

Falcon Amateur Swimming Club
Club Championships 2010

The Falcon A.S.C. Club championships for 2010 will be run differently to that of previous years. The main differences will be the opportunity to compete in a full Olympic programme of swimming events, with the 8's and under being able to enter the 25m events.

The club championships will run between 26th March 2010 and 26th September 2010 and will consist of 7 separate galas. Of these 7 galas 4 will be for the distance events (400m Freestyle, 800m Freestyle, 1500m Freestyle and 400m I.M.) with the remaining 3 galas making up the remainder of the events.

Attached within this information pack are the entry sheets for each of the 7 galas. Certain age groups have been blacked out for certain events; this is because that age group is not allowed to swim that particular distance within the British Age Group Categories (BAGCats) system. I have however, made allowances to let the boys swim distances at the same age as the girls.

The aim in running the club championships with a full Olympic Programme is that as a club Falcon ASC will have greater representation at the Nottinghamshire ASA County Championships, by giving people more opportunities in more events. For those of you present at the AGM you will recall Jamie Main (British Swimming/Nova Centurion) speaking to us all about the importance of age group swimmers competing in a full spectrum of strokes and distances. The importance of this is to allow full development through out a child's growth and development.

I would anticipate that all swimmers under the age of 14 would enter every event available to them at least once each year, the club championships are a perfect opportunity for this!

Please hand completed entry forms in at the desk no later than 2 weeks prior to the date of each Gala.

Many Thanks, Callum Lawson BSc (Hons), F.I.S.T.C
Head Coach Falcon ASC

Falcon Amateur Swimming Club
Club Championships 2010

GALA 1 - 26th March 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke / Distance</u>
1	Male	9 / over	200m I.M
2	Female	9 / over	200m I.M
3	Male	9 / over	50m Butterfly
4	Female	9 / over	50m Butterfly
5	Male	8 / under	25m Breaststroke
6	Female	8 / under	25m Breaststroke
7	Male	10 / over	100m Backstroke
8	Female	10 / over	100m Backstroke
9	Male	9 / over	200m Butterfly
10	Female	9 / over	200m Butterfly
11	Male	8 / under	25m Backstroke
12	Female	8 / under	25m Backstroke

GALA 2 - 18th April 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke/Distance</u>
13	Male	10 / over	400m Freestyle
14	Female	10 / over	400m Freestyle

GALA 3 - 7th May 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke / Distance</u>
15	Female	9 / over	200m Breaststroke
16	Male	9 / over	200m Breaststroke
17	Female	9 / over	50m Backstroke
18	Male	9 / over	50m Backstroke
19	Female	10 / over	100m Butterfly
20	Male	10 / over	100m Butterfly
21	Male	8 / under	25m Freestyle
22	Female	8 / under	25m Freestyle
23	Male	9 / over	100m I.M
24	Female	9 / over	100m I.M
25	Male	9 / over	50m Freestyle
26	Female	9 / over	50m Freestyle

GALA 4 - 23rd May 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke/Distance</u>
27	Male	10 / over	800m Freestyle
28	Female	10 / over	800m Freestyle

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GALA 5 - 25th June 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke/Distance</u>
29	Male	10 / over	1500m Freestyle
30	Female	10 / over	1500m Freestyle

GALA 6 - 17th September 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke / Distance</u>
31	Female	9 / over	200m Freestyle
32	Male	9 / over	200m Freestyle
33	Male	8 / under	25m Butterfly
34	Female	8 / under	25m Butterfly
35	Male	10 / over	100m Breaststroke
36	Female	10 / over	100m Breaststroke
37	Female	9 / over	200m Backstroke
38	Male	9 / over	200m Backstroke
39	Female	9 / over	50m Breaststroke
40	Male	9 / over	50m Breaststroke
41	Female	10 / over	100m Freestyle
42	Male	10 / over	100m Freestyle

GALA 7 - 26th September 2010

<u>Event</u>	<u>Gender</u>	<u>Age</u>	<u>Stroke/Distance</u>
43	Male	10 / over	400m I.M.
44	Female	10 / over	400m I.M.

Falcon Amateur Swimming Club
Club Championships 2010

Gala 1: Friday 26th March 2010
Age on 26th September 2010

Name: _____ D.O.B: _____ Gender: _____ ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
200m I.M									
50m Butterfly									
25m Breaststroke									
100m Backstroke									
200m Butterfly									
25m Backstroke									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on Fri 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

The club championships are open to all swimmers.

Closing Date: 12th March

Falcon Amateur Swimming Club
Club Championships 2010

Gala 2: Sunday 18th April 2010
Age on 26th September 2010

Name: _____ D.O.B: _____ Gender: _____ ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
400m Freestyle									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on Fri 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

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Closing Date: 4th April

Falcon Amateur Swimming Club
Club Championships 2010

Gala 3: Friday 7th May 2010
Age on 26th September 2010

Name: _____ D.O.B: _____ Gender: _____ ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
200m Breaststroke									
50m Backstroke									
100m Butterfly									
25m Freestyle									
100m I.M.									
50m Freestyle									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on Fri 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

The club championships are open to all swimmers

Closing Date: 23rd April

Falcon Amateur Swimming Club
Club Championships 2010

Gala 4: Sunday 23rd May 2010

Age on 26th September 2010

Name: _____

D.O.B: _____

Gender: _____

ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
800m Freestyle									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on Fri 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

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Closing Date: 9th May

Falcon Amateur Swimming Club
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Gala 5: Friday 25th June 2010

Age on 26th September 2010

Name: _____

D.O.B: _____

Gender: _____

ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
1500m Freestyle									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

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Closing Date: 11th June

Falcon Amateur Swimming Club
Club Championships 2010

Gala 6: Friday 17th September 2010
Age on 26th September 2010

Name: _____

D.O.B: _____

Gender: _____

ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
200m Freestyle									
25m Butterfly									
100m Breaststroke									
200m Backstroke									
500m Breaststroke									
100m Freestyle									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on Fri 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

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Closing Date: 3rd September

Falcon Amateur Swimming Club
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Gala 7: Sunday 26th September 2010
Age on 26th September 2010

Name: _____ D.O.B: _____ Gender: _____ ASA Membership Number: _____

	8/ under	9	10	11	12	13	14	15	16/ over
400m I.M									

To enter an event, write your personal best time into the blank boxes next to your age group. The age group you swim in is your age on Fri 26th September. You can find your personal best time from the club rankings folder. If you do not have a time, but would like to swim in an event just put a ✓ in the appropriate box to enter the event, and you will swim in the first heat for that event.

The club championships are open to all swimmers

Closing Date: 12th September