

**LANCASHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION
AGE GROUP & SWIMMING CHAMPIONSHIPS 2010
INDIVIDUAL ENTRY FORM**

FORENAME _____ SURNAME _____

ADDRESS _____

POST CODE _____

PHONE NUMBER _____

EMAIL ADDRESS _____

MALE/FEMALE (DELETE AS APPROPRIATE) DATE OF BIRTH ____/____/____

ASA REG NUMBER _____ AGE AT 22/03/09 _____

CLUB _____

DISTANCE	STROKE	AGE GROUPS 25M POOL TIMES	CHAMPIONSHIPS 25M POOL TIMES	Date & Gala Time achieved
50M	FREESTYLE			
100M	FREESTYLE			
200M	FREESTYLE			
400M	FREESTYLE			
800M	FREESTYLE			
1500M	FREESTYLE			
50M	BACKSTROKE			
100M	BACKSTROKE			
200M	BACKSTROKE			
50M	BREASTSTROKE			
100M	BREASTSTROKE			
200M	BREASTSTROKE			
50M	BUTTERFLY			
100M	BUTTERFLY			
200M	BUTTERFLY			
200M	INDIVIDUAL MEDLEY			
400M	INDIVIDUAL MEDLEY			

**THIS COLUMN MUST
BE COMPLETED**

FEEs ENCLOSED _____ ENTRIES @ £5.00 £ _____

I certify that the above details are correct and comply with ASA regulations.
Signed _____

Parent _____ Competition Sec. _____

THIS FORM MUST BE SIGNED BY PARENT, AND COMPETITION SECRETARY.

PLEASE RETURN THIS FORM TO Bob Thompson BY 9/2/2010.

**FIRST ENTRY COLUMN IS FOR AGE GROUP EVENTS FROM 9 YEARS TO 16 YEARS DEPENDING ON ENTRY CRITERIA. PLEASE SEE INFORMATION ON BAGCAT ENTRY CRITERIA.
SECOND ENTRY COLUMN IS FOR CHAMPIONSHIP EVENTS — PRESENTATIONS IN THESE EVENTS ARE FOR 1ST, 2ND & 3RD IN THE UNDER 16 AGE GROUP AND OPEN AGE GROUP.**

Completed forms and cheques to be returned to Mr. G. M. Whittle, Carmel, 51 Heron Wav, Blackpool, FY3 8FA (01253 393967)

**LANCASHIRE COUNTY WATER POLO AND SWIMMING ASSOCIATION
PROGRAMME OF EVENTS 2010**

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PROGRAMME OF EVENTS 2010**

SESSION 1		Saturday 13 March		SESSION 5		Saturday 20 March	
EVENT 101	MENS/BOYS	100M FLY	CHAMP	EVENT 501	LADIES/GIRLS	100M FLY	CHAMP
102	LADIES/GIRLS	100M BACK	CHAMP	502	MENS/BOYS	100M BACK	CHAMP
103	MENS/BOYS	50M FREE	AGE GROUP 9-16 + CHAMP	503	LADIES/GIRLS	50M FREE	AGE GROUP 9-16 + CHAMP
104	LADIES/GIRLS	200M BREAST	AGE GROUP 9-16 + CHAMP	504	MENS/BOYS	200M BREAST	AGE GROUP 9-16 + CHAMP
105	FINAL OF EVENT 101			505	FINAL OF EVENT 501		
	MENS/BOYS	100M FLY	CHAMP		LADIES/GIRLS	100M FLY	CHAMP
106	FINAL OF EVENT 102			506	FINAL OF EVENT 502		
	LADIES/GIRLS	100M BACK	CHAMP		MENS/BOYS	100M BACK	CHAMP
107	LADIES/GIRLS			507	LADIES/GIRLS		
	MENS/BOYS	800M FREE	AGE GROUP 11-16 GIRLS 12-16 BOYS & CHAMP		MENS/BOYS	1500M FREE	AGE GROUP 11-16 GIRLS 12-16 BOYS & CHAMP

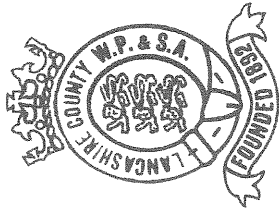
SESSION 2		Saturday 13 March		SESSION 6		Saturday 20 March	
EVENT 201	MENS/BOYS	100M BREAST	CHAMP	EVENT 601	LADIES/GIRLS	100M BREAST	CHAMP
202	LADIES/GIRLS	100M FREE	CHAMP	602	MENS/BOYS	100M FREE	CHAMP
203	BOYS	100M BACK	AGE GROUP 12-16	603	GIRLS	100M BACK	AGE GROUP 11-16
204	LADIES/GIRLS	50M BACK	AGE GROUP 9-16 + CHAMP	604	MENS/BOYS	50M BACK	AGE GROUP 9-16 + CHAMP
205	MENS/BOYS	400M FREE	AGE GROUP 10-16 + CHAMP	605	LADIES/GIRLS	400M FREE	AGE GROUP 10-16 + CHAMP
206	FINAL OF EVENT 201			606	FINAL OF EVENT 601		
	MENS/BOYS	100M BREAST	CHAMP		LADIES/GIRLS	100M BREAST	CHAMP
207	FINAL OF EVENT 202			607	FINAL OF EVENT 602		
	LADIES/GIRLS	100M FREE	CHAMP		MENS/BOYS	100M FREE	CHAMP

