

# Avalon Bilgola Amateur Swimming Club Inc. - 2019 / 2020

## Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races 15, 25 OR 50m (33m Fly)			Tide		Comments
					time	mtrs	
11 <sup>th</sup> Sep	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
16 <sup>th</sup> Oct	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
19 <sup>th</sup> Oct	100m Choice	Free	Relay		05:59	0.57	Welcome
26 <sup>th</sup> Oct	100m Choice	Breast	Free	Back	07:28	1.63	
2 <sup>nd</sup> Nov	200/400m Choice*	Free	Back	Fly	06:18	0.62	* 400m Choice – F/S or IM Bilgola Surf Boat Carnival
9 <sup>th</sup> Nov	100m F/S	Fly	Free	Relay	07:09	1.47	
16 <sup>th</sup> Nov	100m Choice	Free	Relay	Breast	11:25	1.27	LTS Start
23 <sup>rd</sup> Nov	200/400m Choice*	Breast	Free	Back	06:16	1.58	* 400m Choice – F/S or IM, LTS
30 <sup>th</sup> Nov	200/400m Choice*	Free	Back	Fly	11:36	1.78	* 400m Choice – F/S or IM, LTS
4 <sup>th</sup> Dec	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
6 <sup>th</sup> Dec	<b>FRI - Christmas Celebration – 6:00pm – Royal Motor Yacht Club – Waterview Terrace</b>						
7 <sup>th</sup> Dec	<b>Open 100m F/S Championship</b>	Fly	Free	Relay	11:49	0.70	LTS
14 <sup>th</sup> Dec	100m Choice	Free	Relay	Breast	10:25	1.89	LTS
21 <sup>st</sup> Dec	100m BRS, FLY, MED OR <b>Open 100m BCK Championship</b>	Breast	Free	Back	11:02	0.58	Merry Christmas
28 <sup>th</sup> Dec	No Club				10:31	1.84	Happy New Year
4 <sup>th</sup> Jan	200m Choice OR <b>Open 400m F/S Championship</b>	Free	Back	Fly	09:51	0.77	
11 <sup>th</sup> Jan	100m Choice	Relay	Free	Fly	09:25	1.94	LTS
18 <sup>th</sup> Jan	100m BRS, BCK, MED OR <b>Open 100m FLY Championship</b>	Free	Relay	Breast	09:34	0.59	LTS
25 <sup>th</sup> Jan	200/400m Choice*	Breast	Free	Back	09:33	1.82	* 400m Choice – F/S or IM, LTS
1 <sup>st</sup> Feb	<b>Open 200m F/S Championship</b>	Free	Back	Fly	07:58	0.71	LTS
8 <sup>th</sup> Feb	100m F/S	Fly	Free	Relay	08:19	1.89	LTS
8 <sup>th</sup> Feb	<b>Entries CLOSE for AGE Championships TODAY!</b>						
12 <sup>th</sup> Feb	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
15 <sup>th</sup> Feb	<b>AGE CHAMPIONSHIPS</b> (all scratch starts)	<b>Free, Back, Breast &amp; Fly</b> 6y&U 25m, 7y 33m, 8y&O 50m			08:51 14:13	0.51 1.45	NO entries accepted today!
22 <sup>nd</sup> Feb	100m Choice	Free	Relay	Breast	08:36	1.73	
29 <sup>th</sup> Feb	<b>Open 200m MED Championship</b>	Breast	Free	Back	06:36	0.60	Age Championship Backup day
7 <sup>th</sup> Mar	100m F/S	Free	Back	Fly	07:07	1.78	
14 <sup>th</sup> Mar	100m BCK, FLY, MED OR <b>Open 100m BRS Championship</b>	Free	Fly	Relay	06:57	0.38	Dash for Cash
21 <sup>st</sup> Mar	200/400m Choice*	Relay	Free	Breast	07:31	1.63	* 400m Choice – F/S or IM
28 <sup>th</sup> Mar	<b>End of Season Celebration – 6pm – Royal Motor Yacht Club – Waterview Terrace</b>						
28 <sup>th</sup> Mar	100m Choice	Free	Breast	Back	11:38	1.45	
1 <sup>st</sup> Apr	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
16 <sup>th</sup> May	<b>Presentation Day – Sat 4pm BBQ, 6pm Presentation - Bilgola Surf Club</b>						
August	<b>WED - Annual General Meeting – 7:30pm – Royal Motor Yacht Club</b>						

