

# Avalon Bilgola Amateur Swimming Club Inc. - 2023 / 2024

## Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races			Tide		Comments
		15, 25 OR 50m (33m Fly)			time	mtrs	
14 <sup>th</sup> Oct	100m Choice	Free	Breast	Relay	08:50	1.56	
21 <sup>st</sup> Oct	200/400m Choice*	Free	Back	Fly	06:57	0.68	* 400m Choice – F/S or IM Surf Boats
<b>25<sup>th</sup> Oct</b>	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
28 <sup>th</sup> Oct	100m F/S	Free	Fly	Relay	08:27	1.78	
4 <sup>th</sup> Nov	100m Choice	Relay	Free	Breast	07:04	0.76	
11 <sup>th</sup> Nov	200/400m Choice*	Breast	Free	Back	07:41	1.58	* 400m Choice – F/S or IM
18 <sup>th</sup> Nov	100m BCK, FLY, MED OR <b>Open 100m BRS Championship</b>	Back	Free	Fly	05:52 12:29	0.62 1.77	
25 <sup>th</sup> Nov	200/400m Choice*	Fly	Free	Relay	07:18	1.75	* 400m Choice – F/S or IM
2 <sup>nd</sup> Dec	<b>Open 100m F/S Championship</b>	Free	Relay	Breast	05:44 12.16	0.69 1.66	
<b>6<sup>th</sup> Dec</b>	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
9 <sup>th</sup> Dec	<b>Open 200m F/S Championship</b>	Free	Breast	Back	06:22 12:46	1.53 0.62	
16 <sup>th</sup> Dec	100m Choice	Free	Back	Fly	11:28	1.93	U/14 Nippers carnival
23 <sup>rd</sup> Dec	No Club				12:43	0.52	Merry Christmas
30 <sup>th</sup> Dec	No Club				11:11	1.76	Happy New Year
6 <sup>th</sup> Jan	100m F/S	Fly	Free	Relay	11:09	0.74	
13 <sup>th</sup> Jan	100m Choice	Relay	Free	Breast	10:27	2.04	Stroke Correction
20 <sup>th</sup> Jan	200m Choice OR <b>Open 400m F/S Championship</b>	Breast	Free	Back	11:27	0.62	Stroke Correction
27 <sup>th</sup> Jan	100m Choice	Back	Free	Fly	10:14	1.78	U/8 Nippers carnival
3 <sup>rd</sup> Feb	100m F/S	Free	Fly	Relay	09:08	0.75	Stroke Correction
<b>10<sup>th</sup> Feb</b>	<b>Entries CLOSE for AGE Championships TODAY!</b>						
10 <sup>th</sup> Feb	200/400m Choice*	Free	Relay	Breast	09:23	2.04	* 400m Choice – F/S or IM, Stroke Correction
<b>13<sup>th</sup> Feb</b>	<b>TUE - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
<b>17<sup>th</sup> Feb</b>	<b>AGE CHAMPIONSHIPS</b>	<b>Free, Back, Breast &amp; Fly</b> 6y&U 25m, 7y 33m, 8y&O 50m			09:55	0.62	<b>NO entries accepted today!</b> <b>See eligibility on back</b>
24 <sup>th</sup> Feb	100m Choice	Free	Breast	Back	09:16	1.74	
2 <sup>nd</sup> Mar	100m BRS, FLY, MED OR <b>Open 100m BCK Championship</b>	Back	Free	Fly	07:33	0.67	Age Championship Backup day
9 <sup>th</sup> Mar	100m Choice	Fly	Free	Relay	08:14	1.96	
16 <sup>th</sup> Mar	200/400m Choice* OR <b>Open 200m MED Championship</b>	Free	Relay	Breast	08:25	0.55	* 400m Choice – F/S or IM Dash for Cash
TBA	<b>End of Season Celebration – TBA</b>						
23 <sup>rd</sup> Mar	100m F/S	Breast	Free	Back	08:13	1.65	
30 <sup>th</sup> Mar	100m BRS, BCK, MED OR <b>Open 100m FLY Championship</b>	Back	Free	Fly	12:21	1.32	
<b>3<sup>rd</sup> Apr</b>	<b>WED - Club Committee Meeting – 7:30pm – Via Financial Group, 15 Old Barrenjoey Rd, Avalon</b>						
<b>18<sup>th</sup> May</b>	<b>Presentation Day – Sat 4pm BBQ, 6pm Presentation - Bilgola Surf Club</b>						
<b>14<sup>th</sup> Aug</b>	<b>WED - Annual General Meeting – 7:30pm – Bilgola Surf Club</b>						

