

Avalon Bilgola Amateur Swimming Club Inc. - 2024 / 2025

Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races			Tide		Comments
		15, 25 OR 50m (33m Fly)			time	mtrs	
19 th Oct	100m Choice	Free	Breast	Relay	10:11	1.94	
26 th Oct	200/400m Choice*	Free	Back	Fly	10:36	0.75	* 400m Choice – F/S or IM
30th Oct	WED - Club Committee Meeting – 7:30pm – TBC						
2 nd Nov	100m F/S	Free	Fly	Relay	09:22	1.74	
9 th Nov	100m Choice	Relay	Free	Breast	08:10	0.73	Bilgola Nippers Carnival
16 th Nov	200/400m Choice*	Breast	Free	Back	09:01	1.98	* 400m Choice – F/S or IM
23 rd Nov	100m BCK, FLY, MED OR Open 100m BRS Championship	Back	Free	Fly	08:42	0.78	
30 th Nov	200/400m Choice*	Fly	Free	Relay	08:20	1.73	* 400m Choice – F/S or IM Bilgola Nippers Carnival
7 th Dec	Open 100m F/S Championship	Free	Relay	Breast	06:50	0.66	
14 th Dec	100m Choice	Free	Breast	Back	07:55	1.93	
18th Dec	WED - Club Committee Meeting – 7:30pm – Bilgola Surf Club						
21 st Dec	Open 200m F/S Championship	Free	Back	Fly	07:00	0.71	Merry Christmas
28 th Dec	No Club				07:14	1.66	Happy New Year
4 th Jan	100m F/S	Fly	Free	Breast	05:45	0.54	
11 th Jan	100m Choice	Breast	Free	Back	06:50	1.81	
18 th Jan	200m Choice OR Open 400m F/S Championship	Relay	Free	Back	05:43	0.60	
25 th Jan	100m Choice	Back	Free	Fly	05:52	1.54	
1 st Feb	100m F/S	Free	Fly	Breast	11:10	1.93	
8 th Feb	200/400m Choice* OR Open 200m MED Championship	Free	Breast	Back	05:39	1.68	* 400m Choice – F/S or IM
15 th Feb	100m Choice	Free	Relay	Fly	10:57	1.70	
15th Feb	Entries CLOSE for AGE Championships TODAY!						
19th Feb	WED - Club Committee Meeting – 7:30pm – Bilgola Surf Club						
22nd Feb	AGE CHAMPIONSHIPS	Free, Back, Breast & Fly 6y&U 25m, 7y 33m, 8y&O 50m			09:55	0.62	NO entries accepted today! See eligibility on back
1 st Mar	100m Choice	Back	Free	Fly	10:05	1.94	
8 th Mar	100m BRS, FLY, MED OR Open 100m BCK Championship	Breast	Free	Relay	11:26	0.57	Age Championship Backup
15 th Mar	200/400m Choice*	Fly	Free	Relay	09:54	1.66	* 400m Choice – F/S or IM
TBA	End of Season Celebration – TBA						
22 nd Mar	100m BRS, BCK, MED OR Open 100m FLY Championship	Breast	Free	Relay	09:11	0.73	Dash for Cash
29 th Mar	100m F/S	Back	Free	Relay	08:56	1.89	
2nd Apr	WED - Club Committee Meeting – 7:30pm – Bilgola Surf Club						
17th May	Presentation Day – Sat 4pm BBQ, 6pm Presentation - Bilgola Surf Club						
13th Aug	WED - Annual General Meeting – 7:30pm – Bilgola Surf Club						

Stroke Correction Programs – Bilgola Pool

Day	Time	Dates	Program	Contact
Saturday		To be reviewed	Junior	
Friday	10:00am	17 th Oct – 20 th Dec, 31 st Jan – 11 th Apr	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
Sun	1st Dec	1:00pm	ALL inc Adults	60 th Anniversary Meet	23 rd Nov
	Late January	10:30am	8yrs – 15yrs	Development Camp	
Sat	Late Jan	4:30pm	ALL inc Adults	Handicap Meet – Manly Aquatic	
Sat	15 th Feb	4:30pm	ALL inc Adults	Jenny Oates Championship Meet	8 th Feb
Sat	8 th Mar	4:30pm	ALL inc Adults	Peninsula Challenge 2	1 st Mar
Sat	Mid Sep	4:30pm	14 and Under	Spring Carnival	

See Nicole Russell or Richard Vander Reyden for details of WASA events.

Website: www.avalonbilgolaswimming.asn.au

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.

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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:

JNR program: Due to the declining number of participants in these sessions, this is currently under review.

SNR program dates: Friday 10am - 11am at Bilgola Pool. 17th October to 20th December and 31st January to 11th April

CHAMPIONSHIPS:

ENTRIES FOR AGE CHAMPIONSHIPS CLOSE ON 15th FEB 2025 - NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

The Age Championship events will commence at 9.00am on the 22nd February 2025. If 22/2/25 is washed out the championships will be held on 8/3/25. Age will be determined for all Age Championships as at 22/2/25. E.g. If a member is 11 on 22/2/25, 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

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

OFFICIALS:

President: Richard Vander Reyden - 0411106512

Treasurer:

Secretary:

Handicappers:

Handicap – Nicole Vander Reyden

Distance – Alison Raffin

Relay – Richard Vander Reyden