



Essex County Championships Relays Weekend 2013
(Under ASA Laws & ASA Technical Rules of Swimming)

INFORMATION AND CONDITIONS

FOR ESSEX RELAY COMPETITION 2013

1. Age for all relays is AS AT 15th June 2013

Age Groups

9/10,

11/12,

Bagcat Girls (10/14),

Bagcat Boys (10/14),

Youth Girls (15+ no age limit),

Youth Boys (15+ no age limit)

2. All finals will be swum with eight lanes available
3. Teams that are disqualified in a final **will not** be eligible for an award.
4. Relay Declaration Forms must be handed in by 1.30pm on 15th June 2013
5. All Withdrawals must be made 30 mins before the start of the session, failure to do this will result in a £10.00 fine per team not withdrawn.
6. **Swimmers must be registered with the competing Club** and the ASA as at the closing date for this competition and must therefore appear on the Master list Supplied at the time of entries being submitted before the closing date. **Swimmers cannot be added to a Master List once it has been supplied.**
7. Swimmers may only swim at **ONE** County Championships per Swimming Year- The relay events and the individual events are counted as one County Championships, therefore if a swimmer has swum in another *County* Championships for the individual events this year then they cannot enter The Essex Relay Gala. **Swimmers can swim for a different Club as long as both Clubs are within Essex**

A Master list of swimmers must be supplied at the time of submitting entries – eligible swimmers can ONLY be selected from this list

8. Awards

Medals will be presented to the top 3 teams in ALL events. Awards will be presented to the **Top 8 teams in Events that have finals**

9. Point scores will be awarded to each team. Team trophies will be awarded as follows
Youth (15+)
Bagcat (10-14)
Junior (9/10, 11/12's)
10. All Entries must be received by the closing date **of Sunday 12th May 2013.**

11 Clubs may enter up to **2** teams in each category which **MUST** be identified by the Letter A or B in their entry

12 ALL clubs **MUST** supply a Team Manager (in addition to the Coaches) to remain with their Club on Poolside at all times-

The Team Manager **MUST** wear their *Team Manager* poolside Pass in a visible place **at all times.**

These passes will be **Free** and do not include food

13 There will be a Heat Holding area in the changing rooms in the middle of the pool – ALL swimmers **MUST** report to this area before their event – failure to do so will mean the team is unable to swim in that event.

13. Anything not covered in these conditions will be decided by the Promoter. The Promoter will be Phil Nice

Entry Information

All Entries must be submitted using the Electronic Entry File and Chqs must be posted to:

Lyndsey Motin

Rebels

Rebels Lane

Great Wakering

Essex

SS3 0QE

Please make Chqs payable to **ECASA**

NB

Coach passes from Age Group Champs 2013 are to be used at this event

And **MUST** be worn at all times

If you experience any problems with this please telephone 07787556663 and I will be more than happy to help where I can