

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships



Weekend 1 – Friday 11<sup>th</sup> & Sunday 13<sup>th</sup> December 2009

(Licence No 2NW9798)

Weekend 2 - Friday 26<sup>th</sup> Saturday 27<sup>th</sup> Sunday 28<sup>th</sup> February 2010

(Licence No 2NW0195)

Weekend 3 – Saturday 6<sup>th</sup> Sunday 7<sup>th</sup> March 2010

(Licence No 2NW0197)

This Level 2 competition is licensed by the ASA for entry into National competitions and Championships and District championships. The meet will run in accordance with the ASA Law, ASA Technical Rules and these competition rules. The competition is promoted by the Isle of Man Swimming Association - Affiliated to ASA North West Region and Lancashire Counties Swimming and Water Polo Association -

**Venue:** The National Sports Centre, Douglas, Isle of Man (25m Pool)

#### Dates and Times

	Check-in open	Check-in close	Warm-up start	Competition start	Notes
<b>Weekend 1</b>					
Friday 11 <sup>th</sup> December PM	19:00	19:30	19.30	20:00	
Sunday 13 <sup>th</sup> December PM	16:30	17:00	17:00	17:40	
<b>Weekend 2</b>					
Fri 26 <sup>th</sup> February PM	18.30	19.00	19.00	19.40	
Saturday 27 <sup>th</sup> February AM	10:00	10:30	10:30	11:30	
Saturday 27 <sup>th</sup> February PM	17:00	17:30	17:30	18:10	
Sunday 28 <sup>th</sup> February AM	10:00	10:30	10:30	11:30	
Sunday 28 <sup>th</sup> February PM	17:00	17:30	17:30	18:10	
<b>Weekend 3</b>					
Saturday 6 <sup>th</sup> March AM	10:00	10:30	10:30	11:30	
Saturday 6 <sup>th</sup> March PM	17:30	18:00	18:00	18:40	
Sunday 7 <sup>th</sup> March AM	10:00	10:30	10:30	11:30	
Sunday 7 <sup>th</sup> March PM	17:00	17:30	17:30	18:10	

Note: School Relay heats will start ten minutes before Championship heats competition start time

#### Entry Criteria

- Under ASA laws competitors must have achieved entry times published at the end of this entry form.
- In the case of an entry to an event for which a swimmer has no prior time or a time outside the qualification time, the promoter, at its discretion, notwithstanding the entry time fails to meet the entry criteria, reserves the right to accept the entry and allocate a time to the swimmer.
- Schoolboy and Schoolgirl events may be entered by those in full time education at schools on the Island
- Entry times to have been achieved since 1<sup>st</sup> January 2009

#### Age Groups

- Age groups are based on the swimmers age on 7<sup>th</sup> March 2010.
- The minimum age to enter individually is 9 years. (Primary School relay teams are age exempt but must be accompanied by a teacher)
- Swimmers may only enter events in their age group and open events

#### Submission of Entries

- Entries may be limited to ensure the championships run to time.
- All entries to be submitted **by post** to Isle of Man Swimming at the address below. **No hand delivered entries will be accepted in any circumstances.**
- No entries will be permitted after the closing time / date.
- **Entry Fees:** £4.00p for each individual event entered.  
£8.00p for each relay team entered.

# Isle of Man Swimming Association

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### 2010 Isle of Man Swimming Championships

**Please check your entry fees payment. Sending the incorrect amount or failing to send payment will result in your entry being returned**

**Payment to:** "The Isle of Man Swimming Association" (IOMSA) covering all events entered must be submitted with entry form and posted to

**Isle of Man Swimming, 1 Maple Close, Birch Hill, Onchan, Isle of Man IM3 3JS**

**(If confirmation of receipt of entries is required a stamped addressed envelope must be enclosed)**

- **Entries close: Weekend 1** 5pm on Sunday 6<sup>th</sup> December 2009.
- **Weekend 2&3** 5pm on Sunday 31<sup>st</sup> January 2010

No late entries will be accepted under any circumstance.

