ASA EAST MIDLAND REGION
LONG COURSE CHAMPIONSHIPS 2016
Sheffield 30th April / 2nd May
License 1EM160780

Corby 28th/29th May
License 1EM160779

Supplementary Para-Swimming Conditions

These Supplementary Conditions are to be adhered to in conjunction with the General Conditions and for the Regional Championships, available to download from the website.

EVENTS	Male	Female
50m Freestyle	S1-S14	S1-S14
100m Freestyle	S1-S14	S1-S14
200m Freestyle	S1-S5 & S14	S1-S5 & S14
400m Freestyle	S6-S14	S6-S14
50m Backstroke	S1-S5	S1-S5
100m Backstroke	S1,S2 & S6-S14	S1 & S6-S14
50m Breaststroke	SB1-SB3	SB1-SB3
100m Breaststroke	SB4-SB9, SB11-SB14	SB4-SB9, SB11-SB14
50m Butterfly	S1-S7	S1-S7
100m Butterfly	S8-S14	S8-S14
150m Individual Medley	SM1-SM4	SM1-SM4
200m Individual Medley	SM5-SM14	SM5-SM14

Eligibility

- All competitors must hold an authorised IPC, British Swimming, INAS-FID or British Blind Sport Classification, which is held on the British Swimming or IPC classification database at the time of entry
- **Minimum age 11yrs as at 31st December 2016.**
- Qualifying times must have been achieved between 1st September 2015 and the closing date for entries
- All classes of swimmers will swim together (Multi-Class) and integrated with able bodied swimmers.
- All events are heat declared winners.

Accreditation
Coaches and personal care attendants must have accreditation and will be required to purchase a poolside pass. Personal care attendants will only be permitted for competitors in accordance with IPC guidelines. Passes must be obtained prior to the day of meet using the application form in this pack.

Medals
Medals shall be awarded on a multi-classification basis to 1st, 2nd and 3rd placed competitors based on the British Para-Swimming Points system. If less than four swimmers participate in any one event then a minus one ruling shall apply. If only one swimmer participates in any event, then the swimmer may, at the discretion of the promoter, be awarded a medal providing he/she improves upon their entry time.

ENTRIES MUST BE SUBMITTED ELECTRONICALLY BY A CLUB ADMINISTRATOR USING SPORTSYSTEMS ENTRY MANAGER

CLOSING DATES

SHEFFIELD GALA (Ages 14yrs/over), WEDNESDAY 13th APRIL

CORBY GALA (Ages 10yrs to 13yrs), WEDNESDAY 11th MAY

(please be aware that your club coordinator may set a date earlier than the official closing date to enable them to complete the entry file and submit on time)

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PARA-SWIMMING ENTRY FORM – INTERNAL CLUB USE ONLY

CLUB……..

GIVEN NAME……..……FAMILY NAME……

DATE OF BIRTH……/…..…/……MALE / FEMALE (delete as appropriate)

CLASSIFICATION: S( ) SB( ) SM( ) ASA Reg No……

TELEPHONE.....Email…….……..……...

Select the events you wish to enter, your club coordinator will download your times from GB Ranking and check that they meet the qualifying standards.

Event	Male or Female classifications	Enter Y/N	Additional information if requested
50M FREESTYLE	S1-S14		
100M FREESTYLE	S1-S14		
200M FREESTYLE	S1-5 & S14		
400M FREESTYLE	S6-S13		
50M BACKSTROKE	S1-S5		
100M BACKSTROKE	S1, (S2), S6-S14		Note S2 is for male swimmers only.
50M BREASTSTROKE	SB1-SB3		
100M BREASTSTROKE	SB4-9 & SB11-14		
50M BUTTERFLY	S1-S7		
100M BUTTERFLY	S8-S14		
150M INDIVIDUAL MEDLEY	SM1-SM4		
200M INDIVIDUAL MEDLEY	SM5-SM14		

No of entries on this form…….. @ £7.00 = £……..

