

Avalon Bilgola Amateur Swimming Club Inc. - 2011 / 2012

Celebrating 50 years Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races			Tide		Comments
		15, 25 OR 50m (33m Fly)			time	mtrs	
11th Oct	Club Committee Meeting – 7pm – David & Sandy's Place						
15 th Oct	100m Choice	Free	Relay		10.44	1.63	
22 nd Oct	200/400m Choice*	Free	Breast	Back	10.38	0.57	BBQ, * 400m Choice – F/S or IM
29 th Oct	100m F/S	Free	Back	Fly	10.40	1.94	Bilgola Surfboat Carnival
5 th Nov	100m Choice	Free	Fly	Relay	11.16	0.64	BBQ
12 th Nov	200/400m Choice*	Free	Breast	Relay	09.43	1.71	* 400m Choice – F/S or IM
16th Nov	<i>Twilight Swim – Wed 6:30pm</i>	25 & 50m F/S relays-prizes			19.10	0.42	<i>Family BBQ – BYO Food</i>
19 th Nov	100m BRS, FLY, MED OR Open 100m BCK Championship	Free	Breast	Back	09.00	0.63	BBQ
26 th Nov	200/400m Choice*	Free	Fly	Back	09.33	1.99	* 400m Choice – F/S or IM
3 rd Dec	100m BRS, BCK, MED OR Open 100m FLY Championship	Free	Relay	Fly	09.27	0.71	BBQ
6th Dec	Club Committee Meeting – 7pm – David & Sandy's Place						
10 th Dec	100m Choice	Free	Breast	Relay	08.45	1.73	
17 th Dec	200m Choice OR Open 400m F/S Championship	Free	Breast	Back	07.32	0.57	BBQ
24 th Dec	No Club				08:30	1.94	Merry Christmas
31 st Dec	No Club				07.39	0.66	Happy New Year
7 th Jan	100m Choice	Free	Fly	Relay	07.43	1.67	
14 th Jan	Open 200m F/S Championship	Free	Breast	Relay	06.22	0.45	BBQ
21 st Jan	100m F/S	Free	Breast	Back	07.28	1.82	
28 th Jan	100m BCK, FLY, MED OR Open 100m BRS Championship	Free	Back	Fly	06.15	0.54	BBQ, ½ Mile Swim
4 th Feb	200/400m Choice*	Free	Fly	Relay	06.29	1.55	* 400m Choice – F/S or IM Sealed Handicap
11 th Feb	100m Choice	Free	Breast	Relay	11.33	1.73	
11th Feb	Entries CLOSE for AGE Championships TODAY!						
14th Feb	Club Committee Meeting – 7pm – David & Sandy's Place						
18 th Feb	AGE CHAMPIONSHIPS (all scratch starts)	Free, Breast, Back, Fly 6y&U 25m, 7y 33m, 8y&O 50m			06.22 13.11	1.68 0.39	No Entries on the day! Entries CLOSED last week
25 th Feb	200/400m Choice*	Free	Breast	Back	11.16	1.52	* 400m Choice – F/S or IM
29th Feb	<i>Twilight Swim – Wed 6:30pm</i>	25 & 50m F/S relays-prizes			19.51	0.66	<i>Family BBQ – BYO Food</i>
3 rd Mar	Open 100m F/S Championship	Free	Fly	Back	11.45	0.61	BBQ
10 th Mar	100m Choice	Free	Relay	Fly	10.30	1.75	
17 th Mar	200/400m Choice* OR Open 200m MED Championship	Free	Relay		11.52	0.47	BBQ, The Mile Swim Masters Invite Swim
24 th Mar	100m Choice	Free	Breast	Back	10.15	1.50	
31 st Mar	100m F/S	Free	Breast	Relay	09.50	0.64	BBQ, Dash for Cash Invite Swim
3rd Apr	Club Committee Meeting – 7pm – David & Sandy's Place						
12th May	Presentation Day – Sat 4pm BBQ, 6pm Presentation - Bilgola Surf Club						
August	Annual General Meeting – To be confirmed						

