SESSION 1	SESSION 4
Penzance 16th March 10.30 warm up 11:45 start	Bodmin 17th March 10.30 warm up 11:45 start
200m Free F HDW	200m Butterfly F HDW
200m Free M HDW	200m Butterfly M HDW
100m Breast F HDW	100m Freestyle F HDW
100m Breast M HDW	100m Freestyle M HDW
Approx. 45 minutes interval – includes lunch, swim down & warm-up	Approx.45 minutes interval – includes lunch, swim down & warm-up
SESSION 2	SESSION 5
200m Individual Medley F HDW	200m Breast stroke F HDW
200m Individual Medley M HDW	200m Breast stroke M HDW
100m Butterfly F HDW	100m Backstroke F HDW
100m Butterfly M HDW	100m Backstroke M HDW
Approx. 45 minutes interval – includes swim down & warm-up	Approx.45 minutes interval – includes swim down & warm-up
SESSION 3	SESSION 6
200m Backstroke F HDW	100m Individual Medley F HDW
200m Backstroke M HDW	100m Individual Medley M HDW
50m Freestyle F HDW	50m Backstroke F HDW
50m Freestyle M HDW	50m Backstroke M HDW
50m Breast stroke F HDW	50m Butterfly F HDW
50m Breast Stroke M HDW	50m Butterfly F HDW
Estimated finish TBC	Estimated finish TBC

QT TIMES FOR 2019 are SET OUT below:

Boys	9	10	11	12	13	14	15	16 plus
50m Freestyle	50.52	48.60	48.60	43.44	41.69	38.84	37.32	37.32
100m freestyle	1.57.15	1.51.76	1.51.76	1.39.84	1.33.53	1.30.61	1.20.18	1.19.46
200m freestyle								
50m breast stroke	1.06.12	1.03.94	1.03.36	59.28	57.92	57.72	45.81	45.00
100m breast stroke	2.21.49	2.14.76	2.14.76	2.10.92	1.57.96	1.47.16	1.41.64	1.41.64
200m breast stroke								
50m Butterfly	56.88	54.12	54.12	52.20	48.84	45.36	42.12	42.12
100m Butterfly	2.17.97	2.11.40	2.11.40	2.05.16	1.51.19	1.39.00	1.28.80	1.28.80
200m Butterfly								
50m Back stroke	1.00.32	55.80	55.80	52.56	48.46	45.00	42.00	41.40
100m Back stroke	2.12.41	2.06.11	2.06.11	2.00.60	1.40.44	1.37.04	1.27.60	1.26.00
200m Back stroke								
100m IM	2.08.88	2.03.12	2.03.12	1.57.39	1.51.19	1.36.12	1.32.28	1.30.47
200m IM								

Girls	9	10	11	12	13	14	15	16 plus
50m Freestyle	51.12	46.56	46.56	46.16	42.50	41.75	39.96	39.00
100m freestyle	1.57.13	1.51.56	1.51.56	1.46.27	1.30.51	1.28.28	1.22.85	1.20.28
200m freestyle								
50m breast stroke	1.07.08	1.06.90	1.05.90	1.04.84	58.07	52.68	49.80	49.80
100m breast stroke	2.25.18	2.18.27	2.18.27	2.01.20	1.54.00	1.49.62	1.46.68	1.46.68
200m breast stroke								
50m Butterfly	1.02.09	56.24	54.24	48.72	48.19	44.40	43.20	42.84
100m Butterfly	2.29.71	2.16.10	2.16.10	2.05.48	1.50.72	1.39.42	1.38.80	1.34.68
200m Butterfly								
50m Back stroke	58.68	55.80	55.80	52.92	49.52	45.60	44.16	43.68
100m Back stroke	2.08.99	2.02.85	2.02.85	1.45.60	1.40. 60	1.35.16	1.33.36	1.33.00
200m Back stroke								
100m IM	2.10.56	2.01.80	2.01.80	1.58.16	1.44.88	1.41.60	1.39.96	1.37.92
200m IM								

Please note that although there are no qualifying times for the 200m events, there are upper cut off times as with all the events.

