

**CITY OF LIVERPOOL SWIMMING CLUB.**  
(AFFILIATED TO NORTHERN COUNTIES A.S.A.)

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June 2010

Dear Secretary,

**PRESENTING THE 2010 TADPOLE LEAGUE GALAS**

(Held under A.S.A. Law and A.S.A. Technical Rules)

Supported by Liverpool City Council in conjunction with Wirral B.C., Sefton M.B.C.,  
Knowsley M.B.C. and St. Helens B.C.

On behalf of the executive committee I would like to invite your club to take part in the 2010 Tadpole League.  
All swimmers can enter 7 events. This is a Level 4 Licensed Meet.

Please read the enclosed the information carefully, there has been changes to the programme:-

a) General aims, general conditions and conditions of entry.

b) Dates and venues of the galas.

c) Individual entry & withdrawal forms.

1. The clubs invited to compete are:-

Birkenhead, Bebington, Bootle & North Liverpool, Bridgefield, Crosby, Everton, Garston, Halton, Hoylake,  
Liverpool Penguins, Newton-le-Willows, Ormskirk, Prescot, St. Helens, Runcorn Reps., Southport,  
Wallasey, Warrington Warriors, Wirral Aquarius, Woodchurch and Woolton.

2. Swimmers will be restricted to a maximum of seven events which are a choice of up to 2 x 50m Form  
strokes, 2 x 200m Form strokes, an Individual Medley (9yrs only 100m IM; 10-12yrs only the 200m IM), the  
200m Freestyle and the 400m Freestyle. The cost is £2 per event; up to a maximum of £12 for 7 events.  
This is in line with British swimming directives and Bagcats.

All Events are Heat Declared Winner.

Entry times will be used where supplied.

Age is at the 19<sup>th</sup> November 2010.

3. Swimmers may compete for one club only in the series of galas.

4. Entries for all galas must be received by the Tadpole Secretary, at the above address, no later than the  
31<sup>st</sup> July 2010. No individual entries from swimmers will be accepted. Confirmation of acceptance of entries  
will be sent out to Clubs. Cards will not be used for these galas swimmers must withdraw on the attached  
form before the start of warm-up of the relevant session.

Once again I would like to ask your club's help with providing officials and I will let you have further details  
nearer the time.

I look forward to another series of exciting galas. If you have any problems please get in touch.  
Please note all galas will be held at Everton Park.

Yours sincerely,

Lesley Lloyd,  
Tadpole League Secretary.

**CITY OF LIVERPOOL SWIMMING CLUB.**  
(Affiliated to N.C.A.S.A.)  
**TADPOLE LEAGUE 2010**  
(Held under A.S.A. Law and A.S.A. Technical Rules)

**GENERAL AIMS.**

1. To encourage and develop a wide base of young swimmers within the Merseyside area and invited clubs.
2. To stimulate and develop an interest in competitive swimming at an early age.
3. To identify young swimmers with potential and their parents within local clubs and encourage them to participate and progress through established pathways.

**GENERAL CONDITIONS.**

1. Seven galas will be held at intervals during the period September to November 2010.
2. The meet will take place at Everton Park Sports Centre, short-course (25m).
3. This is a Level 4 Licensed Meet.
4. Age Groups: - 9, 10, 11, 12 years as at the 19<sup>th</sup> November 2010.

Events:- All Events will be Heat Declared Winner.

Swimmers will be restricted to a maximum of seven events which is a choice of:

- (a) Up to 2 x 50m Form strokes, (Form Strokes are Butterfly, Backstroke and Breaststroke)
- (b) Up to 2 x 200m Form strokes, (Form Strokes are Butterfly, Backstroke and Breaststroke)
- (c) 1 x Individual Medley 100m (9yrs only) or 200m
- (d) Distance Freestyle 1 x 200m Freestyle & 1 x 400m Freestyle.

This is in line with British Swimming directives, LTAD and Bagcats.

All Events are Heat Declared Winner.

Entry times will be used but are not compulsory.

**CONDITIONS OF ENTRY.**

1. Entry to the League will **NOT** be open to any swimmer who has:-
  - a) Qualified to compete in an individual event of the 2010 National Age Group Championships.
  - b) Been placed in the top six in any 100m or 200m event at a North West Region Competition.
  - c) Been placed in the first three in Bagcats at a 2010 County Age Group Competition.
  - d) Has won the Tadpole Age Group Bagcat award in the previous year.
2. Swimmers may compete for one club only in the series of galas.
3. There will be an entry fee of two pound per event up to a maximum of £12 (Enter 7 events save £2).
4. Entries for all galas must be received by the League Secretary on or before 31<sup>st</sup> July 2010.
5. The individual boy and girl, in each age group, gaining the highest Bagcat points overall will be the winner. Trophies will be awarded to the top six in each age group, together with vouchers to these swimmers.
6. Points will be awarded to all swimmers for their club in each event towards the Top Team Competition. A trophy and cash prize will be awarded to the Top Club.

## **MEET CONDITIONS.**

1. This is a Level 4 Licensed Meet.
2. Points will be awarded to all swimmers in all events.
3. Awards will be made to the top six swimmers in each event.
4. The individual boy and girl gaining the highest overall Bagcat points in each age group over the competition will decide the winner of that age group.
5. Trophies and vouchers will be awarded to the top six swimmers in each age group for Bagcats.
6. The Tadpole League Trophy and a cash prize will be awarded to the Club gaining the most points over the Competition.