Warringah Amateur Swimming Association – Warringah Aquatic Centre

Day	Date	Time	Ages	Meet	Entries Close
Sat	3 rd Dec	4:30pm	ALL inc Adults	Jenny Oates Championship Meet	21/11
FRI	?????		ALL inc Adults	Narrabeen Relay Meet (Nth Narrabeen)	
FRI	27 th Jan	5:30pm	ALL inc Adults	Handicap Meet (Collaroy Pool)	16/1
Sat	25 th Feb	4:30pm	6 to 14yrs	14 & Under Peninsula Challenge	13/2
Sat	17 th Mar	4:30pm	6 to 14yrs	14 & Under Peninsula Challenge	5/3

Swimming Metro North East – Sydney Olympic Park

See their website for event details: www.metronortheast.nswswimming.com.au

See Cathy Wilcox or Richard Vander Reyden for details of WASA and SMNE events.

Website: www.avalonbilgolaswimming.asn.au

Avalon Bilgola Amateur Swimming Club Inc. - 2011 / 2012

REGISTRATION: All swimmers including adults must be registered before they can participate in any club event. Registration in this club is taken as acknowledgment & acceptance of the following conditions. All children must be fully supervised by a responsible adult during any club activities. The club cannot be responsible for members if they leave the pool area.

ASSISTANCE: Help is required each week carrying the equipment from & to the club storeroom and with timekeeping (no previous experience is necessary - please volunteer to help).

DISTANCE SWIMS: Entries close at 8.45am each week. A swimmer must be able to swim 50 metres freestyle in under 52 seconds to participate. 100m Individual Medley events are swum with a rope at 25m, when the swimmer reaches the rope they change stroke.

HANDICAP RACES: ENTRIES CLOSE AT 8.45AM.

AS THERE HAS BEEN SOME CONCERN IN THE PAST ABOUT LATE STARTS, NO ENTRIES WILL BE ACCEPTED AFTER 8.45AM.

Races will be conducted in the strokes listed on the program over distances of 15, 25 & 50 metres. There is also a transitional 33 metres race in Butterfly only, for both kids and adults. A swimmer can only swim ONCE in each stroke in handicap races. In any stroke, when a swimmer breaks 16 seconds for 15 metres or 32 seconds for 25 metres they will be upgraded to the next distance at the discretion of the handicapper.

POINT SCORES: There are 3 point score compiled during the season, the Distance, Handicap and Relay point scores. Trophies are awarded to placegetters in each of these point scores.

The Handicap point score is divided into 5 groups based on the swimmers ability:

GROUP 1 - 15m swimmers

GROUP 2 - 25m and slower 50m swimmers (>56s for 50m freestyle)

GROUP 3 - Intermediate 50m swimmers (between 42 and 56s for 50m freestyle)

GROUP 4 - Faster 50m swimmers (<42s for 50m freestyle)

GROUP 5 - Adult swimmers.

Handicap points are awarded as follows; 4pts first place, 3pts second place, 2pts third place, 1pt for swimming. Group 1 swimmers only receive 1 point, so as they improve they should progress to 25m quickly.

Relay point score: Swimmers will swim in a 2 person team; this team should remain the same throughout the season. Races will be handicapped, and points awarded for places. Points are awarded to the team and not the individual swimmer.

The Distance point score is for the 100/200/400m events. Points are awarded based on a comparison of your time with your previous times. 5pts are awarded if your time matches your previous best time. Extra points are awarded if you better your previous best (up to 9pts for 6sec or more improvement). Fewer points are awarded for slower times (down to 1pt for 6sec or slower than previous times). See handicappers for more details.

Remember you do not have to be a champion to do well in the Pointscores - just a regular attendee willing to swim in most events & a constant improver through the season. You should attempt all strokes.

