



Bedfordshire Amateur Swimming Association

(Affiliated to Swim England East Region)

The Bedfordshire County Championships (50m) 2023

(Under Swim England Regulations and Technical Rules)

Licensed Meet Nos. TBC



The 2023 Championships will be held at Inspire: Luton Sports Village.

All events in these Championships will be held as long course (50m). The County Junior (**under 16 years**) and Senior Championship titles shall be decided from the fastest times recorded in the finals, if swum, otherwise from HDW. When an event has no final, the fastest times recorded in the heats will be used to determine the Junior and Senior Champions. Junior swimmers are eligible for senior titles. All events shall be deck seeded and 'Over the Top Starts' may be used except in Backstroke events.

ELIGIBILITY

Swimmers shall be at least **10 years old**, as at **31st December, 2023**. Every swimmer's Swim England membership record must display a **Club Compete** membership in addition to membership of the Bedfordshire ASA club in whose name they are entered, at the time of entry.

Entry will only be considered where achievement of the Minimum Qualification Standard is attained after January 1st 2022 and is recorded in the British Swimming Rankings Database at the time of entry. This condition of meeting the MQS will NOT apply to swimmers whose Swim England membership record includes a Para-swimmer Sport Class, swimmers in possession of an SE Certificate of Swimming Disability or any Team event; however, entry times are required and must have been attained after January 1st 2022. The slowest entries may be rejected if the meet is oversubscribed.

The facility may have both primary and secondary starting strobes available.

SESSION DATES & TIMES

Dates and daily start times are as indicated on the schedule of events, where 'tba' is shown, the times will be notified shortly after the accepted entry listings are published.

WARM UP PROCEDURE

A controlled warm up system will be operated with a lane allocated per club. The pool will be available for one hour before the start of each session. Details of the warm up procedures will be published on the Beds ASA website at least one week before the first session. At least one club coach must on the pool deck, at the end of their appointed lane, at all times during the warmup.

There will be a short swim down facility available after the 800 and 1500 events.

WITHDRAWALS

Every accepted entry is expected to swim unless the competitor withdraws. Notice of any withdrawals shall be reported to the Recorders (county_championships_secretary@bedscountyasa.com) by 6pm the day before the event. Withdrawals after this deadline may only be made on medical grounds and must be notified by the club to the official Recorders by email and in person. Failure to comply with these conditions shall result in a £10 penalty which shall be paid before the swimmer competes again in the Championships. The club in whose name the competitor has been entered will be responsible for any penalties outstanding at the end of the Championships.

Withdrawals from FINALS must be notified to the Recorders within 15 minutes of the announcement of the finalists. There will be no reserve swimmers for a final.

Requests to refund entry fees will only be considered when a swimmer medically withdraws from the entire Championships or all events during an entire weekend. Notification of any such withdrawal must be received by the Association by 6pm on the Thursday evening preceding the corresponding weekend.



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TEAM EVENTS

Each club may enter one team per age group per event. Relay Team Declaration Forms shall be submitted to the Recorders (county_championships_secretary@bedscountyasa.com) by 6pm on the Thursday preceding the corresponding weekend. Relay swimmers must display a CLUB COMPETE membership in addition to membership of the Bedfordshire ASA club in whose name they are entered. Please do not submit relay only swimmers in your electronic entry file.

SAFETY

All swimmers must be under the supervision of the club Coach or a designated Team Manager at all times during the warm up, competition and in the vicinity of the pool.

In order to ensure the safety of competitors, only Inspire staff, swimmers and accredited coaches, team managers, officials and helpers will be allowed access to the Changing Village. Parents must **not** enter the Changing Village and will be asked to leave.

Swimmers are requested to use the lockers provided in the changing village for clothes, valuables and other personal belongings to keep the pool deck area and ventilation vents clear. Bedfordshire ASA accepts no responsibility for loss of any personal belongings or equipment.

PHOTOGRAPHY & SOCIAL NETWORKING

Photographs and any social networking feeds from this event will comply with the Swim England Photography or Social Networking Guidance's. Parents and carers who do not wish their child to be photographed must inform the Association in writing prior to the Championships.

For the avoidance of doubt the photography guidance applies to all images and recordings taken on any camera, mobile phone or other recording device. The social media guidance will apply if those images or recordings are being shared through any social media platform whether that sharing is happening instantaneously through live streaming or whether the material is being stored for sharing at a later time.

Photography is prohibited in the changing village. Anyone not complying with these requirements will be asked to leave the venue immediately.

AWARDS

The results of all events shall be determined by finals, if finals are swum. When an event has no final, the fastest times recorded in the heats shall be used (Timed Finals). Gold, Silver and Bronze medals will be awarded to 1st, 2nd and 3rd places in each of the seven age groups, 10/11, 12, 13, 14, 15, 16, 17&Over and may be collected from a medal table as soon as the official results are published. Junior and Senior Champions will receive a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd places. Podium presentations will not take place but there will be an opportunity to take photos elsewhere within the facility and not on the pool deck.