Entries must be submitted electronically using Sportsystems entry manager
Return the completed form to your club administrator

When downloading times in entry manager if you are unable to save the times simply click the red 'n' which will turn to a green 'y' and save.
The meet administrator will download the times when the entry is received

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	MALE	FEMALE		MALE	FEMALE
50m FREESTYLE			**50m BACKSTROKE**		
S1	02:22.93	02:14.58	**S1**	02:15.84	03:37.46
S2	01:39.28	02:05.28	**S2**	01:36.88	01:47.66
S3	01:12.96	01:31.14	**S3**	01:21.84	01:31.39
S4	01:03.36	01:21.14	**S4**	01:13.04	01:25.97
S5	00:55.81	01:01.65	**S5**	01:03.42	01:12.43
S6	00:48.29	00:55.57	**100m BACKSTROKE**		
S7	00:45.44	00:53.92	**S6**	01:59.89	02:20.40
S8	00:43.70	00:50.64	**S7**	01:58.35	02:15.84
S9	00:42.18	00:47.06	**S8**	01:45.54	02:07.66
S10	00:37.87	00:44.80	**S9**	01:44.38	01:53.09
S11	00:42.93	00:50.98	**S10**	01:38.53	01:49.54
S12	00:38.86	00:45.26	**S11**	01:51.34	02:16.29
S13	00:38.77	00:45.42	**S12**	01:38.18	01:59.15
S14	00:40.64	00:45.66	**S13**	01:37.76	01:56.51
100m FREESTYLE			**S14**	01:36.67	01:46.80
S1	04:19.14	06:39.41			
S2	03:55.10	05:47.54			
S3	02:42.99	02:49.78	**50m BREASTSTROKE**		
S4	02:19.09	02:48.96	**SB1**	03:26.32	03:37.31
S5	02:02.69	02:14.42	**SB2**	01:36.90	02:17.62
S6	01:48.50	02:00.08	**SB3**	01:21.57	01:41.07
S7	01:41.23	01:56.77	**100m BREASTSTROKE**		
S8	01:33.57	01:48.74	**SB4**	02:37.36	03:13.26
S9	01:31.44	01:42.43	**SB5**	02:30.93	03:01.28
S10	01:25.09	01:37.98	**SB6**	02:12.99	02:39.41
S11	01:35.92	01:54.78	**SB7**	02:06.13	02:36.16
S12	01:25.23	01:37.81	**SB8**	01:55.74	02:11.15
S13	01:25.10	01:37.47	**SB9**	01:50.37	02:07.25
S14	01:28.86	01:37.60	**SB11**	01:59.50	02:28.05
200m FREESTYLE			**SB12**	01:49.57	02:17.98
S1	12:11.84	10:35.89	**SB13**	01:49.18	02:08.72
S2	07:02.72	10:14.24	**SB14**	01:48.78	02:04.85
S3	05:44.30	06:24.38			
S4	04:59.23	06:15.60			
S5	04:23.70	04:53.74			
S14	03:07.31	03:20.98			

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	MALE	FEMALE		MALE	FEMALE
400m FREESTYLE			**50m BUTTERFLY**		
S6	08:18.02	09:13.79	**S1**	00:00.00	00:00.00
S7	07:57.76	08:39.95	**S2**	03:50.69	03:43.66
S8	07:18.40	08:02.70	**S3**	02:18.56	02:07.49
S9	06:59.98	07:43.15	**S4**	01:14.03	02:44.30
S10	06:44.85	07:27.39	**S5**	00:58.50	01:14.70
S11	07:36.72	09:01.81	**S6**	00:50.00	01:01.07
S12	06:46.05	07:33.60	**S7**	00:48.82	00:59.17
S13	06:45.79	07:28.96	**100m BUTTERFLY**		
			S8	01:41.06	01:58.72
200m IM			**S9**	01:37.18	01:51.71
SM5	05:39.42	05:53.89	**S10**	01:32.08	01:50.94
SM6	04:18.94	05:07.71	**S11**	01:41.04	02:24.32
SM7	04:16.72	04:59.04	**S12**	01:33.28	01:49.90
SM8	03:55.02	04:34.34	**S13**	01:33.46	01:50.77
SM9	03:46.34	04:14.26	**S14**	01:36.91	01:51.95
SM10	03:32.00	04:03.23	**150m IM**		
SM11	04:01.81	04:42.86	**SM1**	00:00.00	00:00.00
SM12	03:36.62	04:21.30	**SM2**	09:03.01	08:25.30
SM13	03:36.40	04:03.70	**SM3**	05:02.30	05:43.52
SM14	03:37.30	03:53.25	**SM4**	04:11.04	04:58.75