

# Avalon Bilgola Amateur Swimming Club Inc. - 2016 / 2017

## Event Entries CLOSE at 8.45am

Date	Distance Event	Handicap Races 15, 25 OR 50m (33m Fly)			Tide		Comments
					time	mtrs	
4 <sup>th</sup> Oct	<b>TUE - Club Committee Meeting – 7pm – Vander Reyden’s place</b>						
8 <sup>th</sup> Oct	100m Choice	Free	Relay		07.14	0.65	
15 <sup>th</sup> Oct	200/400m Choice*	Free	Breast	Back	08:10	1.69	* 400m Choice – F/S or IM
22 <sup>nd</sup> Oct	100m F/S	Free	Back	Fly	07.45	0.57	
29 <sup>th</sup> Oct	100m Choice	Free	Fly	Relay	08.16	1.58	
5 <sup>th</sup> Nov	200/400m Choice*	Free	Relay	Breast	05.55	0.61	Bilgola Surf Boat Carnival * 400m Choice – F/S or IM
12 <sup>th</sup> Nov	100m F/S	Breast	Free	Back	06.56	1.67	
19 <sup>th</sup> Nov	<b>Open 100m F/S Championship</b>	Back	Free	Fly	06.24	0.51	LTS start
26 <sup>th</sup> Nov	200/400m Choice*	Fly	Free	Relay	07.09	1.55	LTS
3 <sup>rd</sup> Dec	200m Choice OR <b>Open 400m F/S Championship</b>	Relay	Free	Breast	11.19	1.71	LTS * 400m Choice – F/S or IM
6 <sup>th</sup> Dec	<b>TUE - Club Committee Meeting – 7pm – Gudmunson’s place</b>						
9 <sup>th</sup> Dec	<b>FRI - Christmas Celebration – 6:00pm – Royal Motor Yacht Club – Bali Hut Area</b>						
10 <sup>th</sup> Dec	100m BRS, FLY, MED OR <b>Open 100m BCK Championship</b>	Free	Breast	Back	11.49	0.50	LTS
17 <sup>th</sup> Dec	100m F/S	Free	Back	Fly	11.35	1.91	LTS
24 <sup>th</sup> Dec	No Club				05.47	1.47	Merry Christmas
31 <sup>st</sup> Dec	No Club				10.22	1.72	Happy New Year
7 <sup>th</sup> Jan	100m BRS, BCK, MED OR <b>Open 100m FLY Championship</b>	Free	Fly	Relay	04.07	1.52	LTS
14 <sup>th</sup> Jan	200/400m Choice*	Free	Relay	Breast	10.30	1.96	LTS, * 400m Choice – F/S or IM
21 <sup>st</sup> Jan	<b>Open 200m F/S Championship</b>	Breast	Free	Back	10.22	0.73	LTS
28 <sup>th</sup> Jan	100m Choice	Back	Free	Fly	09.25	1.80	LTS
4 <sup>th</sup> Feb	200/400m Choice* OR <b>Open 200m MED Championship</b>	Fly	Free	Relay	08.48	0.56	LTS * 400m Choice – F/S or IM
11 <sup>th</sup> Feb	100m Choice	Free	Relay	Breast	09.26	1.90	
11 <sup>th</sup> Feb	<b>Entries CLOSE for AGE Championships TODAY!</b>						
14 <sup>th</sup> Feb	<b>TUE - Club Committee Meeting – 7pm – Kellick’s place</b>						
18 <sup>th</sup> Feb	<b>AGE CHAMPIONSHIPS</b> (all scratch starts)	<b>Free, Back, Breast &amp; Fly</b> 6y&U 25m, 7y 33m, 8y&O 50m			08.28 14.17	0.69 1.25	No Entries on the day! Entries CLOSED last week
25 <sup>th</sup> Feb	100m Choice	Free	Breast	Back	08.20	1.74	
4 <sup>th</sup> Mar	100m BCK, FLY, MED OR <b>Open 100m BRS Championship</b>	Free	Back	Fly	07.35	0.46	Mile Swim Backup Champ week
11 <sup>th</sup> Mar	200/400m Choice*	Free	Fly	Relay	08.23	1.79	* 400m Choice – F/S or IM
18 <sup>th</sup> Mar	100m F/S	Free	Relay	Breast	07.00	0.59	Dash for Cash
25 <sup>th</sup> Mar	100m Choice	Free	Breast	Back	07.04	1.65	
25 <sup>th</sup> Mar	<b>End of Season Celebration – 6pm – Royal Motor Yacht Club – Bali Hut Area</b>						
28 <sup>th</sup> Mar	<b>TUE - Club Committee Meeting – 7pm – Gudmunson’s place</b>						
13 <sup>th</sup> May	<b>Presentation Day – Sat 4pm BBQ, 6pm Presentation - Bilgola Surf Club</b>						
15 <sup>th</sup> Aug	<b>TUE - Annual General Meeting – 7pm – Royal Motor Yacht Club</b>						