CCASA Intermediate Gala 2019
Rules and procedures for individual events in the Intermediate Gala

General conditions

A1. **ASA conditions**: The competition will be swum under Swim England Laws and Regulations and Swim England Technical Rules of Racing.

A2. **Swimmer eligibility**: The CCASA swimmer eligibility rules will apply. See the Appendix to this document.

A3. **Disabled swimmers**: Attention is drawn to the CCASA Disability Annex to Competition Rules.

A4. **Licensing**: The individual events in the competition will be licensed at Level 3.

Relevant dates for the 2019 competition and entry fees

B1. **The Hy-Tek entry file** for the event must be received by the designated recorder by midnight on Friday 15th February 2019.

B2. **N/A**

B3. **The consolidated club entry fees** for the age group and championship events meet must reach the Treasurer by midnight on Friday 22nd February 2019 by cheque or BACS.

B4. **N/A**

B5. **The entry fee** is £6 per swimmer per event - as set at the CCASA AGM held in June 2018.

Individual events in the Intermediate Gala:

C1 **Age determining date (age up date):** Swimmers ages will be as on 31 December of the year of competition except for 9 year olds who will be age on day of competition.

C2. **Events, qualifying times and qualification dates**: The Swimming Committee will set qualifying times for each age group for each event available to each age group. Swimmers must have achieved qualifying times for the Intermediate Gala within the 12 months prior to the closing dates. The relevant dates are as above. The qualifying times for each event are set out in the appendices or attachments or separate documents and in particular as part of the swimmer entry form. All swimmers with qualifying times will be accepted into the competition. It is each club's competition secretary's responsibility to ensure that qualifying times and periods are met.

PLEASE NOTE: Any swimmer that has achieved a 'Ranked' qualifying time for CCASA Age Group and Championships by the closing date of that competition, may not enter the same event at the Intermediate Gala.

C3. **Entry times and heats**: Intermediate Gala Events will be swum in heats based on the entry times certified by the swimmer's club. The order of events will be as listed in the Programme of Events. All ages will swim together according to seeding by entry times. The slower heats in each event will be swum before the faster heats in that event.

C4. **Results**: Results will be decided on a heat declared basis

C5. **N/A**

C6 **N/A**

C7. **N/A**

C8. **N/A**

C9. **N/A**

Awards:

D1. **Individual awards**: Medals will be awarded to the 1st, 2nd & 3rd swimmers in each event in each of the age groups defined above.

D2. **N/A**

D3. **N/A**

D4. **N/A**

D5. **N/A**

D6. **N/A**.

Organisational rules and procedures for the county championships and age groups competitions:

E1. **Programme**: A draft programme showing the session dates and times of the first sessions of each day will be distributed to clubs in advance of the closing dates for entries. The final programme of session dates and estimated session times will be distributed to clubs after all entries have been received. Start times for the second session of the day and start time for the

finals will be flexible depending on the actual time taken for earlier sessions. A spectator programme will also be produced for sale.

E2. **Entries and deletions**: The designated recorder will provide the necessary computer (Hy-Tek) file to the clubs for entries and the competition organiser will provide a corresponding form for entries that can be issued to swimmers. Clubs with swimmers entering the competition must fill in the computer file and return it to the designated recorder by the stated deadline for entries (normally the Friday preceding three weeks before the date of the first session of the competition or as otherwise notified, see Section B above). It must be accompanied by a printout of the entries in pdf format (that can be produced from the Hy-Tek program). The recorder will then send to each club a list of the swimmers entered in the Hy-Tek Meet Manager program for checking by the club and/or its relevant swimmers. The club must immediately notify the recorder of any errors or omissions and will be responsible for any such errors or omissions.

