

1. General Conditions

- 1.1. The Competition shall be held under Swim England Laws, Regulations and Technical Rules of Swimming.
- 1.2. The conditions listed below, whilst not part of the rules of the Club, shall be binding on each member of the Club who enters the Championships.
- 1.3. The responsibility for the Championships' conditions rests with the Royal Tunbridge Wells Monson Swimming Club Executive Committee who shall have the power of interpretation and to change them, subject to the approval of the Regional Licensing Panel.
- 1.4. The promoter of the Royal Tunbridge Wells Monson Swimming Club Championship is Mark Leman, mark@leman.net , 07713 129 166
- 1.5. Questions/queries regarding the championships and/or its conditions should be directed in the first instance to the Promoter.
- 1.6. The Championships will be split into three sections:
 - 1.6.1. Decathlon Competition
 - 1.6.2. Pentathlon Competition
 - 1.6.3. Long Distance Championships
- 1.7. All swimming members of the Club, who are fully paid up members before the closing date may enter the Championships.
- 1.8. The Decathlon Competition shall be open to all swimming members.
- 1.9. The Pentathlon Competition shall only be open to members of the Junior and Senior Club Squads.
- 1.10. The Long distance events are restricted to swimming members who meet the Qualifying times and restrictions in section 4.
- 1.11. Ages will be as at midnight on the 31st December 2019.
- 1.12. Subject to enough officials being available to meet the licencing criteria, the championships will be licensed. Events 101-404 at Level 4 and the long-distance events at Level 3.

2. Events

- 2.1. The Decathlon Championship comprises 16 individual events:
 - 2.1.1. 50m, 100m, 200m and 400m Freestyle
 - 2.1.2. 100m, 200m & 400m Individual Medley
 - 2.1.3. 50m, 100m & 200m Backstroke
 - 2.1.4. 50m, 100m & 200m Breaststroke
 - 2.1.5. 50m, 100m & 200m Butterfly
- 2.2. Pentathlon Championship comprising 5 individual events:
 - 2.2.1. 50m Freestyle, Backstroke, Breaststroke, Butterfly and 100m Individual Medley
- 2.3. Long Distance Championships comprised 2 individual events:
 - 2.3.1. 800m and 1500m Freestyle

3. Meet Procedure

- 3.1. All events will be run on a Heat Declared Winner (HDW) basis across all ages.
- 3.2. Events will be seeded slowest to fastest based on submitted entry times.

- 3.3. Heats will be spearheaded.
- 3.4. The Pentathlon Competition will be swum as part of the Decathlon Competition.
- 3.5. For the Decathlon and Pentathlon Competitions points will be allocated to swimmers for each event for which a time is posted, utilising the FINA Short Course Comparative Points Tables with Competition positions determined by the overall FINA points score.
- 3.6. Of the 16 events comprising the Decathlon programme only 10 will score towards the Decathlon as detailed below.

| | | | | | |
|------------------------|------|-------------------|------|------|--------------------|
| 3.6.1. Freestyle | 50m | 100m | 200m | 400m | (4 scoring events) |
| 3.6.2. IM | 100m | 200m | 400m | | (3 Scoring events) |
| 3.6.3. Highest scoring | 50m | Form stroke score | | | (1 scoring events) |
| 3.6.4. Highest scoring | 100m | Form stroke score | | | (1 scoring events) |
| 3.6.5. Highest scoring | 200m | Form stroke score | | | (1 scoring events) |
- 3.7. There will be 5 events that score towards the Pentathlon Competition:

| | |
|------------------|------|
| 3.7.1. Freestyle | 50m |
| 3.7.2. Fly | 50m |
| 3.7.3. Back | 50m |
| 3.7.4. Breast | 50m |
| 3.7.5. IM | 100m |
- 3.8. The Long Distance events (800m and 1500m) will be swum as separate stand alone events.
- 3.9. In the interests of safety and to ensure the smooth running of the Championships, the promoter reserves the right to restrict the number of entries in any event, should the need arise, and/or alter the programme or seeding.
- 3.10. If a swimmer is required to attend a British Swimming competition or training event which clashes with the club championships, they can apply to the promoter before the event, for their current SC or LC PB to be converted to FINA points and entered in the decathlon results. This does not affect the result of the individual event and trophies which will remain as swum.
- 3.11. No secondary starting strobe will be available.

4. Restricted entry and qualifying standard for Long Distance Championships

- 4.1. Entries to the Long Distance Championships shall be based on 200m Freestyle PB's as at the closing date.
- 4.2. The 200m times submitted must appear on either the club database or ASA Ranking.
- 4.3. There will be a lower (faster than) qualifying time of 3:00.00 (200m Freestyle) for the Long-Distance events.
- 4.4. For licensing purposes, upper (not faster than) qualifying times are required:

| | |
|---------------------|----------|
| 4.4.1. Male 800m | 7:36.46 |
| 4.4.2. Male 1500m | 14.24.00 |
| 4.4.3. Female 800m | 8:08.16 |
| 4.4.4. Female 1500m | 15.51.74 |
- 4.5. There will be a maximum of 6 heats in the 1500m comprising the fastest 18 boys and 18 girls.
- 4.6. There will be a maximum of 8 heats in the 800m comprising the fastest 24 boys and 24 girls.
- 4.7. If there are less than the maximum entries in any gender, entries will be accepted in the opposite gender up to a maximum total for each event.
- 4.8. Reserve entries will be allowed to compete on the night in the event of withdrawals, providing they have achieved the qualifying time above.