CANCELLATIONS: The committee will decide at 8.45am at the pool if club is to be cancelled due to rain or high tide. Open championships will be rescheduled at the discretion of the committee.

CHAMPIONSHIPS: Entries for OPEN CHAMPIONSHIPS close at 8.45am on the day of the event.

ENTRIES FOR AGE CHAMPIONSHIPS CLOSE ON 11th FEB 2012 NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

The Age Championship events will commence at 9.00am on the 18th February 2012. If 18/2/11 is washed out the championships will be held on 3/3/12. Age will be determined for all Age Championships as at 18/2/12. E.g. If a member is 11 on 12/2/11, they can only swim in races for 11 year olds. Any age swimmers are eligible to swim in Open Championships.

Age Championship events include 6&Under 25m, 7yrs 33m, 8, 9, 10, 11, 12, 13, 14-16, SNR (17-39) and Masters (40&Over) 50m in all strokes.

First claim swimmers must have swum in at least two regular club meets to be eligible. **Second claim members** competing in club championship events must have swum at least 70% of the regular meets to be eligible. These conditions apply to both the Age Championships and Open Championships. Further details can be obtained from the club committee.

DASH FOR CASH: This is an invitational swim for the 8 fastest male and female swimmers in the 12&U and 13&O age groups based on their F/S handicap times. To be eligible swimmers must comply with the above Championship eligibility criteria and swim the F/S handicap event on the day of the Dash for Cash event.

TWILIGHT MEETINGS: A BBQ will be held in conjunction with brace and multi-sided relays organised by the handicappers. There will be prizes for the placegetters. Swimmers should be capable of swimming 50metres freestyle at least three times on the night to compete. There is usually a 25 metre event also for the younger swimmers. Entries close at 6.30 pm and we are usually finished by 8.30pm.

WARRINGAH DISTRICT SWIMMING CARNIVALS: All **WASA members** are eligible to swim at these carnivals. All WASA Carnivals are well suited to swimmers from our club. These carnivals are held at Warringah Aquatic Centre and are more formal than our swimming events. See Cathy Wilcox or Richard Vander Reyden for entry details. Further details are available from the WASA website www.warringahswimming.asn.au

SWIMMING METRO NORTH EAST SWIM MEETS: All **SNSW members** are eligible to swim at these meets. The AAA meets are well suited to swimmers from our club. These meets are typically held at SOPAC (Homebush) and are more formal than our events. Further details are available from SMNE website www.metronortheast.nswswimming.com.au

LEARN TO SWIM / STROKE CORRECTION SESSIONS: This season's program will run for 10 weeks between Noevember and February. Spaces are limited and will be allocated on a 1st come, 1st served basis plus reserves. A separate registration form is available from the club secretary David Hawkins but only after club registration has been completed. Following the completion of this program, there will be a number of sessions focusing on the School/Championship carnival program with race practice - preference in this squad will be given to those who have participated in Swim Clinic Program.

SOCIAL EVENTS: This being our 50th Season, we will be holding a Celebration. Please let all members from previous seasons know. We also have the club campout tentatively booked for the 24-26th February.

MEETINGS: They will start at 7.00pm and usually finish by 9.00pm. All parents and adult swimmers are welcome to attend. These meetings are very informal & are a good chance to find out more about the club and voice your opinions.

NOTICE BOARD & WEBSITE: Please read the notice board for changes in program & details of coming events and carnivals. www.avalonbilgolaswimming.asn.au

OFFICIALS:

President: Richard Vander Reyden - 9999 0040

Secretary: David Hawkins - 9999 0099

Handicappers: Nicole Vander Reyden
Distance - Alison Raffin
Relay - Sandy Tarrant

Treasurer: Antonella Spencer

Club Sponsors: Andrew Blake Real Estate - www.andrewblake.com.au
Absolute Sign Solutions - www.absolutesignsolutions.com.au
Newport Arms Hotel - www.newportarms.com.au