Deletions should be notified to the designated recorder as soon as possible and late deletions must be notified to the recorders by the start of warm-up. Clubs should retain the completed entry application forms for six months after the competition is over in case of queries. Signatures to the swimmers' entry application form are essential. Submitted times may be long course or short course (times submitted must be converted to 25 metres).

The designated recorders have a right to refuse entries and changes that are received outside the deadlines.

E3. Data protection: All data relating to entry and results processing will be held on computer using system software. By submitting entries and accepting entry, consent is thereby given to the holding of personal information on a computer. Personal data recorded such as name, club, date of birth, and times entered and recorded may be made public during or after the events. This data will be passed to Swim England for the purpose of calculating and publishing swimmers' national rankings. Cornwall County ASA plans to publish results on their website for this event. If for any reason a swimmer's name is to be withheld from publication this MUST be notified to your club for onward notification to the CCASA competition organiser and designated recorder. The CCASA will require certain particulars such as age to check that the swimmer is correctly entered, and the swimmer's club may be required to provide evidence to verify this.

E4. **Photography**: your attention is drawn to ASA 'Wavepower' document 2.4. please be aware that venue policy and procedure may apply.

E5. **Consolidated club entry fees**: The entry fee for individual events will be as stated above. Each club must pay the fees for the swimmers it has entered in a single payment to the County Treasurer within the 7 (seven) days following the closing date for entries by cheque or BACS. Cheques must be made out to "CCASA". If the club fails to meet this deadline, it will incur a fine of 10% of the total of the entry fees for that club's swimmers.

E6. **Failure to swim**: If a swimmer fails to compete in an event he or she has entered without notification to the recorders by the start of warm up, his or her club will incur a fine for every such entry. Fines will be set at CCASA annual AGM in the year proceeding the county competitions. Fines may be waived in exceptional circumstances.

E7. **Warm-up**: The warm-up schedule appropriate for the numbers of swimmers with times and lane allocations for each session will be provided to club coaches and / or team managers prior to the warm-up. CCASA will arrange a senior warm-up marshal via the host club for the session, but each club will be expected to assist in the warm-up for its own swimmers. There will be two or more warm-up periods before each session of heats.

E8. **N/A**

E9. **N/A**

E10. **Communications**: Communications with swimmers will normally take place through their clubs, even if the CCASA has contact details for swimmers.

E11. **Force majeure**: In situations of force majeure or other unforeseen circumstances leading to the cancellation of galas or parts of galas or other incomplete performance, CCASA's liability will be restricted to a maximum of a refund of the entry fees to those affected for the affected events. CCASA will communicate the circumstances to clubs as soon as possible and seek to make alternative arrangements when this is reasonably feasible.

E12. **Other issues**: In the event of any ambiguity in these rules, or if any issues arise that have not been dealt with in these rules, the Promoter will make a decision. If the issue is raised or known sufficiently in advance of the gala, the appropriate CCASA committee or competition organiser will make the decision in consultation with the chief referee and other CCASA personnel if appropriate. If it becomes apparent on the day, the Promoter's representative will make the decision in consultation with the chief referee and other CCASA personnel if appropriate. This decision will not be subject to appeal except on the grounds that it is contrary to ASA laws or regulations.

<u>Presentation of awards:</u>

F10. **Presentation of medals**: These medals will normally be collected from the medals table during the session to which they relate after the results for each event have been announced. Presentation may be delayed in the event of queries or technical issues or unexpected circumstances.

F11. **N/A**

F12. **N/A**

F13. **N/A**

F14. **N/A**

F15. **N/A**

Eligibility rules

These eligibility rules may only be changed by a general meeting of the Association.

1. **ASA Laws & Regulations**: Competitions shall be open to competitors eligible according to ASA Laws and Regulations who meet the other conditions for eligibility set out below.