5. Age Groups

- 5.1. For the Decathlon Competition the age groups will be (**age at 31st December 2019**):
 - 5.1.1. 9 years and under
 - 5.1.2. 10-11 years
 - 5.1.3. 12-13 years
 - 5.1.4. Junior (16&Under)
 - 5.1.5. Open
- 5.2. For the Pentathlon Competition, the age groups will be:
 - 5.2.1. Junior – 16 years and under
 - 5.2.2. Senior – 17 year and over
- 5.3. For the Long Distance Championship:
 - 5.3.1. Open (Only)

6. Awards

- 6.1. In the Decathlon Awards will be made to (a minimum of) the highest scoring six competitors in each gender age group based on the cumulative score of their ten (or less) scoring events in the Decathlon
- 6.2. In the Pentathlon Awards will be made to (a minimum of) the highest scoring three competitors in each gender age group based on the cumulative score of their five (or less) scoring events in the Pentathlon.
- 6.3. In the Long Distance events Awards will be made to the first three competitors in each gender.
- 6.4. Perpetual Trophies
 - 6.4.1. Where a trophy exists, it will be awarded for the respective event.
 - 6.4.2. By entering the Championships, any member winning a trophy undertakes to maintain the trophy in good condition and shall be entitled to hold the same for one year or until called upon to return by the Trophy Secretary.
 - 6.4.3. Any damage to trophies must be reported to the Trophy Secretary immediately.
 - 6.4.4. Any member holding a trophy that ceases to be a member of the Club, or leaves the district, shall immediately return the trophy to the Trophy Secretary.

7. Reporting for Championships

- 7.1. All competitors shall sign in and report prior to the start of the advertised warm-up.
- 7.2. Failure to report on time may result in disqualification and a swimmer not being allowed to swim.

8. Event Best Performances

- 8.1. Event Best Performance Times will be established for each age group event contested and maintained by the Championship Secretary.
- 8.2. The Championship Secretary shall keep the results and times of the Championships.

9. Entry Procedure

- 9.1. All entries must be submitted using the online entry system at www.rtwmonson.org , by the closing date and accompanied by the appropriate entry fee.

10. Closing Date

- 10.1. The closing date for the long-distance championships will be 14th October 2019.
- 10.2. **The closing date for all other events is Monday 11th November 2019**
- 10.3. Late Entries may be accepted at the discretion of the promotor and will incur a £5 late entry charge per swimmer.

11. Entry Fees

- 11.1. All entry Fees should be paid to Royal Tunbridge Wells Monson Swimming Club.
- 11.2. The entry fee for Senior Plus, Development A, Development B, Age, Age Plus, Performance Squad, will be £27.00.
- 11.3. The entry fee for all other squads (Learn to swim, Rookies, Junior Squad, Senior Squad, Masters) will be £12 for up to 6 events or £27 if more than 6 events are entered.
- 11.4. The entry fee for Long Distance Events (800m and 1500m events) is £3.
- 11.5. A maximum entry fee of £30 is payable for each family.

12. Licencing

- 12.1. The Championships are held under the following licences:

| Venue | Date | Licence |
|-------------------------------|---|--------------------------|
| Tonbridge School Centre | Tue 15-Oct-19 | 3SE192966 Level 3 |
| Tonbridge School Centre | Fri 22-Oct-19 | 3SE192967 Level 3 |
| Tunbridge Wells Sports Centre | Sat 23 th /Sun 24 th Nov-19 | 4SE192964 Level 4 |
| Tunbridge Wells Sports Centre | Sat 30 th Nov/ Sun 1nd Dec-19 | 4SE192965 Level 4 |

13. Programme of Events

| Date | Session | Venue | Sign-in | Warm-Up | Start | End | Max Session Length | Events | |
|---------------|---------|-------|---------|---------|-------|-------|--------------------|--------|---------------------|
| Tue 15-Oct-19 | L1 | TSC | 19:00 | 19:30 | 20:00 | 22:00 | 2:00 | 1 | 800m Freestyle |
| Tue 22-Oct-19 | L2 | TSC | 19:00 | 19:30 | 20:00 | 22:00 | 2:00 | 2 | 1500m Freestyle |
| Sat 23-Nov-19 | 1 | TWSC | 14:00 | 14:15 | 15:15 | 20:00 | 4:45 | 101 | 100m Breaststroke |
| | | | | | | | | 102 | 50m Freestyle |
| | | | | | | | | 103 | 200m Backstroke |
| | | | | | | | | | *20min Break |
| | | | | | | | | 104 | 400m IM |
| Sun 24-Nov-19 | 2 | TWSC | 08:00 | 08:15 | 09:15 | 14:00 | 4:45 | 201 | 100m Butterfly |
| | | | | | | | | 202 | 50m Backstroke |
| | | | | | | | | 203 | 200m Freestyle |
| | | | | | | | | | *20min Break |
| | | | | | | | | 204 | 200m IM |
| Sat 30-Nov-19 | 3 | TWSC | 14:00 | 14:15 | 15:15 | 20:00 | 4:45 | 301 | 100m Backstroke |
| | | | | | | | | 302 | 50m Breaststroke |
| | | | | | | | | 303 | 200m Butterfly |
| | | | | | | | | | *20min Break |
| | | | | | | | | 304 | 400m Freestyle |
| Sun 1-Dec-19 | 4 | TWSC | 08:00 | 08:15 | 09:15 | 14:00 | 4:45 | 401 | 100m Freestyle |
| | | | | | | | | 402 | 50m Butterfly |
| | | | | | | | | 403 | 200m Breaststroke |
| | | | | | | | | | *20min Break |
| | | | | | | | | 404 | 100m IM |

TWSC = Tunbridge Wells Sports Centre, St. Johns Road.

TSC = Tonbridge School Centre

Please note: Swimmers should arrive in good time to sign in and be on pool side for the start of the warm-up.