



Affiliated to ASA East Region

Hitchin Club Championships 2017 (under ASA Laws and ASA Technical Rules)

The 2017 Hitchin Swimming Club Championships are scheduled for the dates below. The coaches encourage all swimmers to enter as many events as possible in the championships – it especially offers the younger swimmers valuable experience in entering competitive events in a friendly and known environment.

The championships will be held on Sunday 10th September and Sunday 17th September. Warm up will be at 19.05 on both Sundays. All races will be at Hitchin Swimming Centre.

All events (except the 25m fly) are open to **all** swimmers of any age. Where there are enough swimmers, heats will be swum based on entry times (or the coaches' estimate of time where not available). Mixed gender heats may be swum. Points will be awarded on an age group basis – the age groups relate to age 31st Dec 2017. Age groups are: 8, 9, 10, 11, 12, 13, 14, Open (15 and older). 10 points will be awarded for 1st place, 9 for 2nd place and so on. No points will be awarded for non finishers or disqualified swims. Swimmers may enter and gain points for as many races as they wish. Club champions will be based on highest point scorers.

Only paid up members of Hitchin Swimming Club as at the entry closing date (see below) are eligible to enter.

Entry fee: The entry fee is £10 per swimmer (regardless of number of races entered). This should be paid by cheque made payable to Hitchin Swimming Club. Cash will not be accepted. The Parents' Race is free! Please encourage your children by taking part.

Further information: All required information has been included with this pack. However if you require further assistance in making your entries please contact a member of coaching staff at poolside or e-mail admin@hitchinswimmingclub.co.uk.

Return of entry forms: All entry forms and cheques should be handed to Sarah King or a member of coaching staff

The closing date for receipt of entries is Wednesday 6th September 2017. However, please try to send back entries as soon as possible. Late entries cannot be accepted as they need to be processed.

Awards: There will be an award for the highest points scoring boy and girl in each age group. The date of the awards ceremony will be published soon. Medals will also be awarded for top 6 girls and top 6 boys in each event, unless there are fewer than 7 competitors in an event – in which case medals for only the top 3 places will be awarded. Additional medals may be presented at the discretion of the promoter for swimmers who finish outside the top 3 places in events with fewer than 7 swimmers – especially for the younger swimmers.



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Program of Events

All events will be decided on a Heat Declared Winner (HDW) basis.

SESSION 1	
Sunday 10th September Warm up 7.05 pm	Age on 31st Dec 2016
B/G 100M Fly	Open
B/G 50M Breaststroke	Open
B/G 50M Backstroke	Open
B/G 25M Fly	9 and Under
B/G 100M Free	Open
Parents 50m Freestyle	

SESSION 2	
Sunday 17th September Warm up 7.05 pm	Age on 31st Dec 2016
B/G 50M Fly	Open
B/G 100M Breaststroke	Open
B/G 100M Backstroke	Open
B/G 50M Freestyle	Open
B/G 100M IM	Open
50M Freestyle 'Skins'	

Events may only be swum as scheduled above.

Note: non competitive time trials will take place throughout the year to allow swimmers to gain times in longer distance races.

Andrew Lowdon, Promoter Hitchin Club Championships 2017



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Club Championships 2017 – “Skins”

We are pleased to announce that our Club Championships will include the ever popular freestyle skins event. This will take place at the end of the session on the 17th September. There will be one round for girls and another for the boys.

What are “Skins”?

Skins is a knockout competition starting with 8 swimmers. Swimmers will race over 50m and the slowest swimmer will be eliminated. This will be repeated until only one swimmer remains, the winner! There will be cash prizes for all competitors!

How will competitors be selected?

The fastest 8 girls and 8 boys in the 50m freestyle event will be invited to take part. This is a fun event and we encourage those who are selected to take part. We would also encourage everybody else to stay and cheer on your fellow swimmers!