2. **Residence**: To be eligible swimmers must ordinarily reside in Cornwall or neighbouring Devon. (For the sake of clarification swimmers who spend term time outside the county for educational purposes but otherwise meet this residential condition are eligible. Likewise, swimmers at educational institutions in Cornwall during term time are eligible.)

3. **Club membership**: To be eligible a swimmer must also be a member of a CCASA affiliated club and registered with the ASA as a member of a CCASA affiliated club for not less than 60 days immediately prior to the competition or the first day of a series of competitions. The swimmer must compete for one club only for the duration of the competition or series of competitions, which must be the club in whose name he or she entered the competition or series of competitions. [Note: This means that a swimmer can change from one CCASA affiliated club to another during the 60-day period but not after the entry date.]

4. **Club membership**: To be eligible a swimmer must be a genuine active member of a CCASA affiliated club who commonly trains with that club under whose name he or she is entered into the competition and it is expected that their first county loyalty will be to Cornwall swimming. To achieve this, it is stipulated that a competitor entering any CCASA Competition must perform the majority of his or her training with a club or clubs affiliated to the CCASA during the qualifying periods of residence in the County or neighbouring county as required by the residence rule (Rule 2) above.

5. **County Loyalty**: A competitor can only swim in the calendar events for one County in any given year. If for example they choose to swim in the CCASA Junior Interclub and/or County Championship and Age Groups they must not enter or swim for any other county that same year – i.e. start in Cornwall and remain in Cornwall. (Except in an Inter County Competition or an invitation event promoted by CCASA). Competitors can move from one Cornwall county club to another, they can also join another Club out of County but if they have competed in the Cornwall County series of events and then enter another Counties series of events in the same calendar year they will automatically disqualify themselves from the Cornwall series of events that year.

6. **Members of H.M. Forces**: Members of H.M. Forces based in Cornwall who are registered in accordance with ASA Laws and Regulations may enter CCASA competitions without being a member of a CCASA affiliated club. Neither members of H.M. Forces based in Cornwall, nor their spouses or children, will be subject to the 60-day rule. However, their spouses or children must be members of a CCASA affiliated club and adhere to the other eligibility rules.

7. **Protests & complaints**: Any protest or complaint regarding implementation of the rules may require clubs to provide supporting documentation or other evidence. Such protests or complaints will be dealt with in accordance with ASA laws.

8. **Extenuating circumstances**: Regardless of the above eligibility rules, in the interests of the sport in cases of extenuating circumstances, the CCASA officers shall decide whether a swimmer will be allowed to compete. Their decision will be final. Their decisions will relate to individual swimmers and will not set binding precedents but may be taken into consideration in future decisions. Promoter and lead official to be notified for relevant galas when extenuating circumstances have been agreed.

2019 CCASA Para Swimming Annex to Competition Rules

Additional rules and variations to CCASA competition rules for competitors with a disability that affects their swimming. Unless specifically stated here, the normal competition rules will apply.

CCASA encourages para swimmers to participate in its competitions.

1. **Entry times**: At least for 2018 these will not apply to Para swimmers. Times submitted for entry must have been attained in a licensed meet and a record held on ASA ranking. The swimmer's coach is expected to consider and decide on the basis of the swimmer's current abilities whether the County Championships, Intermediate Gala, or Development Gala is the most appropriate competition for the swimmer. Advice may be obtained from the CCASA Disabilities Representative.
2. **Awards:** Normal award rules apply EXCEPT where there is a single para swimmer entered into an age group event then rule 2a will apply.

   2a If there is only one para swimmer entered in an age group event the swimmer must swim faster than the entry time submitted in order to attain an award.
3. **Secondary Strobe**: A secondary strobe will not be available for this meet.

The following additional information must be provided by the swimmer's club to the CCASA's designated recorder when sending in the club's entries:

2. **Classification**: If the swimmer has been classified, the classification must be notified, and a copy provided. If the swimmer has a Certificate of Swimming Disability a copy must be provided.