## **WARNING TO ALL COACHES AND SWIMMERS**

DURING WARM-UP SESSIONS RESPONSIBILITY FOR THE SAFETY OF SWIMMERS RESTS WITH THE COACHES OR TEAM MANAGERS OF EACH INDIVIDUAL CLUB.

SWIMMERS SHOULD NEVER DIVE INTO THE SHALLOW END OF THE POOL DURING WARM-UP.

The City of Liverpool Swimming Club would like to thank the Clubs, Officials, swimmers, parents and pool staff for all their help in the staging and running of the Tadpole League Galas.

# LIVERPOOL TADPOLE LEAGUE GALAS 2010.

Under the auspices of The City of Liverpool Swimming Club.

Affiliated to ASA North West Region

(Held under ASA Laws and FINA Technical Rules of Swimming).

**VENUE: - EVERTON PARK SPORTS CENTRE, GREAT HOMER STREET, LIVERPOOL.**

## GALA ONE

**FRIDAY 3<sup>rd</sup> SEPTEMBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

1	B	9/10	200m	Butterfly
2	G	9/10	200m	Backstroke
3	B	11/12	400m	Freestyle
4	G	11/12	200m	Freestyle
5	B	9/10	50m	Breaststroke
6	G	9/10	50m	Butterfly

## GALA TWO

**FRIDAY 17<sup>th</sup> SEPTEMBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

7	G	9/10	200m	Breaststroke
8	B	9/10	200m	Backstroke
9	G	11/12	400m	Freestyle
10	B	11/12	200m	Freestyle
11	G	9/10	50m	Backstroke
12	B	9/10	50m	Butterfly

## GALA THREE

**FRIDAY 1<sup>st</sup> OCTOBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

13	B	9/10	200m	Breaststroke
14	G	9/10	200m	Butterfly
15	B	11/12	50m	Backstroke
16	G	11/12	50m	Breaststroke
17	B	9/10	4x25	Freestyle Team
18	G	9/10	4x25	Freestyle Team
19	B	11/12	4x25	Medley Team
20	G	11/12	4x25	Medley Team

## GALA FOUR

**FRIDAY 15<sup>th</sup> OCTOBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

21	G	11/12	200m	Backstroke
22	B	11/12	200m	Butterfly
23	G	9/10	400m	Freestyle
24	B	9/10	200m	Freestyle
25	G	11/12	50m	Butterfly
26	B	11/12	50m	Breaststroke

## GALA FIVE

**FRIDAY 29<sup>th</sup> OCTOBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

27	B	11/12	200m	Backstroke
28	G	11/12	200m	Breaststroke
29	B	9/10	400m	Freestyle
30	G	9/10	200m	Freestyle
31	B	11/12	50m	Butterfly
32	G	11/12	50m	Backstroke

## GALA SIX

**FRIDAY 12<sup>th</sup> NOVEMBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

33	G	11/12	200m	Butterfly
34	B	11/12	200m	Breaststroke
35	G	9/10	50m	Breaststroke
36	B	9/10	50m	Backstroke
37	G	11/12	4x25	Medley Team
38	B	11/12	4x25	Medley Team
39	G	9/10	4x25	Freestyle Team
40	B	9/10	4x25	Freestyle Team

## GALA SEVEN

**FRIDAY 19<sup>th</sup> NOVEMBER 2010**

**Warm-up 6.00pm for 6.30pm start.**

41	Mixed	9yr	100m	Ind. Medley
42	Mixed	10yr	200m	Ind. Medley
43	Girls	11/12	200m	Ind. Medley
44	Boys	11/12	200m	Ind. Medley
45	Girls	Mixed	8x25	Cannon
46	Boys	Mixed	8x25	Cannon

Licensed at Level 4

**CITY OF LIVERPOOL SWIMMING CLUB.**

# Tadpole League

**INDIVIDUAL SWIMMER ENTRY FORM**

Last name \_\_\_\_\_ First name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Phone No. \_\_\_\_\_ Date of Birth \_\_\_\_\_

e-mail: \_\_\_\_\_

Male / Female (Delete as appropriate) Age at 19/11/2010 \_\_\_\_\_

Club \_\_\_\_\_

**Please enter up to a maximum of 7 events.**

- Choose: 2 x 50m Form Events (Form Events are Butterfly, Backstroke and Breaststroke)  
 2 x 200m Form Events (Form Events are Butterfly, Backstroke and Breaststroke)  
 1 x Individual Medley (9yrs 1 x 100IM, 10-12yrs 1 x 200IM);  
 1 x 200m Freestyle & 1 x 400m Freestyle  
 1 scoring event from each group is necessary for BAGCATs.

*	Fly	Back	Breast	Free	I.M.
50m	50m Form Time	50m Form Time	50m Form Time		
100m				400m Free Time	100m Medley Time
200m	200m Form Time	200m Form Time	200m Form Time	200m Free Time	200m Medley Time

Fees Enclosed \_\_\_\_\_ Entries @ £2 (max. £12) £ \_\_\_\_\_

I confirm that the above swimmer has not:

- ◆ Competed in an individual event at the Age Group Nationals 2010.
- ◆ Achieved a top six place in a 100m or 200m event at North West Regions 2010.
- ◆ Achieved a top three place in a County BAGCAT competition 2010.
- ◆ Won a Tadpole Age Group award in the previous year.

Signed \_\_\_\_\_ Parent / Coach / Official.

- ◆ When completed, please return this form to your Gala Secretary.
- ◆ One Club Cheque made payable to City of Liverpool SC to cover your Club's entries.