



CITY OF OXFORD SWIMMING CLUB

Affiliated to South East Region ASA

CLUB CHAMPIONSHIPS 2009

(Under ASA law and technical rules)

Sunday 11th October 2009
 Sunday 15th November 2009
 &
 Saturday 21st November 2009

Featuring

DIRCOT BARRAMUNDI SWIMMING CLUB
FOURSHIRES SWIMMING CLUB
KIDLINGTON AND GOSFORD SWIMMING CLUB
WANTAGE WHITE HORSES SWIMMING CLUB

One Entry Form per Swimmer. Please PRINT all details. Ages as at 21st November 2009. Entry Fee £2.50 per event.

Please PRINT all details <i>Full name and Address</i>	Date of Birth	
	Female	Male
	Squad	
	Telephone	
	Email	

The one start rule will be in operation

**Entries to be returned by
 Thursday 1st October 2009**

Club Championships are for COSC first claim members and invited participants.

**Entries to:
 Jutta Tillotson, 75 Eynsham Road,
 Oxford OX2 9BU**

**Cheques payable to
 City of Oxford Swimming Club.**

Cost per event £2.50p

50m	FREESTYLE	8/ov	
50m	BACK	8/ov	
50m	BREAST	8/ov	
50m	FLY	8/ov	
100m	FREESTYLE	8/ov	
100m	BACK	8/ov	
100m	BREAST	8/ov	
100m	FLY	8/ov	
100m	INDIVIDUAL MEDLEY	8/ov	
200m	FREESTYLE	8/ov	
200m	BACK	8/ov	
200m	BREAST	8/ov	
200m	FLY	8/ov	
200m	INDIVIDUAL MEDLEY	8/ov	
400m	FREESTYLE	10/ov	
400m	INDIVIDUAL MEDLEY	10/ov	

Number of events@ £2.50p per event= £.....

Signed _____ parent/guardian

I am willing to help with organising the championships yes / no

REMEMBER: The Club Championships are organised so that swimmers can obtain qualifying time for Oxon & N. Bucks County Championships in March 2010.

Programme of Events

ORDER OF EVENTS - all events are heat declared winners

Sunday 11th October 2009	Sunday 15 th November 2009
<p>WARM-UP 09.15 – 09.45</p> <p>SESSION 1 10.00 - 12.00</p> <p>1 G 400 FR 2 B 400 IM 3 G 50 BK 4 B 50 BR 5 G 100 BR 6 B 100 FL 7 G 200 FL 8 B 200 FR</p> <p>WARM-UP 13.00 – 13.30</p> <p>SESSION 2 13.45 – 15.45</p> <p>9 G 200 BK 10 B 200 BR 11 G 100 FR 12 B 100 IM 13 G 100 BK 14 B 200 IM 15 G 50 FL 16 B 50 FR</p> <p>END 16.00</p>	<p>WARM-UP 09.15 – 09.45</p> <p>SESSION 3 10.00 – 12.00</p> <p>17 B 400 FR 18 G 400 IM 19 B 50 BK 20 G 50 BR 21 B 100 BR 22 G 100 FL 23 B 200 FL 24 G 200 FR</p> <p>WARM-UP 13.00 – 13.30</p> <p>SESSION 4 13.45 – 15.45</p> <p>25 B 200 BK 26 G 200 BR 27 B 100 FR 28 G 100 IM 29 B 100 BK 30 G 200 IM 31 B 50 FL 32 G 50 FR</p> <p>END 16.00</p> <hr style="border: 0.5px solid black;"/> <p>PLEASE NOTE – running schedule subject to change depending on entries received</p> <p>PARKING – at the pool will be restricted to officials and helpers only</p> <p>C.O.S.C. Web site: - www.oxfordswim.com</p> <p>PLEASE NOTE – Age as at 21st November 2009</p>

800m and 1500m events will take place on the 21st November 2009. Restricted entries based on Fastest Swimmers

City of Oxford Swimming Club (affiliated to South East Region ASA)
The Oxford CLUBS CHAMPIONSHIPS 2009
(under ASA Laws & Technical Rules)
Sunday 11th October & Sunday 15th November 2009

CONDITIONS

- I. Club Championships are restricted to Full Club members and COSC first claim swimmers and invited participants only.
- II. All swimmers must be registered with the ASA.
- III. All entries must be returned by Thursday 1st October - *and filled in correctly!* If you have no times for any certain events you may enter a "YES". This may mean that you will be seeded in early heats swimming against younger swimmers.
- IV. The heats will be seeded, based on submitted times, so each race will be between closely matched swimmers.
- V. All swimmers are encouraged to enter as many events as possible, it is important to have valid times to enable us to keep an up to date ranking list and for swimmers to times to build on.
- VI. All events will be Heat Declared Winners.
- VII. These Championships will be held under the one start rule.
- VIII. A re entry card system will be in operation, if you have not received your re entry cards by the session date you will be able to collect them on the session date at the pool. Cards must be posted in the box provided in the reception 30 minutes before the start of each session.
These Championships will be run on the same lines as a normal Open meet.
- IX. Awards – Medals will be awarded to COSC First Claim swimmers who finish First, Second & Third at the club Awards / Xmas party (to be announced).
- X. A trophy or plaque will be awarded to the Girl and Boy who score the highest number of points in their age groups.
- XI. Points – 1st = 3, 2nd = 2, 3rd = 1.
In the case of a points tie, the plaque will be awarded to the swimmer with the most first places then second etc.
- XII. Age groups –8, 9, 10, 11, 12, 13, 14, 15, 16/18, 19/34, 35/ov.
- XIII. Entry Closing Date Thursday 1st October 2009.
- XIV. All sessions will be held at Temple Cowley Pools.
- XV. The running order of events may be subject to change dependent on number of entries submitted.
- XVI. The referee's decision on all matters is final.
- XVII. The COSC competitive swimming committee reserves the right to refuse the entry of any swimmer.
- XVIII. Ages as at 21st November 2009.