3. **Stroke exemptions**: In the case of the County Age Groups and Championships and Intermediate Gala the exemptions must be exemptions recognised by the ASA and available from relevant documentation. In the case of the Development Gala it is sufficient for the information to be provided by an appropriately qualified medical person or the club coach.

4. **Poolside assistance**: If the swimmer requires assistance for moving around the poolside, starting (physical support or indication of the starting signal for the audio impaired), turns (a tapper for visually impaired), or anything else, this must be notified in advance.

5. **Wheelchairs**: While spectating on poolside, swimmers in wheelchairs must be placed in such a position where their chairs do not hinder the movement of other swimmers and officials along the poolside.

CCASA Intermediate Galas 2019

Saturday 16th March - Penzance Leisure Centre & Sunday 17th March – Bodmin Leisure Centre

AGE AS OF 31ST December 2019 Under ASA Laws and ASA Technical Rules. Level 3 application

ENTRY FORM

First name	Surname	Club	Date of birth	Age at 31/12/2019

ASA No:_____

FEMALE ENTRIES		MALE ENTRIES	
Stroke distance	Entry time	Stroke distance	Entry time
50m backstroke		50m Backstroke	
100m backstroke		100m Backstroke	
200m backstroke		200m Backstroke	
50m breaststroke		50m Breaststroke	
100m breast stroke		100m Breaststroke	
200m breaststroke		200m Breaststroke	
50m butterfly		50m Butterfly	
100m butterfly		100m Butterfly	
200m butterfly		200m Butterfly	
50m freestyle		50m Freestyle	
100m freestyle		100m Freestyle	
200m freestyle		200m Freestyle	
100m Individual Medley		100m Individual Medley	
200m Individual Medley		200m Individual Medley	

Submitted times * will be times achieved in a 25m pool after 17th March 2018. All entry time must have been achieved in an ASA licenced meet.

Age groups 9.10. 11. 12. 13. 14. 15, 16 & over all events groups.

ENTRY FEE: £6.00 per event …… Number of events …….. Total fee paid……

Closing date for entries to CCASA WILL be 15th February 2019. Completed entry forms should reach your club (with cheque for full amount due made payable to your club) by Monday 4th February 2019 for onward transmission to CCASA by CCASA closing date. Note for swimmers/ parents/ guardians / carers etc . Swimmers names ages and clubs will normally be published in spectator programmes/ in published results / on CCASA website and in other relevant places. If for any reason a swimmers name shall be with-held this MUST be notified to your club for onward notification to the CCASA. The full CCASA constitution can be obtained from your swimmers club. The club is also able to provide you with copies of ASA Laws, regulations and technical rules.

CCASA PROGRAMME OF EVENTS FOR 2019 CONSIST OF CHAMPIONSHIPS AND AGE GROUP EVENTS / CCASA INTERMEDIATE WEEKEND AND CCASA DEVELOPMENT GALA. Designed to cater for all levels of competition swimming within the County. These events are historically interlinked. Qualifying entry to one will affect entry to the other. Please refer to competition rules these are posted on CCASA WEBSITE www.swimcornwall.org

Notes for club officials Please make sure you read the relevant rules and ensure that you adhere to them in handling the entries from your club and that you provide the necessary advice to your swimmers and their adults.

Declaration

I declare that the above details are correct, that I am eligible to compete in accordance with the relevant ASA Laws, regulations and technical rules and CCASA rules and I accept the rules of the competition. Signature of swimmer ……	Countersignature of parent / guardian/ person with parental responsibility supporting the swimmers application and declaration. Signature …… NAME……
I certify that the above information is correct and that the swimmer meets the entry requirements for this competition in accordance with ASA Laws, regulation and technical rules and the CCASA Constitution and competition rules Signature of club official…… Position held ……..…… Date ……	

Long course times are acceptable, but they must be converted to 25m times and be within the short course qualifying entry time