

Avalon Bilgola Amateur Swimming Club Inc. - Program 2009 / 2010

Please help carry equipment to and from the pool - it's only a small job if everyone helps

Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races 15, 25 OR 50m (33m Fly)			Tide		Comments
					time	mtrs	
20th Oct	Club Committee Meeting – Tues 8pm – Antonella Spencer's Place						
24 th Oct	100m Choice	Free	Relay		06.21	0.65	
31 st Oct	200/400m Choice*	Free	Breast	Back	07.11	1.50	* 400m Choice – F/S or IM
7 th Nov	100m F/S	Free	Fly	Back	12.11	1.78	
14 th Nov	200/400m Choice*	Free	Fly	Relay	07.01	1.64	* 400m Choice – F/S or IM
18th Nov	<i>Twilight Swim –Wed 6:30pm</i>	25 & 50m F/S relays-prizes			22.25	1.26	<i>Family BBQ – BYO Food</i>
21 st Nov	100m F/S	Free	Breast	Relay	11.44	1.63	
28 th Nov	100m BRS, BCK, MED OR Open 100m FLY Championship	Free	Breast	Back	12.03	0.59	BBQ
5 th Dec	100m F/S	Free	Fly	Back	11.08	1.95	
8th Dec	Club Committee Meeting – Tues 8pm – David Hawkins' Place						
12 th Dec	200m Choice OR Open 400m F/S Championship	Free	Fly	Relay	12.22	0.50	BBQ
19 th Dec	100m Choice	Free	Breast	Relay	10.42	1.72	Merry Christmas
26 th Dec	No Club – Happy New Year				10.14	0.69	
2 nd Jan	200/400m Choice*	Free	Breast	Back	10.06	2.04	* 400m Choice – F/S or IM
9 th Jan	100m BRS, FLY, MED OR Open 100m BCK Championship	Free	Fly	Back	10.57	0.59	
16 th Jan	100m Choice	Free	Fly	Relay	09.47	1.73	
20th Jan	<i>Twilight Swim –Wed 6:30pm</i>	25 & 50m F/S relays-prizes			18.30	0.41	<i>Family BBQ – BYO Food</i>
23 rd Jan	Open 200m F/S Championship	Free	Breast	Relay	08.21	0.66	BBQ, ½ Mile Swim
30 th Jan	100m F/S	Free	Breast	Back	09.01	2.01	
6 th Feb	100m BCK, FLY, MED OR Open 100m BRS Championship	Free	Fly	Back	09.18	0.57	
13 th Feb	200/400m Choice *	Free	Fly	Relay	08.51	1.67	* 400m Choice – F/S or IM Sealed Handicap
13th Feb	Entries CLOSE for AGE Championships TODAY!						
16th Feb	Club Committee Meeting – Tues 8pm – Sally Simons' Place						
20 th Feb	AGE CHAMPIONSHIPS (all scratch starts)	Free, Breast, Back, Fly 6y&U 25m, 7y 33m, 8y&O 50m			07.00	0.55	BBQ Backup Date: 6/3
26 th Feb	<i>Narrabeen Camping Trip</i>	Narrabeen Caravan Park					Friday/Saturday Nights
27 th Feb	100m Choice	Free	Breast	Relay	07.52	1.90	
6 th Mar	200/400m Choice* OR Open 200m MED Championship	Free	Breast	Back	07.49	0.48	* 400m Choice – F/S or MED
10th Mar	<i>Twilight Swim – Wed 6:30pm</i>	25 & 50m F/S relays-prizes			18.19	1.15	<i>Family BBQ – BYO Food</i>
13 th Mar	100m F/S	Free	Fly	Back	07.45	1.57	
20 th Mar	Open 100m F/S Championship	Free	Fly	Relay	11.57	1.35	Dash for Cash Invite Swim
27 th Mar	100m Choice	Free	Breast	Relay	06.37	1.76	BBQ, The Mile Swim
30th Mar	Club Committee Meeting - Tues 8pm – Chris Noldus' Place						
15th May	Presentation Day – Sat 4pm BBQ, 6pm Presentation - Bilgola Surf Club						
10th Aug	Annual General Meeting – Tue 8pm - Newport Recreation Centre						

Warringah District Swimming - Summer Meets

Day	Date	Time	Ages	Meet	Entries Close
Sat	14 th Nov	4:30pm	12/U to Open	Age & Open Championships	2/11
Sat	21 st Nov	4:30pm	12/U to Open	Age & Open Championships	2/11
Sat	28 th Nov	4:30pm	10 and under	10&U Junior Development Meet	16/11
Sat	12 th Dec	1:30pm	All	Handicap Meet (Freshwater Pool)	30/11
Sat	30 th Jan	4:30pm	8/U to Open	Jenny Oates Memorial Sprint Meet	18/1
Sat	6 th Feb	4:30pm	8/U to 14yrs	Speedo Sprint Series	25/1
Sat	6 th Mar	4:30pm	10 and Under	10&U Junior Development Meet	2/2

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

Website: www.avalonbilgolaswimming.asn.au

Avalon Bilgola Amateur Swimming Club Inc. - 2009 / 2010

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 13th FEB 2010 NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

The Age Championship events will commence at 9.00am on the 20th February 2010. If 20/2/10 is washed out the championships will be held on 6/3/10. Age will be determined for all Age Championships as at 20/2/10. E.g. If a member is 11 on 20/2/10, 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 **representative members** are eligible to swim at these carnivals. The Junior Development Carnivals are well suited to swimmers from our club, some events have qualifying times. These carnivals are held at Warringah Aquatic Centre and are more formal than our swimming events. See Richard Vander Reyden for entry details. Further details are available from the WASA website www.warringahswimming.asn.au

LEARN TO SWIM / STROKE CORRECTION SESSIONS: This season's program has been expanded and will run for 10 weeks between 14/11-19/12 in 2009 and 9/1-30/1 in 2010. Spaces are limited and will be allocated on a 1st come, 1st served basis plus reserves. A separate registration form is available from head swim coach Sally Simons or 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: Family BBQ's will be organised during the season both at the pool and other locations to be advised. We also have a Camping trip planned for the 26th-28th Feb at Narrabeen Caravan Park, and a club dinner. Please join in.

MEETINGS: They will start at 8.00pm and usually finish by 9.30pm. 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: Please read the notice board for changes in program & details of coming events and carnivals.

WEBSITE: www.avalonbilgolaswimming.asn.au

OFFICIALS:

President: Richard Vander Reyden - 9999 0040

Treasurer: Ralph Stonell - 99991640

Secretary: David Hawkins - 9999 0099

Handicappers: Distance -
Relay - Sandy Tarrant