- One entry form per individual competitor. Do not duplicate entries on one form.
- Non Isle of Man swimmers please submit current time alongside events you are entering

### Events

- Heats are held in the morning.
- Finals are held in the evening except for those events which are Heat Declared Winners (HDW).
- Where there are 8 or less entries to a Relay Team event, there will be **no requirement** to swim heats for that event. Instead, the event will be run as a straight final (in the evening). In such circumstances School & Club officials will be notified in good time.
- All other competitors must swim heats to progress to finals.
- All heats for 50m, 100m & 200m events to be swum as one seeded event.
- Overhead starts to be operated during competition (This may also apply to backstroke events when previous heat swimmers stay in water at the side/corner of the lane until the next heat has started.)
- Swimmers will be separated into age groups for the 50m & 100m event finals. 9 -11, 12 -13, 14 -15, 16+
- 200m events are open events (i.e.: any age group may enter). The fastest 8 will progress to one final.
- All events of 400m and over are Heat Declared Winners
- Points will be awarded to all individual finalists and to the top eight places in HDW championship events. Gift tokens will be awarded to the top three male and female swimmers, in each age group, over the three weekends of the Championships. 1st £30, 2nd £25 & 3rd £20.
- An Island Champion can be an Isle of Man swimmer from any age group.
- Withdrawal from a final must be notified to the Results / Timing Desk (using a withdrawal form) within 30 minutes of the end of the heats for that event. A failure to formally withdraw may result in disqualification from further participation in the Championships

### Check In

- **Individual competitors** and School/Club Relay team Representatives must register/check-in at the designated desk situated within the NSC by the above closing time. Competitors or Relay Teams not registered by closing registration time will be assumed absent and their entries withdrawn from that days events.

### Awards

- **Championship Trophies and Medals:** Can only be awarded to local competitors in individual and club relay events and trophies must remain on the Isle of Man.
- **Championship Commemorative Medals:** Are awarded to non-local competitors in the top three places, and all teams in the top three places in schools relays

### Confirmation of Entry acceptance

- School Team entries and all off-island entries will be notified by email or post of their entry acceptance as soon as possible after closing of entries.
- All accepted entries will be notified to Isle of Man Clubs as soon as possible after closing date and clubs will be asked to post details on club notice boards. Please check your entries.

### General

- No valuables should be left in the changing room during the warm up or events
- The promoter reserves the right at its discretion to alter amend delete or add to the programme of events, awards or the conditions of entry, acceptance or competition, subject to the laws and rules above mentioned.
- Contact email for organiser is **swimchamps@manx.net**

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

### For Weekend 1- 800m and 1500m Championship Entries Only

(Page 1 of 2 pages)

**Part (A)**

Surname \_\_\_\_\_ First name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Club \_\_\_\_\_

Have you entered the IOM Championships before? Yes No

Have any of your personal details in Part A changed? Yes No

Address \_\_\_\_\_ Mobile for text messaging \_\_\_\_\_

\_\_\_\_\_ Tel No \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

E-mail Add: \_\_\_\_\_

**AN EMAIL ADDRESS AND A MOBILE NUMBER FOR TEXT MESSAGING SHOULD BE PROVIDED IF AVAILABLE**

**Part (B)**

I enclose £ \_\_\_\_\_ for \_\_\_\_\_ events

**Part (C)**

**Declaration**

1. Under the Data Protection Acts and Regulations consent is required for the Isle of Man Swimming Association and/or Isle of Man Swimming Club and/or Island Swimming Clubs affiliated to Isle of Man Swimming Association to disclose identities and information on entrants to the organiser, public, press, local radio & other media. Please complete the details below to authorise those organisations to disclose information to the organiser and for the disclosure of any such information in the programme, results and elsewhere for whatever purpose.
2. I understand that my / my child's photograph may be taken during events or presentations by photographers registered with the organiser and those photographs may be made available for sale or distribution by the organiser to competitors, supporters or press.
3. I understand that I / [my child] compete/[s] in the events at my / [ their] own risk. *[delete as applicable]*