The swimmer that scores the highest number of FINA points for a single individual swim will be declared the top swimmer in each of the following five age groups, 10, 11, 12, 13 and 14. Winners receive a Trophy and a unique Bedfordshire ASA Gold medal, Silver and Bronze medals will be presented to 2nd and 3rd places.

All trophies will be engraved before being given to the winners and returned to clubs for distribution. All Trophies are the property of Bedfordshire ASA, and must be kept in good order and returned no later than 13th January 2024. The Trophy policy can be viewed on the Beds ASA website.

ENTRIES

All entries shall be consolidated and made electronically through a single club contact using the SPORTSYSTEMS Entry Manager V2.0 to county_championships_secretary@bedscountyasa.com. It should be noted entrants are still bound by the conditions of entry even though a form is not signed.



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FEES

Individual Events £6.00 per event (800m or 1500m £10.00)

Team Events £14.00 per event

Spectator Entry £5.00 per day (or part thereof), no charge for children aged 2 to 8 years

Closing date for all entries is Midday 21st December 2022

Received Entries will be published by 28th December 2022 and any omissions or errors should be resolved with the Recorders county_championships_secretary@bedscountyasa.com by 3rd January 2023 and final Accepted Entries will be published shortly after.

Please note that all information included in the entry pack, and supplementary information published by Beds ASA, form the conditions of the Championships
For any queries, please contact the Association's secretary



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SCHEDULE OF EVENTS

Session One

Saturday 21st Jan – W/U 18:00 Start 18:30

Mixed 1500m Freestyle TF

Session Two

Friday 27th Jan – W/U 18:00 Start 18:30

Mixed 800m Freestyle TF

Session Three

Saturday 28th Jan – W/U 08:25 Start 09:30

Men's	200m	Freestyle	TF
Women's	100m	Backstroke	Heats
Men's	50m	Breaststroke	Heats
Women's	200m	Butterfly	TF
Men's	400m	Individual Med	TF

Women's	100m	Backstroke	Finals
Men's	50m	Breaststroke	Finals

Session Four

Saturday 28th Jan- W/U Start tba

Women's	100m	Butterfly	Heats
Men's	50m	Freestyle	Heats
Women's	200m	Individual Med	TF

Men's	50m	Freestyle	Finals
Women's	100m	Butterfly	Finals

W/U Start tba

Men's 10&11	4x50m MedTeam	TF
Women's 10&11	4x50m MedTeam	TF
Men's 12&13	4x50m MedTeam	TF
Women's 12&13	4x50m MedTeam	TF
Men's 14&15	4x50m MedTeam	TF
Women's 14&15	4x50m MedTeam	TF
Men's Open	4x50m MedTeam	TF
Women's Open	4x50m MedTeam	TF

Session Five

Sunday 29th Jan- W/U 08:25 Start 09:30

Women's	400m	Freestyle	TF
Men's	50m	Backstroke	Heats
Women's	100m	Freestyle	Heats
Men's	200m	Breaststroke	TF

Women's	100m	Freestyle	Finals
Men's	50m	Backstroke	Finals

W/U Start tba

Mixed 10&11	4x50m FreeTeam	TF
Mixed 12&13	4x50m FreeTeam	TF
Mixed 14&15	4x50m FreeTeam	TF
Mixed Open	4x50m FreeTeam	TF

Session Six

Sunday 29th January - Start tba

Men's	50m	Butterfly	Heats
Women's	100m	Breaststroke	Heats
Men's	200m	Backstroke	TF

Women's	100m	Breaststroke	Finals
Men's	50m	Butterfly	Finals

Women's Open	4x100 MedTeam	TF
Men's Open	4x100 MedTeam	TF

Session Seven

Saturday 4th Feb – W/U 08:25 Start 09:30

Women's	200m	Freestyle	TF
Men's	100m	Backstroke	Heats
Women's	50m	Butterfly	Heats
Men's	200m	Butterfly	TF
Women's	400m	Individual Med	TF

Men's	100m	Backstroke	Finals
Women's	50m	Butterfly	Finals

Session Eight

Saturday 4th February - Start tba

Men's	100m	Butterfly	Heats
Women's	50m	Breaststroke	Heats
Men's	200m	Individual Med	TF

Women's	50m	Breaststroke	Finals
Men's	100m	Butterfly	Finals

W/U Start tba

Women's 10&11	4x50m FreeTeam	TF
Men's 10&11	4x50m FreeTeam	TF
Women's 12&13	4x50m FreeTeam	TF
Men's 12&13	4x50m FreeTeam	TF
Women's 14&15	4x50m FreeTeam	TF
Men's 14&15	4x50m FreeTeam	TF
Women's Open	4x50m FreeTeam	TF
Men's Open	4x50m FreeTeam	TF

