



## COMPETITION RULES AND MEET INFORMATION 2008

This competition is only open to swimmers who are members of clubs affiliated to the East Invicta Swimming Association. Swimmers shall be excluded from any stroke in which they achieved a top 6 finish in the East Invicta Championships in 2007, or, the Kent Championships in 2008 at either 50m or 100m. Placings at other distances will not be considered. Swimmers will be allowed to swim their weaker strokes. It is hoped that all clubs will respect these simple rules but anyone wishing to protest about the eligibility of any swimmer should do so by providing copies of the result of the relevant final from either the Kent or East Invicta Championship.

*(amended Monday, May 05, 2008)*

### General Information

- a) The meet will be held under ASA Laws and Technical Rules.
- b) The competition is an invitation meet.
- c) Entries should be sent by disc using the programme provided. The entry fee is £3.50 per individual event, £6 for relays. Cheques (**one cheque per club**) should be made payable to DLGC. If you have any difficulty please contact Scott Walker on 0771 422 5282. Closing Date 17<sup>th</sup>, May 2008.
- d) The programme will cover the following age groups 9yr, 10/11yrs, 12/13 yrs, 14/15 yrs, 16yrs +. Age as at 29<sup>th</sup> June, 2008. Swimmers who are 9 on or before December 31<sup>st</sup> 2008 may also take part.
- e) The pool is 25 metres long with 6 lanes and anti-wave lane ropes.
- f) "Over the top" starts will be used in the heats at the discretion of the promoter.
- g) The competition will operate without cards. Competitors must sign in on the sheets provided which will be in the entrance area of the pool. These will be removed 30 minutes before the advertised start time of the session concerned.
- h) Only finalists will be announced. Results will be posted on the wall at the shallow end of the pool. A full list of results will be available on the website at the end of the competition. Swimmers wishing to withdraw from the finals must inform the clerks of the course in the small pool marshalling area within 15min of the finalists being announced so that reserves can be informed.
- i) Relay teams : -
  1. Should comprise two boys and two girls and they can swim in any order
  2. Only swimmers who have qualified to swim using the individual entry criteria may take part. Swimmers shall be excluded from any stroke in which they achieved a top 6 finish in the East Invicta Championships in 2007, or the Kent Championships in 2008. Swimmers will be allowed to swim their weaker strokes. They need not have swum in the gala as individuals.
  3. A maximum of 5 names per relay team (4 swimmers and 1 reserve) must be submitted at the start of the relay gala.
  4. A maximum of 2 relay teams per club in each age group.
- j) Awards will be made to all individual finalists and to the first three relay teams. Awards will be made to the first 6 placed competitors in the Heat Declared Winner (HDW) events.

A Trophy will be presented to the Club accumulating the most points in the Individual Competition for Boys and Girls.

A Trophy will be presented to the club accumulating the most points from the relay competition.

Points will be awarded on the following basis for each event:-

1<sup>st</sup> – 8pts, 2<sup>nd</sup> – 7pts, 3<sup>rd</sup> – 6 pts, 4<sup>th</sup> – 5 pts, 5<sup>th</sup> – 4 pts, 6<sup>th</sup> – 3pts, 1<sup>st</sup> reserve – 2 pts, 2<sup>nd</sup> reserve – 1pt.

No club points will be awarded for the skins competition.

- k) Entries to events may have to be restricted but will be accepted on a first come first served basis to encourage early entry. Any rejected entries and entry fees will be refunded in full.
- l) Coaches' passes will be available at the cost of £15 each. This will include admission to all sessions, programmes, food and refreshments during the interval each day.
- m) It is the decision of the promoter to allow Video and Zoom photography. This will be strictly regulated in accordance with the ASA code of practice. All competitors who enter this competition consent to such photography taking place.

**ALL COMPETING CLUBS ARE REQUESTED TO PROVIDE A JUDGE AND A  
TIMEKEEPER FOR EACH SESSION**

**Dover Life Guard Club - - Rules for the Skins Competition**

1. For each age group the six fastest swimmers in the 100 metres individual medley will be invited to take part. Reserves will be selected, and swimmers advised in the same way as finalists. In order to ensure that all lanes are occupied please indicate within 15 minutes of the skins competitors being announced of your intention to take part.
2. There will be five rounds, each round will comprise of a 50 metre race. Swimmers will be spearheaded for the first round in accordance with the times achieved in the 100m I.M., all five rounds to be swum in the same lane.
3. The stroke to be swum will be determined by drawing a coloured ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn. The ball will be replaced in the hat after it is drawn. The balls drawn from the hat will represent the following strokes: -  
**RED - Backstroke    YELLOW – Breaststroke    WHITE – Butterfly    BLACK - Freestyle**
4. The stroke selected must be swum in accordance with the ASA Racing Technical rules.
5. The starting sequence in the first round will be in accordance with the ASA Racing Technical Rules. The starting signal of each subsequent round will be given exactly 2 minutes after the start of the previous one. In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will follow in the normal manner. In the event of a failure of the starting signal this will be replaced with a shout of "Go" from the starter.
6. Any swimmer performing a false start will be disqualified unless they return to the end of the pool and start normally.
7. The slowest swimmer will be eliminated in each round. However, in the event that one or more swimmers have been disqualified for a false start or other infringement of the ASA Racing Technical Rules then the slowest swimmer will not be eliminated.
8. In the event that two or more swimmers are eliminated then the subsequent rounds shall continue without elimination until the appropriate round. For example if two swimmers are disqualified for a false start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.
9. In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round. If there is a tie for last place in round three or four there will be a swim off to determine which swimmer proceeds into the next round. The stroke will be determined as described in rule 3 above. This will also apply in the event of a tie in the final in order to determine the winner.
10. It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed in the event that a swimmer is missing, or has suffered some other "gear" failure.
11. The winner will be the swimmer who is placed first in the final round. Prizes will be awarded as follows: -  
1st    -    £25                    2nd    -    £15                    3rd    -    £10