**Parental Permission (for entrant under 18):**

I give my consent to the above and agree to my above-named child taking part in the event/s

**Permission (for entrant over 18):**

I consent to the above and apply to take part in the event/s

Signed \_\_\_\_\_ Date: \_\_\_\_\_ ..  
(To be signed by the parent or guardian of a swimmer under 18)

Signed \_\_\_\_\_ Date: \_\_\_\_\_ ...  
(Entrants over 18 at date of signing)

**IMPORTANT**  
ISLE OF MAN CLUBS WILL BE PROVIDED WITH A LIST OF ACCEPTED ENTRIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE.  
OVERSEAS COMPETITORS AND SCHOOL TEAM ENTRIES ARE NOTIFIED BY EMAIL/POST  
PLEASE CHECK YOUR ENTRIES ARE CORRECT  
NO LATE ENTRIES WILL BE ACCEPTED

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### For Weekend 1- 800m and 1500m Championship Entries Only

(Page 2 of 2)

Name: .....

#### Events Entered (Part D)

##### Weekend 1 Long Distance Championship

###### Friday 11<sup>th</sup> December 2009

1 Mixed 10 and over 800m Freestyle (HDW)

###### Sunday 13<sup>th</sup> December 2009

2 Mixed 10 and over 1500m Freestyle (HDW)

Please staple the two pages of your entry form and your cheque together. Remember to write your name on the reverse side of your cheque

Number of Entries ..... X £4.00 = £..... (Payment attached)

**RE-PRINT PAGES TO MAKE A COPY OF YOUR ENTRIES**

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### Individual Competitor Entry Form

#### Weekend 2 & 3

(First of three pages)

#### Part (A)

Surname \_\_\_\_\_ First name \_\_\_\_\_

Date of Birth \_\_\_\_/\_\_\_\_/\_\_\_\_ Club \_\_\_\_\_

Have you entered the IOM Championships before? Yes No

Have any of your personal details in Part A changed? Yes No

Address \_\_\_\_\_ Mobile for text messaging \_\_\_\_\_

\_\_\_\_\_ Tel No \_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

E-mail Add: \_\_\_\_\_

**AN EMAIL ADDRESS AND A MOBILE NUMBER FOR TEXT MESSAGING SHOULD BE PROVIDED IF AVAILABLE**

#### Part (B)

I enclose £ \_\_\_\_\_ for \_\_\_\_\_ events

#### Part (C)

#### Declaration

1. Under the Data Protection Acts and Regulations consent is required for the Isle of Man Swimming Association and/or Isle of Man Swimming Club and/or Island Swimming Clubs affiliated to Isle of Man Swimming Association to disclose identities and information on entrants to the organiser, public, press, local radio & other media. Please complete the details below to authorise those organisations to disclose information to the organiser and for the disclosure of any such information in the programme, results and elsewhere for whatever purpose.
2. I understand that my / my child's photograph may be taken during events or presentations by photographers registered with the organiser and those photographs may be made available for sale or distribution by the organiser to competitors, supporters or press.
3. I understand that I / [my child] compete/[s] in the events at my / [ their] own risk. *[delete as applicable]*

#### Parental Permission (for entrant under 18):

I give my consent to the above and agree to my above-named child taking part in the event/s

#### Permission (for entrant over 18):

I consent to the above and apply to take part in the event/s

Signed \_\_\_\_\_ Date: \_\_\_\_\_ ..  
(To be signed by the parent or guardian of a swimmer under 18)

Signed \_\_\_\_\_ Date: \_\_\_\_\_ ...  
(Entrants over 18 at date of signing)

**IMPORTANT**  
**ISLE OF MAN CLUBS WILL BE PROVIDED WITH A LIST OF ACCEPTED ENTRIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE.**  
**OVERSEAS COMPETITORS AND SCHOOL TEAM ENTRIES ARE NOTIFIED BY EMAIL/POST**  
**PLEASE CHECK YOUR ENTRIES ARE CORRECT**  
**NO LATE ENTRIES WILL BE ACCEPTED**

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### Individual Competitor Entry Form

(Second of three) Name: .....

