of Birth:
Club:	Age on 27 <sup>th</sup> March 2010
Address:	Male/Female
	Tel No:
	Post Code

TIMES TO BE ACHIEVED AFTER 30<sup>th</sup> JUNE 2009

Entry will be based on Consideration Times and may be limited at the discretion of the promoter.

Please convert all times to 25metres using the ASA Equivalent Performance Tables.

	EVENT	TIME Converted to 25m	"Split Time" Y/N	OCCASION AND VENUE	DATE
1	50m Freestyle				
2	100m Freestyle				
3	200m Freestyle				
4	400m Freestyle				
5	50m Backstroke				
6	100m Backstroke				
7	200m Backstroke				
8	50m Breaststroke				
9	100m Breaststroke				
10	200m Breaststroke				
11	50m Butterfly				
12	100m Butterfly				
13	200m Butterfly				
14	100m Ind Medley				
15	200m Ind Medley				
16	400m Ind Medley				

I hereby declare that the above particulars are correct and that I will abide by the conditions laid down by the Lincolnshire County ASA for this competition.

Signature of Competitor \_\_\_\_\_ Date \_\_\_\_\_

Certified Correct \_\_\_\_\_ Club Secretary \_\_\_\_\_

Send the completed form, together with the entry fee of £4.00 per event to the address below. Cheques payable to Lincolnshire County ASA.

Sheila Smith, 48 Rudgard Avenue, Cherry Willingham, Lincoln, LN3 4JG.

CLOSING DATE FOR ENTRIES 10.00pm SATURDAY 16<sup>th</sup> JANUARY 2010  
LATE OR INCORRECT OR INCOMPLETE ENTRIES WILL NOT BE ACCEPTED.