### Learn to Swim / Stroke Correction Programs – Bilgola Pool

Day	Time	Dates	Program	Contact
Saturday	8:00am	16th Nov - 14th Dec, 11th Jan – 8th Feb	Junior	
Wednesday	10:00am	16th Oct – 4th Dec, 29th Jan – 1st April	Senior	Ian Lee

See Richard to register and for more information. These programs are free for our members

### Warringah Amateur Swimming Association – Warringah Aquatic Centre

Day	Date	Time	Ages	Meet	Entries Close
Sat	23rd Nov	4:30pm	ALL inc Adults	Peninsula Challenge 1	17/11
Sat	???	???	ALL inc Adults	Handicap Meet -	???
Sat	22nd Feb	4:30pm	ALL inc Adults	Jenny Oates Championship Meet	16/2
Sat	14th Mar	4:30pm	ALL inc Adults	Peninsula Challenge 2	8/3
Sat	19th Sep	4:30pm	14 and Under	Spring Carnival	13/9

See Kylie Elliott or Richard Vander Reyden for details of WASA events.

Website: [www.avalonbilgolaswimming.asn.au](http://www.avalonbilgolaswimming.asn.au)

# Avalon Bilgola Amateur Swimming Club Inc. - 2019 / 2020

**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). **A parent of each swimmer is also expected to assist on the canteen.**

**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 pointscores 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 swimmer's 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.

**LEARN TO SWIM / STROKE CORRECTION SESSIONS:** This season's program will run for 10 or 12 weeks between November 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 Richard but only after club registration has been completed.

JNR LTS program dates: Saturday 8am – 8:45am at Bilgola Pool. 16th November to 14th December and 11th January to 8th February

SNR LTS program dates: Wednesday 10am - 11am at Bilgola Pool. 16th October to 4th December and 29th January to 1st April

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

## ENTRIES FOR AGE CHAMPIONSHIPS CLOSE ON 8th FEB 2020 NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

The Age Championship events will commence at 9.00am on the 15th February 2020. If 15/2/20 is washed out the championships will be held on 29/1/20. Age will be determined for all Age Championships as at 15/2/20. E.g. If a member is 11 on 15/2/20, they can only swim in races for 11year 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, 14-18, SNR (19-29), Masters (30-49) and Veterans (50&Over) 50m in all strokes.

**Age Championship Eligibility:** To be eligible for a stroke in the age championships, a member must have competed in at least THREE handicap races in that stroke (in any distance) prior to the championships.

**Open Championship Eligibility:** To be eligible for the Open championships, a member must have competed in at least two distance races prior to the Open championship. 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.

**WARRINGAH DISTRICT SWIMMING CARNIVALS:** All 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 Kylie Elliott or Richard Vander Reyden for entry details. Further details are available from the WASA website [www.warringahswimming.asn.au](http://www.warringahswimming.asn.au)

**SOCIAL EVENTS:** There is a Christmas social event in December. All members are welcome and encouraged to attend. There will also be a number of impromptu events during the season, more details in the newsletter.

**MEETINGS:** They will start at 7.30pm 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](http://www.avalonbilgolaswimming.asn.au)

### OFFICIALS:

**President:** Richard Vander Reyden - 0411106512

**Treasurer:**

**Secretary:** Kylie Elliott

### Handicappers:

**Handicap** – Nicole Vander Reyden

**Distance** – Alison Raffin

**Relay** –