#### Weekend 2

##### Friday 26<sup>th</sup> February 2010

- |   |                                 |                          |
|---|---------------------------------|--------------------------|
| 3 | Girls 11 and over 400m IM (HDW) | <input type="checkbox"/> |
| 4 | Boys 11 and over 400m IM (HDW)  | <input type="checkbox"/> |

##### Saturday 27<sup>th</sup> February 2010

- |    |                                     |                          |
|----|-------------------------------------|--------------------------|
| 5  | Relay Event (Clubs or Schools only) | <input type="checkbox"/> |
| 6  | Men 200 IM                          | <input type="checkbox"/> |
| 7  | Women 200 Butterfly                 | <input type="checkbox"/> |
| 8  | Men 50 Breaststroke                 | <input type="checkbox"/> |
| 9  | Relay Event (Club only)             | <input type="checkbox"/> |
| 10 | Women 100 Freestyle                 | <input type="checkbox"/> |
| 11 | Men 200 Breaststroke                | <input type="checkbox"/> |
| 12 | Women 100 Backstroke                | <input type="checkbox"/> |
| 13 | Men 50 Butterfly                    | <input type="checkbox"/> |
| 14 | Relay Event (Clubs or Schools only) | <input type="checkbox"/> |
| 15 | Relay Event (Clubs or Schools only) | <input type="checkbox"/> |

##### Sunday 28<sup>th</sup> February 2010

- |    |                                     |                          |
|----|-------------------------------------|--------------------------|
| 16 | Relay Event (Clubs or Schools only) | <input type="checkbox"/> |
| 17 | Women 200 IM                        | <input type="checkbox"/> |
| 18 | Men 200 Butterfly                   | <input type="checkbox"/> |
| 19 | Women 50 Breaststroke               | <input type="checkbox"/> |
| 20 | Relay Event (Club only)             | <input type="checkbox"/> |
| 21 | Men 100 Freestyle                   | <input type="checkbox"/> |
| 22 | Women 200 Breaststroke              | <input type="checkbox"/> |
| 23 | Men 100 Backstroke                  | <input type="checkbox"/> |
| 24 | Women 50 Butterfly                  | <input type="checkbox"/> |
| 25 | Relay Event (Clubs or Schools only) | <input type="checkbox"/> |
| 26 | Relay Event (Clubs or Schools only) | <input type="checkbox"/> |

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### Individual Competitor Entry Form

(Third of three pages)

Name: .....

#### Events Entered (Part D) continued

##### Weekend 3

##### Saturday 6<sup>th</sup> March 2010

27	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
28	Men 400 Freestyle HDW	<input type="checkbox"/>
29	Women 200 Freestyle	<input type="checkbox"/>
30	Men 50 Freestyle	<input type="checkbox"/>
31	Women 50 Backstroke	<input type="checkbox"/>
32	Men 100 Butterfly	<input type="checkbox"/>
33	Women 100 Breaststroke	<input type="checkbox"/>
34	Men 200 Backstroke	<input type="checkbox"/>
35	Girls 100m IM	<input type="checkbox"/>
36	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
37	Relay Event (Clubs or Schools only)	<input type="checkbox"/>