SESSION 3		Sunday 14 March		SESSION 7		Sunday 21 March	
EVENT 301	MENS/BOYS	200M I.M.	AGE GROUP 9-16 + CHAMP	EVENT 701	LADIES/GIRLS	200M I.M.	AGE GROUP 9-16 + CHAMP
302	GIRLS	100M FREE	AGE GROUP 11-16	702	BOYS	100M FREE	AGE GROUP 12-16
303	MENS/BOYS	50M FLY	AGE GROUP 9-16 + CHAMP	703	LADIES/GIRLS	50M FLY	AGE GROUP 9-16 + CHAMP
304	LADIES/GIRLS	200M FLY	AGE GROUP 9-16 + CHAMP	704	MENS/BOYS	200M FLY	AGE GROUP 9-16 + CHAMP
305	BOYS	100M BREAST	AGE GROUP 12-16	705	GIRLS	100M BREAST	AGE GROUP 11-16
306	LADIES/GIRLS	200M BACK	AGE GROUP 9-16 + CHAMP	706	MENS/BOYS	200M BACK	AGE GROUP 9-16 + CHAMP

SESSION 4		Sunday 14 March		SESSION 8		Sunday 21 March	
EVENT 401	MENS/BOYS	400M I.M	AGE GROUP 12-16 + CHAMP	EVENT 801	LADIES/GIRLS	400M I.M	AGE GROUP 12-16 + CHAMP
402	GIRLS	100M FLY	AGE GROUP 11-16	802	BOYS	100M FLY	AGE GROUP 12-16
403	MENS/BOYS	200M FREE	AGE GROUP 9-16 + CHAMP	803	LADIES/GIRLS	200M FREE	AGE GROUP 9-16 + CHAMP
404	LADIES/GIRLS	50M BREAST	AGE GROUP 9-16 + CHAMP	804	MENS/BOYS	50M BREAST	AGE GROUP 9-16 + CHAMP

LANCASHIRE COUNTY WATER POLO & SWIMMING ASSOCIATION

2010 CONSIDERATION TIMES



EVENT	County Qualifying Times					Short Course Pool				
	9	10	11	12	13	14	15	16	OPEN	
50m Freestyle	41.0	38.3	36.7	33.9	31.6	30.1	29.0	28.4	28.2	
100m Freestyle				1:11.3	1:06.5	1:03.5	1:02.5	1:01.3	1:00.8	
200m Freestyle	3:22.7	3:00.4	2:49.2	2:35.2	2:27.4	2:20.0	2:14.8	2:12.9	2:11.6	
400m Freestyle		6:13.2	5:45.3	5:24.4	5:04.2	4:49.9	4:39.9	4:36.6	4:37.9	
800m Freestyle				10:52.0	10:25.1	9:59.6	9:31.5	9:30.9	9:30.9	
1500m Freestyle				20:10.9	19:07.7	18:29.4	17:50.2	17:40.3	17:29.9	
50m Breaststroke	54.8	50.1	46.3	42.4	39.0	37.0	35.5	33.8	33.8	
100m Breaststroke				1:32.1	1:25.0	1:20.5	1:17.5	1:16.0	1:16.0	
200m Breaststroke	4:18.8	3:55.5	3:34.9	3:17.2	3:03.7	2:52.0	2:50.1	2:47.5	2:45.0	
50m Butterfly	46.6	41.9	38.9	36.8	33.0	32.0	30.5	29.9	29.4	
100m Butterfly				1:21.6	1:15.0	1:10.7	1:07.5	1:06.8	1:05.4	
200m Butterfly	4:20.3	3:38.3	3:18.7	3:00.2	2:43.9	2:35.3	2:28.5	2:27.3	2:24.4	
50m Backstroke	47.6	43.2	40.1	36.9	34.2	32.4	31.4	31.1	30.8	
100m Backstroke				1:21.3	1:15.7	1:11.2	1:08.3	1:07.1	1:07.0	
200m Backstroke	3:45.2	3:23.2	3:09.2	2:51.4	2:40.6	2:31.9	2:26.3	2:24.3	2:24.3	
200m Individual Medley	3:40.8	3:25.0	3:11.3	2:57.4	2:45.4	2:36.6	2:30.2	2:27.8	2:26.3	
400m Individual Medley				6:18.4	5:54.0	5:36.4	5:18.6	5:13.3	5:13.3	