### Warringah Amateur Swimming Association – Warringah Aquatic Centre

Day	Date	Time	Ages	Meet	Entries Close
Sat	26 <sup>th</sup> Nov	5:00pm	6 to 14yrs	14 & Under Peninsula Challenge	12/11
Sun	29 <sup>th</sup> Jan	2:30pm	ALL inc Adults	Handicap Meet – Collaroy Rock Pool	14/1
Sat	25 <sup>th</sup> Feb	5:00pm	ALL inc Adults	Jenny Oates Championship Meet	11/2
Sat	18 <sup>th</sup> Mar	5:00pm	6 to 14yrs	14 & Under Peninsula Challenge	4/3

See Jessica Gudmunson or Richard Vander Reyden for details of WASA events.

### Learn to Swim Programs – Bilgola Pool

Program	Day	Time	Dates
LTS/Stoke Correction	Saturday	8:00	19 <sup>th</sup> Nov till 4 <sup>th</sup> Feb, excluding 24/12 and 31/12
Senior LTS	Wednesday	9:00	2 <sup>nd</sup> Nov till 14 <sup>th</sup> Dec, 1 <sup>st</sup> Feb till 22 <sup>nd</sup> Feb

Website: [www.avalonbilgolaswimming.asn.au](http://www.avalonbilgolaswimming.asn.au)

# Avalon Bilgola Amateur Swimming Club Inc. - 2016 / 2017

**REGISTRATION:** All swimmers including adults must be registered before they can participate in any club event. Registration in this club is taken as acknowledgment & acceptance of the following conditions. All children must be fully supervised by a responsible adult during any club activities. The club cannot be responsible for members if they leave the pool area.

**ASSISTANCE:** Help is required each week carrying the equipment from & to the club storeroom and with timekeeping (no previous experience is necessary - please volunteer to help). **A parent of each swimmer is also expected to assist on the canteen.**

**DISTANCE SWIMS:** Entries close at 8.45am each week. A swimmer must be able to swim 50 metres freestyle in under 52 seconds to participate. 100m Individual Medley events are swum with a rope at 25m, when the swimmer reaches the rope they change stroke.

**HANDICAP RACES: ENTRIES CLOSE AT 8.45AM.**

**AS THERE HAS BEEN SOME CONCERN IN THE PAST ABOUT LATE STARTS, NO ENTRIES WILL BE ACCEPTED AFTER 8.45AM.**

Races will be conducted in the strokes listed on the program over distances of 15, 25 & 50 metres. There is also a transitional 33 metres race in Butterfly only, for both kids and adults. A swimmer can only swim ONCE in each stroke in handicap races. In any stroke, when a swimmer breaks 16 seconds for 15 metres or 32 seconds for 25 metres they will be upgraded to the next distance at the discretion of the handicapper.

**POINT SCORES:** There are 3 point score compiled during the season, the Distance, Handicap and Relay point scores. Trophies are awarded to placegetters in each of these point scores.

The Handicap point score is divided into 5 groups based on the swimmers ability:

GROUP 1 - 15m swimmers

GROUP 2 - 25m and slower 50m swimmers (>56s for 50m freestyle)

GROUP 3 - Intermediate 50m swimmers (between 42 and 56s for 50m freestyle)

GROUP 4 - Faster 50m swimmers (<42s for 50m freestyle)

GROUP 5 - Adult swimmers.

Handicap points are awarded as follows; 4pts first place, 3pts second place, 2pts third place, 1pt for swimming. Group 1 swimmers only receive 1 point, so as they improve they should progress to 25m quickly.