Session Nine

Sunday 5th Feb – W/U 08:55 Start 10:00

Men's	400m	Freestyle	TF
Women's	50m	Backstroke	Heats
Men's	100m	Freestyle	Heats
Women's	200m	Breaststroke	TF

Men's	100m	Freestyle	Finals
Women's	50m	Backstroke	Finals

W/U Start tba

Mixed 10&11	4x50m MedTeam	TF
Mixed 12&13	4x50m MedTeam	TF
Mixed 14&15	4x50m MedTeam	TF
Mixed Open	4x50m MedTeam	TF

Session Ten

Sunday 5th February - Start tba

Women's	50m	Freestyle	Heats
Men's	100m	Breaststroke	Heats
Women's	200m	Backstroke	TF

Men's	100m	Breaststroke	Finals
Women's	50m	Freestyle	Finals

Men's Open	4x100m FreeTeam	TF
Women's Open	4x100m FreeTeam	TF

Warm up will last one hour unless stated otherwise

TF = Timed Final



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BOYS							EVENT	GIRLS						
10/11 [†] Years	12 [†] Years	13 [†] Years	14 [†] Years	15 [†] Years	16 Years [†]	17Years &Over [†]		10/11 [†] Years	12 [†] Years	13 [†] Years	14 [†] Years	15 [†] Years	16 Years [†]	17Years &Over [†]
38.1	35.7	35.5	30.4	29.9	29.4	27.8	50m Freestyle	38.1	35.3	33.2	33.1	32.7	31.8	30.9
1.29.5	1.21.2	1.18.0	1.13.5	1.08.3	1.05.2	59.9	100m Freestyle	1.28.5	1.19.2	1.13.9	1.13.8	1.10.5	1.09.4	1.08.8
3.27.5	3.11.8	3.00.7	2.40.0	2.27.7	2.22.4	2.16.5	200m Freestyle	3.19.3	2.56.5	2.40.5	2.35.0	2.29.0	2.28.0	2.25.5
6.30.0	6.10.0	5.55.5	5.32.5	5.15.7	5.00.5	4.55.5	400m Freestyle	6.30.0	6.15.5	5.42.8	5.41.1	5.36.3	5.20.5	5.17.0
-	12.45.0	11.30.0	11.00.0	10.33.0	10.10.0	10.00.0	800m Freestyle	-	12.52.0	11.51.1	11.22.1	11.19.5	10.55.0	10.35.1
-	26.11.0	23.11.6	21.01.1	20.10.4	19.35.0	19.27.0	1500m Freestyle	-	23.30.3	22.10.1	21.13.3	20.59.9	20.12.9	20.00.0
52.3	49.8	45.2	43.5	41.6	40.2	36.6	50m Breaststroke	52.3	49.8	45.5	43.2	42.2	41.5	39.2
1.56.4	1.51.2	1.47.5	1.38.5	1.32.2	1.30.0	1.24.5	100m Breaststroke	1.54.2	1.48.5	1.40.5	1.36.7	1.36.6	1.34.9	1.32.0
4.13.5	4.02.9	3.46.7	3.25.0	3.18.0	3.10.8	2.57.5	200m Breaststroke	4.08.5	3.50.5	3.35.0	3.28.2	3.20.0	3.16.5	3.10.4
52.2	44.1	43.5	38.5	35.1	33.5	29.8	50m Butterfly	48.0	43.5	38.7	37.5	35.2	34.9	32.9
2.30.0	2.10.3	1.45.2	1.30.2	1.30.8	1.16.4	1.12.2	100m Butterfly	2.19.8	1.55.5	1.35.0	1.25.1	1.23.4	1.21.0	1.19.0
4.00.0	3.55.5	3.50.0	3.28.0	2.59.1	2.44.4	2.32.2	200m Butterfly	3.50.0	3.40.0	3.20.0	3.10.9	2.58.2	2.56.3	2.56.3
46.1	42.4	42.1	38.1	36.0	34.4	32.7	50m Backstroke	45.1	41.1	38.7	38.6	38.0	37.5	35.5
1.41.2	1.34.4	1.29.5	1.22.0	1.18.5	1.15.9	1.09.3	100m Backstroke	1.41.9	1.33.3	1.28.6	1.25.3	1.23.3	1.22.8	1.20.9
3.39.0	3.15.8	3.12.6	3.06.6	2.51.1	2.46.1	2.40.4	200m Backstroke	3.41.2	3.18.2	3.10.6	3.06.3	3.01.1	2.56.5	2.50.0
3.44.0	3.25.1	3.10.9	2.50.8	2.48.5	2.42.7	2.38.2	200m I.M.	3.58.3	3.24.6	3.02.2	3.01.9	2.58.6	2.54.6	2.50.5
-	7.45.0	6.22.2	6.05.5	5.59.3	5.56.7	5.50.8	400m I.M.	-	7.30.0	7.00.0	6.45.7	6.39.9	6.01.2	6.00.0

[†] Ages as at 31st December 2023