EVENT	County Qualifying Times					Short Course Pool				
	9	10	11	12	13	14	15	16	OPEN	
50m Freestyle	41.9	38.1	35.2	33.2	31.8	31.0	30.9	30.6	30.3	
100m Freestyle				1:11.2	1:08.1	1:06.8	1:05.8	1:05.4	1:05.1	
200m Freestyle	3:21.2	2:55.1	2:44.3	2:34.5	2:28.5	2:26.0	2:24.8	2:23.5	2:22.5	
400m Freestyle		6:08.5	5:40.4	5:21.4	5:06.8	4:58.9	4:55.8	4:56.6	4:59.0	
800m Freestyle				11:02.0	10:12.5	10:02.5	9:55.7	9:52.4	9:52.4	
1500m Freestyle				21:34.0	20:17.1	19:36.9	19:40.6	19:41.6	19:37.6	
50m Breaststroke	55.2	49.4	45.6	42.4	40.3	39.1	38.4	38.3	38.3	
100m Breaststroke				1:30.8	1:26.1	1:24.4	1:22.5	1:22.3	1:22.0	
200m Breaststroke	4:22.5	3:46.7	3:30.2	3:15.6	3:07.3	3:03.0	3:01.5	3:00.1	3:00.1	
50m Butterfly	47.4	41.9	38.9	36.4	34.8	33.7	33.2	33.0	32.8	
100m Butterfly				1:20.8	1:16.7	1:14.7	1:13.8	1:13.5	1:12.7	
200m Butterfly	4:20.6	3:35.8	3:15.0	2:58.4	2:47.3	2:42.0	2:40.7	2:40.7	2:38.4	
50m Backstroke	48.5	43.5	40.2	37.8	36.2	35.2	34.7	34.3	34.1	
100m Backstroke				1:20.7	1:17.2	1:15.3	1:14.0	1:13.6	1:13.0	
200m Backstroke	3:40.8	3:14.2	3:03.8	2:49.6	2:42.4	2:39.8	2:37.2	2:35.8	2:35.3	
200m Individual Medley	3:44.5	3:20.2	3:05.9	2:56.5	2:47.9	2:43.9	2:41.6	2:41.0	2:40.0	
400m Individual Medley				6:13.4	5:57.1	5:47.2	5:42.9	5:41.6	5:37.9	

**All times must have been achieved between
1st September 2009 and 16th February 2010 at a Licensed Meet**

LANCASHIRE W.P & S.A. AGE GROUPS & CHAMPIONSHIPS 2010

License Nos. CC0027 & CC0028

CONDITIONS

1. The meet is to be held at Manchester Aquatic Centre on 13th/14th March 2009 and 20st/21st March 2010
2. Junior Championship age is 16 or under at midnight 21 March 2010.
3. Qualifying Times (25m Pool Size) from a licensed meet since 1 September 2009 are required for all events - Ages as at 21st March 2010. Please check the correct age group is entered relative to the swimmers date of birth. No Refunds for mistakes. Random checks will be made against the current ASA ranking data base.
4. Details on the entry forms should be as per the swimmers ASA Category 2 Membership Registration. Please check that your swimmers (including 9yr olds) are Category 2 registered, their ASA ID number, times and other details are correct before submitting. For processing of entries all details must be fully completed. Entries sent without fee, with entries incorrectly made out or declaration not signed may not be accepted. No refunds for entries incorrectly submitted. Entries to be completed in block letters and submitted in bulk by an authorised club official - CLUB CHEQUES ONLY. Closing date for entries Tuesday 16 February 2010
5. Awards: BAGCATS Top 3, Medals awarded to first three in Championships and age groups.
6. Please list names of competitors alphabetically and in ascending age group order on the competitors' summary sheets. Separate sheets for boys and girls. Indicate Number of events entered and Fees enclosed.
7. Overhead starts will be used. All events other than 100m championship events, as indicated, are heat declared.
8. Withdrawals must be made on an official withdrawal form or by phone to Garry Whittle (01253 393967) by 9.00am on the Friday before the weekend competition or by phone to mobile number 07538 246448 between 5:00 pm and 7:00 pm on the Friday before the competition or between 7:00 am and 8:00 am for morning sessions and 12:30pm - 1:30pm for afternoon sessions on competition days. The promoter reserves the right to impose a fine of £10 should a swimmer not withdraw in the appropriate manner.
9. The promoter reserves the right to restrict the number of entries on an entry time basis in order to try and keep within the licensing time limits.
10. The promoter reserves the right to refuse admission to any competitor or spectator. Please note random checks will be made against the current ASA ranking data base. Any swimmer found to be submitting false times, will be subject to rejection in all events.