Relay point score: Swimmers will swim in a 2 person team; this team should remain the same throughout the season. Races will be handicapped, and points awarded for places. Points are awarded to the team and not the individual swimmer.

The Distance point score is for the 100/200/400m events. Points are awarded based on a comparison of your time with your previous times. 5pts are awarded if your time matches your previous best time. Extra points are awarded if you better your previous best (up to 9pts for 6sec or more improvement). Fewer points are awarded for slower times (down to 1pt for 6sec or slower than previous times). See handicappers for more details.

Remember you do not have to be a champion to do well in the Pointscores - just a regular attendee willing to swim in most events & a constant improver through the season. You should attempt all strokes.

**CANCELLATIONS:** The committee will decide at 8.45am at the pool if club is to be cancelled due to rain or high tide. Open championships will be rescheduled at the discretion of the committee.

**CHAMPIONSHIPS:** Entries for OPEN CHAMPIONSHIPS close at 8.45am on the day of the event.

## ENTRIES FOR AGE CHAMPIONSHIPS CLOSE ON 11th FEB 2017 NO ENTRIES WILL BE ACCEPTED AFTER THIS DATE.

The Age Championship events will commence at 9.00am on the 18th February 2017. If 18/2/17 is washed out the championships will be held on 4/3/17. Age will be determined for all Age Championships as at 18/2/17. E.g. If a member is 11 on 18/2/17, they can only swim in races for 11 year olds. Any age swimmers are eligible to swim in Open Championships.

Age Championship events include 6&Under 25m, 7yrs 33m, 8, 9, 10, 11, 12, 13, 14-18, SNR (19-29), Masters (30-49) and Veterans (50&Over) 50m in all strokes.

**Age Championship Eligibility:** To be eligible for a stroke in the age championships, a member must have competed in at least THREE handicap races in that stroke (in any distance) prior to the championships.

**Open Championship Eligibility:** To be eligible for the Open championships, a member must have competed in at least two distance races prior to the Open championship. Further details can be obtained from the club committee.

**DASH FOR CASH:** This is an invitational swim for the 8 fastest male and female swimmers in the 12&U and 13&O age groups based on their F/S handicap times. To be eligible swimmers must comply with the above Championship eligibility criteria and swim the F/S handicap event on the day of the Dash for Cash event.

**WARRINGAH DISTRICT SWIMMING CARNIVALS:** All members are eligible to swim at these carnivals. All WASA Carnivals are well suited to swimmers from our club. These carnivals are held at Warringah Aquatic Centre and are more formal than our swimming events. See Richard Vander Reyden for entry details. Further details are available from the WASA website [www.warringahswimming.asn.au](http://www.warringahswimming.asn.au)

**LEARN TO SWIM / STROKE CORRECTION SESSIONS:** This season's program will run for 10 weeks between November and February. Spaces are limited and will be allocated on a 1st come, 1st served basis plus reserves. A separate registration form is available from the club secretary David Hawkins but only after club registration has been completed.

JNR LTS program dates: Saturday 8am - 8:45am at Bilgola Pool. 19<sup>th</sup> Nov - 4<sup>th</sup> Feb, excluding 24<sup>th</sup> Dec and 31<sup>st</sup> Dec

SNR LTS program dates: Wednesday 9am - 10:15am at Bilgola Pool. 2<sup>nd</sup> Nov - 14<sup>th</sup> Dec, 1<sup>st</sup> Feb - 22<sup>nd</sup> Feb

**SOCIAL EVENTS:** There is a Christmas social event in December. All members are welcome and encouraged to attend. There will also be a number of impromptu events during the season, more details in the newsletter.

**MEETINGS:** They will start at 7.00pm and usually finish by 9.00pm. All parents and adult swimmers are welcome to attend. These meetings are very informal & are a good chance to find out more about the club and voice your opinions.

**NOTICE BOARD & WEBSITE:** Please read the notice board for changes in program & details of coming events and carnivals. [www.avalonbilgolaswimming.asn.au](http://www.avalonbilgolaswimming.asn.au)

**OFFICIALS:**

**President:** Richard Vander Reyden - 9999 0040

**Secretary:** David Hawkins - 0419410103

**Handicappers:**

**Treasurer:** We need YOU

**Distance** - Alison Raffin

**Relay** - Anne Kellick