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**Dunstable Swimming Club**

**Club Championships 2023**

## Gala 1: Saturday 20 May 2023

## Gala 2: Saturday 03 June 2023 (inc Skins)

## 

**Gala night:**

* Swimmers will compete for Club Championship trophies in their own age group for each event:

Academy (all ages but must be in Academy)

9/under

10/11yrs

12/13yrs

14/15yrs

16/over.

Academy swimmers can only enter the four 25m events regardless of age.

25m events – Academy swimmers only

50m events – 9/un, 10/11

100m events – 12/13, 14/15, 16/ov

200m events – 9/un, 10/11, 12/13, 14/15, 16/ov

100m IM – 9/un, 10/11

200m IM – 12/13, 14/15, 16/ov

* The first six swimmers in each age group of each event will be awarded medals for 1st, 2nd and 3rd places; and plaques for 4th, 5th, and 6th places. These are available on the night of the gala and can be collected by the placed swimmer once results are posted. Swimmers will also receive a certificate for each event swum on the night.

**Skins**

* The term ‘skins’ refers to a series of ‘sudden death’ finals
* The top six fastest senior male and female swimmers and the top six fastest junior male and female swimmers from the 200m freestyle heats (events 13 & 14) will be entered into the skins event
* The names of the successful swimmers will be announced as soon as possible after the final heat of the 200m freestyle event (together with reserves). Swimmers must inform the Information Desk immediately if they do not wish to compete.
* The male and female events will each consist of five rounds under the one start rule
* There will be an interval of 3 minutes between each round of the event
* The start of round one shall be as normal i.e. whistle, take your marks, start signal
* The start for the following rounds shall be as follows:- o At 10 seconds prior to the start time, one long blast on the whistle, which will be followed 10 seconds later by the ‘start’ signal NOTE: The command ‘take your marks’ is not given
* Disqualified swimmers and swimmers that finish last in a round will be automatically eliminated and take no further part in the event
* Should there be an equal last place in a round, no swimmer will be eliminated in that round, but in the following round the number of swimmers to be eliminated will be the same as the number of swimmers involved in the equal last place in the previous round. In the last round, should there be an equal 1st place the two swimmers shall swim again after an interval of 3 minutes
* Swimmers shall be allocated a lane based on heat times with the spearhead principal. They remain in the same lanes for all rounds of the event, unless eliminated, except in the final round when the remaining swimmers will be placed in the middle lanes of the pool
* Races for male and female can be run alternatively, which means that a race will be started every 1½ minutes
* A race may be swum tactically and not necessarily sprinted................the swimmers in the water decide!!

**DSC Club Championships Presentation Evening**

* On December 8th we will hold the DSC Presentation night, this is a night to celebrate our swimmers, present awards and name our captains and vice captains for the following year.
* Accompanied by a chance for our dedicated parents and swimmers to enjoy a fun and social night.
* During this evening we also present the Club Championships overall age group winners in addition to presenting a certificate of merit to all that took part.
* For each event swum in the galas, swimmers accumulate points as follows: 1st - 6pts, 2nd - 5pts, 3rd - 4pts, 4th - 3pts, 5th - 2pts, 6th – 1pt
* Points from all 25m, 50m, 100m and 200m events, including the individual medley, are then totalled to determine the place of the swimmer in the overall club championship within each of the six specified age groups
* Trophies are then presented to the winners of each age group, with 1st, 2nd and 3rd place receiving a medal, and 4th, 5th and 6th place a plaque to keep.
* Trophies will be held for one year and must be returned to the Club Chairman 14 days before the next Age Group Championship.

**PROGRAMME OF EVENTS**

Gala 1 – 20 May 2023

|  |  |  |
| --- | --- | --- |
| **Event**  **No.** | **Event** | **Eligible Age Groups** |
| 1/2 | 4 x 50m Individual Medley | 12/13, 14/15, 16+ |
| 3/4 | 4 x 25m Individual Medley | 9/un, 10/11 |
| 5/6 | 100m Breaststroke | 12/13, 14/15, 16 + |
| 7/8 | 50m Breaststroke | 9/un, 10/11 |
| 9/10 | 25m Breaststroke | Academy |
| 11/12 | 200m Freestyle  (skins qualifier) | 9/un, 10/11, 12/13, 14/15, 16+ |
| 13/14 | 25m Backstroke | Academy |

Gala 2 – 03 June 2023

|  |  |  |
| --- | --- | --- |
| **Event**  **No.** | **Event** | **Eligible Age Groups** |
| 15/16 | 25m Butterfly | Academy |
| 17/18 | 50m Butterfly | 9, 10/11 |
| 19/20 | 100m Butterfly | 12/13, 14/15, 16+ |
| 21/22 | 25m Freestyle | Academy |
| 23/24 | 50m Freestyle | 9/un, 10/11 |
| 25/26 | 100m Freestyle | 12/13, 14/15, 16 + |
| 27/28 | 50m Backstroke | 9/un, 10/11 |
| 29/30 | 100m Backstroke | 12/13, 14/15, 16 + |
| 31 | Girls Junior Skins Final | 12 & under (Juniors) |
| 32 | Boys Junior Skins Final | 12 & under (Juniors) |
| 33 | Girls Senior Skins Final | 13 & over (Seniors) |
| 34 | Boys Senior Skins Final | 13 & over (Seniors) |