

Club Championships 2007

The Age Cup Competition is designed to reward all round performance. It therefore covers all five strokes over distances applicable nationally for specific ages of swimmer.

The table overleaf shows the events for each age group and the date/time these take place. (Note: training is cancelled at these dates/times)

In each age group, points are awarded for each event in the sequence of 1st position through to 7th and all lower positions. If a swimmer takes part and is disqualified for incorrect stroke technique they are awarded 8 points. If a swimmer does not take part in an event they are awarded 10 points. Swimmers who obtain the same time in an event will be placed in equal position and given equal points and all lower placed swimmers will have their positions/points adjusted accordingly. The winner of the Age Cup will be the swimmer with the fewest number of points in the Age Group after the last event has been swum. Perpetual Cups are awarded to the Winner/ Runner Up in each Age Group. There are separate competitions for boys and girls. There are medals (1st, 2nd, and 3rd) for each event.

Eligibility – a swimmer must be a fully paid member of the club before 1st May in the year of competition to be presented with an Age Cups. This rule is to prevent a swimmer joining a club solely for the purpose of competing in a particular competition, winning the silver ware and leaving immediately thereafter never to be seen or heard of again! Those joining after 1st May are eligible to take part and to compete for medals and speed awards. Every swimmer taking part receives a certificate showing their achievements.

Age Groups – age as at 31st December 2007. (Note: some age groups comprise 2 years for example the U14 age group is for swimmers who were born in 1995 and 1994).

Club Awards Ceremony

On the last day of the championships the club holds its annual awards ceremony. In addition to presenting Age Cups, the club awards trophies to the Most Improved Boy and Girl of the year and to swimmers who have excelled in each of the strokes (not necessarily the fastest, this may be for a notable improvement during the year). The club also rewards service to the club in the form of the Presidents Trophy. When making these awards the Chief Coach considers the individual's commitment to the club in the fullest sense e.g. effort, performance, team commitment, attitude, difficulty of the challenge etc. Commendations are awarded to swimmers who have attracted the attention of their teachers for effort, attitude and progress at any level/age during the year.

Novice Competition

This event is for swimmers in the 2.30 half hour Saturday class. The class teacher decides the format of the event according to ability but usually a 25m swim, any stroke, float assisted if necessary. Medals are awarded. This event takes place at the beginning of Session 6.

Club Champs	Sessions				
Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
Sun 4 Nov	Sun 11 Nov	Sat 17 Nov	Sun 18 Nov	Sat 24 Nov	Sat 1 Dec
5 – 7 pm	5 – 7 pm	3 – 5 pm	5 – 7 pm	3 – 6 pm	2 – 5pm (pool)
					5 – 7pm (hall)
200m free	200m breast	100m IM	200 IM	100m Fly	100m free
	200m back	100m back		50m fly	50m free
		50m back		100m breast	25m free
		25m back		50m breast	25m fly
				25m breast	Novice Event

Age Cup	Competition	Events		
U9	U10	U11	U12	U14, U16, Open
25m fly	25m fly	50m fly	50m fly	100m fly
25m breast	50m breast	50m breast	100m breast	100m breast
25m back	50m back	50m back	100m back	100m back
25m free	50m free	50m free	100m free	100m free
200m free	200m free	200m free	200m free	200m free
	200m breast OR 200m back	200m breast OR 200m back	200m breast OR 200m back	200m breast OR 200m back
	100m IM	100m IM	100m IM	100m IM
	200m IM	200 IM	200m IM	200m IM
	25m free	25m free	25m free	25m free