##### Sunday 7<sup>th</sup> March 2010

38	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
39	Women 400 Freestyle HDW	<input type="checkbox"/>
40	Men 200 Freestyle	<input type="checkbox"/>
41	Women 50 Freestyle	<input type="checkbox"/>
42	Men 50 Backstroke	<input type="checkbox"/>
43	Women 100 Butterfly	<input type="checkbox"/>
44	Men 100 Breaststroke	<input type="checkbox"/>
45	Women 200 Backstroke	<input type="checkbox"/>
46	Men 100m IM	<input type="checkbox"/>
47	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
48	Relay Event (Clubs or Schools only)	<input type="checkbox"/>
49	Relay Event (Clubs only- Cannon)	<input type="checkbox"/>

Please staple the three pages of your entry form and your cheque together. Remember to write your name on the reverse side of your cheque

Number of Entries ..... X £4.00 = £..... (Payment attached)

RE-PRINT PAGES 3, 4 & 5 TO MAKE A COPY OF YOUR ENTRIES

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### For Clubs & Schools Only

#### (Part 1)

Primary School events are scheduled for the first events of the day.

Name of the Club or School : 0 ..

Name of Official/Teacher entering Team : 0 .

**ALL SCHOOL TEAMS MUST BE ACCOMPANIED ON POOLSIDE AT ALL TIMES BY A TEACHER OR AN ADULT SELECTED BY THE SCHOOL AND APPROVED BY THE ISLE OF MAN SWIMMING CLUB**

NAME AND STATUS OF ACCOMPANYING ADULT .....

Contact Address

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

Contact Tel No \_\_\_\_\_

Mobile for text messages:

0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 ..

E-mail Address \_\_\_\_\_

Entry fee is £8.00p for each team.

I enclose £\_\_\_\_\_ payable to OMSC entry fees for \_\_\_\_\_ number of events.

I understand that our swimmers compete at their own risk and confirm in the case of a school entry/ies we have arranged our own insurance cover.

Signed \_\_\_\_\_

Date \_\_\_\_\_

**AN EMAIL ADDRESS AND A MOBILE NUMBER FOR TEXT MESSAGING MUST BE PROVIDED**

**RE-PRINT PAGES TO MAKE A COPY OF YOUR CLUB OR SCHOOL ENTRIES**

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### For Clubs & Schools Only

#### (Part 2)

Name of Club or School : .....

How many teams do you want to enter into the following events:

	Saturday 27 <sup>th</sup> February 2010	Number of Teams		Sunday 28 <sup>th</sup> February 2010	Number of Teams
<b>PS</b>	Event 5 (Primary Schools only)		<b>PS</b>	Event 16 (Primary Schools only)	
	Girls 11 & Under 100m Freestyle Schools Relay			Boys 11 & Under 100m Freestyle Schools Relay	
<b>C</b>	Event 9 (Clubs only)			Event 20 Clubs Only	
	Boys 13 & Under 200m Freestyle Relay			Girls 13 & Under 200m Freestyle Relay	
<b>SS</b>	Event 14 (Secondary Schools only)		<b>C</b>	Event 26 (Clubs only)	
	Girls 11-18 200m Freestyle Schools Relay			Women 200m Medley Club team Relay	
<b>C</b>	Event 15 (Clubs only)		<b>SS</b>	Event 28 (Secondary Schools only)	
	Men 200m Medley Club team Relay			Boys 11-18 200m Freestyle Schools Relay	
	Saturday 6 <sup>th</sup> March 2010	Number of Teams		Sunday 7 <sup>th</sup> March 2010	Number of Teams
<b>PS</b>	Event 27 (Primary Schools only)		<b>PS</b>	Event 38 (Primary School only)	
	Boys 11 & Under 100m Medley Schools Relay			Girls 11 & Under 100 Medley Schools Relay	
<b>SS</b>	Event 36 (Secondary Schools only)		<b>C</b>	Event 47 (Clubs only)	
	Boys 11-18 200m Medley School Relay			Men 200m Freestyle Club Team Relay	
<b>C</b>	Event 37 (Clubs only)		<b>SS</b>	Event 48 (Secondary Schools only)	
	Women 200m Freestyle Club Relay			Girls 11-18 200 Medley Schools Relay	
			<b>C</b>	Event 49 Cannon Relay 400m Mixed Freestyle	

