

London Borough of Sutton Swimming Association

2018 London Borough of Sutton Swimming Championships/ 2018 London Borough of Sutton Primary School Time Trials

Friday 16th March 2018

Westcroft Leisure Centre, Westcroft Road,

Carshalton

Warm up at 7.00pm for 7.20pm Start

Dear Head Teacher/teacher in charge of swimming/swimmer

I would like to take this opportunity to make sure that all schools are aware that this gala will be conducted under ASA rules. It is essential that all swimmers taking part in the championships are made aware of this. They must therefore also be aware of the most relevant rules that may affect them.

i.e.

Breaststroke - only one arm pull and one leg kick underwater at the start
- two handed touch at the finish

Backstroke - swimmer must remain on his/her back at the finish

Butterfly - arms must clear the water
- two handed touch at finish

Start - once under starters orders the swimmer must remain completely still until starting signal is given.

- the gala will operate the 'one start rule' any swimmer false starting will be disqualified.

Please make sure that swimmers and parents are aware of the following:

- Swimmers will not be allowed onto poolside before 7.00pm
- There will be a spectators entry fee of £2.00 per adult. Due to limited space for spectators parents are asked that where possible only one spectator per swimmer attends the event.

EVENT	STROKE/EVENT TITLE/AGE GROUP			B GRADE	C GRADE
Event 1.	Girls	Year 4/5	Breaststroke	25.50	27.30
Event 2.	Girls	Year 6	Breaststroke	23.50	25.30
Event 3.	Boys	Year 4/5	Freestyle	17.70	19.20
Event 4.	Boys	Year 6	Freestyle	17.10	18.70
Event 5.	Girls	Year 4/5	Backstroke	21.50	23.10
Event 6.	Girls	Year 6	Backstroke	20.40	22.00
Event 7.	Boys	Year 4/5	Breaststroke	24.40	26.20
Event 8.	Boys	Year 6	Breaststroke	23.00	24.60
Event 9.	Girls	Year 4/5/6	Butterfly	20.90	23.00
Event 10.	Boys	Year 4/5/6	Butterfly	20.20	21.60
Event 11.	Girls	Year 4/5	Freestyle	20.10	21.00
Event 12.	Girls	Year 6	Freestyle	18.60	19.90
Event 13.	Boys	Year 4/5	Backstroke	21.00	22.70
Event 14.	Boys	Year 6	Backstroke	19.90	21.60

Thank you for your co-operation.

SAFETY AT WESTCROFT LEISURE CENTRE

1. STARTING

All competitors should note the following:

We will be using the electronic timing system and will therefore start all races at the shallow end of the pool. There will be no diving at the shallow end of the pool and all swimmers will start all their races in the water.

2. WARM UP

Swimmers, coaches and teachers must ensure that they (and swimmers in their charge) take no action which would endanger themselves or others. The instructions of the Warm Up Marshals or others in authority must be obeyed immediately. No diving at shallow end of pool.

3. GENERAL SAFETY

- a. Everyone attending the Gala must familiarise themselves with the locations of the emergency exits.
- b. Anyone observing anything they consider to be a safety hazard must report it to the Referee and/or any other Gala official.
- c. Everyone attending the Gala must take all steps to ensure their own safety and the safety of others.
- d. Everyone Active Sport & Leisure Management Ltd. requires individuals who intend using any photographic equipment (including mobile phones) to complete the register located at the main reception desk.