



MIDLAND SWIMMING
2016 SHORT COURSE CHAMPIONSHIPS
(Combining the ASA East Midland and ASA West Midland Regions)
Nottingham - Harvey Hadden Sports Village
Saturday 5th & Sunday 6th November
(Under ASA Laws and ASA Technical Rules of Swimming)
License 2EM162223



Supplementary Para-Swimming Conditions

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

The Events: Male and Female

50m Freestyle	S1-S14	50m Breaststroke	SB1-SB3
100m Freestyle	S1-S14	100m Breaststroke	SB4-SB9 & SB11-SB14
200m Freestyle	S1-S5 & S14	50m Butterfly	S1-S7
400m Freestyle	S6-S13	100m Butterfly	S8-S14
50m Backstroke	S1-S5	150m Individual Medley	SM1-SM4
100m Backstroke	S6-S14	200m Individual Medley	SM5-SM14

Entry is subject to qualifying standards as included in the entry pack.

Eligibility

- All competitors must hold a current classification at the time of entry.
- Qualifying times must have been achieved between 1st January 2016 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.
- The competition shall take place under the relevant IPC Swimming Rules.
- The promoter reserves the right to combine events dependent on the number of entries.

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 and must be ordered on-line via the Midland Championships website.

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 will be awarded a medal providing the time swum is faster than their entry time.

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

CLOSING DATE – WEDNESDAY 19th October 2016

(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)

www.midlandchampionships.org.uk



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DISABILITY 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		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	S6-S14		
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		

TIMES TO BE ACHIEVED FROM 1st JANUARY 2016

No of entries on this form..... @ £8.00 = £.....

**ENTRIES MUST BE SUBMITTED ELECTRONICALLY USING SS ENTRY MANAGER
 RETURN THE COMPLETED FORM TO YOUR CLUB ADMINISTRATOR**

WHEN ENTERING TIMES IN ENTRY MANAGER SIMPLY CLICK THE RED 'N' WHICH WILL TURN TO A GREEN 'Y' AND SAVE. THE MEET ADMINSTRATOR WILL DOWNLOAD THE TIMES WHEN THE ENTRY IS RECEIVED

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	MALE	FEMALE		MALE	FEMALE
50m FREESTYLE			50m BACKSTROKE		
S1	02:06.02	02:14.58	S1	02:09.22	03:37.46
S2	01:37.68	01:51.73	S2	01:37.44	01:44.26
S3	01:11.79	01:16.77	S3	01:14.37	01:45.71
S4	01:02.50	01:11.71	S4	01:13.34	01:26.10
S5	00:53.50	00:58.40	S5	01:00.10	01:10.19
S6	00:48.10	00:56.30	100m BACKSTROKE		
S7	00:44.94	00:53.28	S6	01:59.55	02:17.97
S8	00:42.10	00:49.81	S7	01:54.10	02:15.94
S9	00:40.91	00:46.74	S8	01:43.84	02:05.87
S10	00:37.73	00:45.34	S9	01:41.97	01:53.57
S11	00:42.11	00:49.62	S10	01:37.17	01:50.43
S12	00:38.43	00:44.02	S11	01:49.15	02:07.42
S13	00:38.40	00:44.43	S12	01:37.25	01:50.85
S14	00:40.48	00:45.66	S13	01:35.09	01:58.50
100m FREESTYLE			S14	01:40.82	01:46.75
S1	04:19.14	06:39.41			
S2	03:21.73	03:44.30			
S3	02:38.34	02:48.66	50m BREASTSTROKE		
S4	02:15.95	02:34.77	SB1	03:26.32	00:00.00
S5	02:00.61	02:10.70	SB2	01:33.62	02:02.11
S6	01:48.82	01:59.18	SB3	01:20.29	01:45.66
S7	01:38.40	01:55.30	100m BREASTSTROKE		
S8	01:32.51	01:45.17	SB4	02:35.57	03:05.87
S9	01:30.34	01:41.58	SB5	02:33.07	02:54.86
S10	01:24.43	01:37.73	SB6	02:12.75	02:40.48
S11	01:35.36	01:51.01	SB7	02:11.26	02:29.12
S12	01:24.58	01:36.00	SB8	01:53.63	02:11.92
S13	01:23.70	01:37.78	SB9	01:47.84	02:04.50
S14	01:27.84	01:38.58	SB11	01:55.65	02:23.98
200m FREESTYLE			SB12	01:47.15	02:07.60
S1	08:57.41	10:35.89	SB13	01:47.30	02:07.28
S2	07:21.89	09:13.07	SB14	01:48.72	02:03.95
S3	05:48.46	06:32.48			
S4	04:50.59	05:25.87			
S5	04:21.02	04:36.59			
S14	03:11.71	03:30.93			



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	MALE	FEMALE		MALE	FEMALE
400m FREESTYLE			50m BUTTERFLY		
S6	08:18.54	08:53.97	S1	00:00.00	00:00.00
S7	07:32.06	08:30.29	S2	03:50.69	03:03.89
S8	07:12.83	08:07.28	S3	01:41.52	01:50.42
S9	06:47.14	07:28.02	S4	01:16.24	02:41.98
S10	06:34.53	07:23.57	S5	00:59.52	01:10.42
S11	07:30.77	08:26.14	S6	00:50.29	01:00.66
S12	06:47.63	07:27.60	S7	00:49.20	00:57.12
S13	06:33.36	07:37.79	100m BUTTERFLY		
			S8	01:37.89	01:51.36
200m IM			S9	01:35.86	01:52.11
SM5	05:18.85	05:33.73	S10	01:31.04	01:50.29
SM6	04:23.01	05:10.85	S11	01:41.78	02:15.58
SM7	04:11.49	04:52.86	S12	01:33.07	01:49.71
SM8	03:54.59	04:18.86	S13	01:30.18	01:48.13
SM9	03:40.51	04:09.94	S14	01:35.02	01:52.91
SM10	03:31.78	04:02.13	150m IM		
SM11	03:54.32	04:44.54	SM1	00:00.00	00:00.00
SM12	03:32.80	03:57.97	SM2	09:20.53	08:25.30
SM13	03:28.26	04:00.58	SM3	04:49.86	05:35.36
SM14	03:41.28	04:00.69	SM4	04:12.46	05:11.17