### Stroke Correction Programs – Bilgola Pool

Day	Time	Dates	Program	Contact
Saturday	8:00am	13 <sup>th</sup> Jan – 10 <sup>th</sup> Feb, excluding 27 <sup>th</sup> Jan	Junior	Lee-Anne Newcombe
Wed/Tue	10:00am	11 <sup>th</sup> Oct – 13 <sup>th</sup> Dec (Wed), 30 <sup>th</sup> Jan – 9 <sup>th</sup> Apr (Tue)	Senior	Ian Lee

See Lee-Anne or Ian 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	2 <sup>nd</sup> Dec	4:30pm	ALL inc Adults	Peninsula Challenge 1	25 <sup>th</sup> Nov
Late January		10:30am	8yrs – 15yrs	Development Camp	
Sat	3 <sup>rd</sup> Feb	4:30pm	ALL inc Adults	Handicap Meet – <b>Freshwater</b>	27 <sup>th</sup> Jan
Sat	24 <sup>th</sup> Feb	4:30pm	ALL inc Adults	Jenny Oates Championship Meet	17 <sup>th</sup> Feb
Sat	16 <sup>th</sup> Mar	4:30pm	ALL inc Adults	Peninsula Challenge 2	10 <sup>th</sup> Mar
Sat	21 <sup>st</sup> Sep	4:30pm	14 and Under	Spring Carnival	14 <sup>th</sup> Sep

See Nicole Russell 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. - 2023 / 2024

**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.

**Time Trials:** For new members of the club, the first swim in a stroke is a Time Trial, we will calculate a time based on time swum by members of the club of the same age, you will receive 2 points for this swim. **Returning members, your handicap time from previous season will be used as your time this season, there will be NO time trials, you will receive normal place points for your swim.**

**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 8.15am at the pool if club is to be cancelled due to rain or high tide. Notification will be published on our Facebook page and sent to our Members mailing list. No points will be awarded for cancelled weeks.

**STROKE CORRECTION SESSIONS:** This season's program will run for *4 weeks leading up to the Age Championships*. Spaces are limited and will be allocated on a 1st come, 1st served basis plus reserves. A separate registration form is available from the Lee-Anne but only after club registration has been completed.

JNR LTS program dates: Saturday 8am – 8:45am at Bilgola Pool. 13th January to 10th February

SNR LTS program dates: Wed/Tue 10am - 11am at Bilgola Pool. 11th October to 13th December (Wed) and 30th January to 9th April (Tue)

**CHAMPIONSHIPS:**

**ENTRIES FOR AGE CHAMPIONSHIPS CLOSE ON 10th FEB 2023 - NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.**

The Age Championship events will commence at 9.00am on the 17th February 2024. If 17/2/24 is washed out the championships will be held on 2/3/24. Age will be determined for all Age Championships as at 17/2/24. E.g. If a member is 11 on 17/2/24, they can only swim in races for 11year olds.

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. If any swim weeks are cancelled, ONE cancellation per stroke will be counted towards your swims for eligibility.

The Open Championships are scheduled regularly throughout the season and are held in conjunction with our regular distance events. Any age swimmers are eligible to swim in Open Championships. Open championships will be rescheduled at the discretion of the committee if cancelled due to pool conditions.

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

**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 Nicole Russell 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 few 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:**

**Handicappers:**

**Handicap** – Nicole Vander Reyden

**Distance** – Alison Raffin

**Relay** – Richard Vander Reyden