Number of Entries ..... X £8.00 = £..... (Payment attached)

Please staple the two pages of your entry form and your cheque together. Remember to write your club/school name on the reverse side of your cheque

Where there are 8 or less entries to a Relay event, there will be **no requirement** to swim heats for that event. Instead, the event will be run as a straight final (in the evening). In such circumstances School and Club Officials will be notified. In the event of a late withdrawal we may need to text you notifying a change of programme. Please ensure we have a mobile number we can text.

If you decide you will not be swimming an event after entries close, please notify the organisers as soon as possible so they can re-seed heats.

# Isle of Man Swimming Association

## SWAGELOK

### 2010 Isle of Man Swimming Championships

#### QUALIFYING TIMES For Level 2

Men	Lower Qualifying Times			
	11and Under	12/13	14/15	16+
50m Freestyle	42.11	35.06	31.29	28.96
100m Freestyle	1:34.00	1:15.66	1:07.29	1:02.60
200m Freestyle	3:22.77	2:44.70	2:26.60	2:16.26
400m Freestyle	7:20.55	5:46.03	5:10.40	4:48.68
800m Freestyle	15:23.9	12:06.4	10:49.4	10:05.0
1500m Freestyle	29:13.5	22:48.6	20:30.4	19:06.6
50m Breaststroke	55.13	45.07	39.63	36.4
100m Breaststroke	2:03.54	1:36.89	1:25.06	1:18.38
200m Breaststroke	4:17.83	3:29.17	3:03.92	2:50.74
50m Butterfly	47.42	38.82	34.29	31.54
100m Butterfly	1:53.83	1:24.64	1:14.37	1:08.75
200m Butterfly	4:08.28	3:06.64	2:44.72	2:31.65
50m Backstroke	48.58	40.27	35.76	32.62
100m Backstroke	1:46.67	1:25.21	1:15.04	1:09.33
200m Backstroke	3:43.83	3:02.63	2:41.38	2:29.79
100m Individual Medley	1:47.40	1:28.70	1:18.10	1:11.80
200m Individual Medley	3:49.74	3:06.75	2:45.35	2:33.68
400m Individual Medley	8:15.65	6:34.25	5:50.31	5:25.44

Women	Lower Qualifying Times			
	11and Under	12/13	14/15	16+
50m Freestyle	42.57	35.72	33.26	32.04
100m Freestyle	1:35.91	1:16.58	1:11.32	1:08.71
200m Freestyle	3:24.51	2:44.93	2:33.49	2:27.99
400m Freestyle	7:25.44	5:43.73	5:20.76	5:10.22
800m Freestyle	15:17.5	11:50.8	10:57.8	10:37.8
1500m Freestyle	29:30.3	22:51.6	21:23.9	20:30.7
50m Breaststroke	55.93	45.36	41.81	40.27
100m Breaststroke	2:04.02	1:37.33	1:28.66	1:26.16
200m Breaststroke	4:19.96	3:28.75	3:11.51	3:05.79
50m Butterfly	47.94	39.06	36.11	34.74
100m Butterfly	1:54.86	1:24.94	1:18.25	1:15.81
200m Butterfly	4:11.03	3:06.40	2:51.02	2:44.83
50m Backstroke	48.92	40.46	37.46	36.15
100m Backstroke	1:48.64	1:25.34	1:18.99	1:16.14
200m Backstroke	3:46.19	3:01.70	2:49.18	2:42.36
100m Individual Medley	1:48.81	1:29.08	1:22.63	1:19.40
200m Individual Medley	3:51.62	3:06.32	2:53.14	2:47.23
400m Individual Medley	8:12.25	6:32.02	6:03.11	5:50.48