

East Invicta Championships 2009

PROGRAMME OF EVENTS

Saturday 3rd, October license no. 2SE9406

SESSION 1 Saturday morning Warm up 0830hrs Start 0930hrs

101	4 x50m Med.Relay	200	Boys	Under 17	Heat
102	4x 50m Free Relay	200	Girls	Under 17	Heat
103	4 x100m Med Relay	400	Boys	Open	Heat
104	4x 100m Free Relay	400	Girls	Open	Heat
105	Freestyle	800	Mixed	11/12 13/14 15+	HDW
106	4x 50m Free Relay	200	Boys	Under 17	Heat
107	4 x50m Med.Relay	200	Girls	Under 17	Heat
108	4 x100m Free Relay	400	Boys	Open	Heat
109	4x 100m Med Relay	400	Girls	Open	Heat
110	Freestyle	1500	Mixed	11/12 13/14 15+	HDW
111	4 x50m Med.Relay	200	Boys	Under 17	Final
112	4x 50m Free Relay	200	Girls	Under 17	Final
113	4 x100m Med Relay	400	Boys	Open	Final
114	4x 100m Free Relay	400	Girls	Open	Final
115	4x 50m Free Relay	200	Boys	Under 17	Final
116	4 x50m Med.Relay	200	Girls	Under 17	Final
117	4 x100m Free Relay	400	Boys	Open	Final
118	4x 100m Med Relay	400	Girls	Open	Final

SESSION 2: SATURDAY AFTERNOON Start time to be advised when entries processed

201	Ind Medley	200	Boys	9/10 11/12 13/14 15+	HDW
202	Breaststroke	200	Girls	9/10 11/12 13/14 15+	HDW
203	Backstroke	50	Boys	9/10 11/12 13/14 15+	Heats
204	Freestyle	50	Girls	9/10 11/12 13/14 15+	Heat
205	Butterfly	100	Boys	11/12 13/14 15+	Heat
206	Freestyle	50	Girls	9/10yrs	Final
207	Freestyle	50	Girls	11/12yrs	Final
208	Backstroke	50	Boys	9/10yrs	Final
209	Backstroke	50	Boys	11/12yrs	Final
210	Backstroke	50	Boys	13/14yrs	Final
211	Backstroke	50	Boys	15yrs+	Final
212	Freestyle	50	Girls	13/14yrs	Final
213	Freestyle	50	Girls	15yrs +	Final
214	Butterfly	100	Boys	13/14yrs	Final
215	Butterfly	100	Boys	15yrs +	Final

Sunday 4th October license no. 2SE9406

SESSION 3: SUNDAY Morning Warm up 0830hrs Start 0930hrs

301	Ind Medley	200	Girls	9/10 11/12 13/14 15+	HDW
302	Butterfly	200	Boys	9/10 11/12 13/14 15+	HDW
303	Butterfly	50	Girls	9/10 11/12 13/14 15+	Heat
304	Breaststroke	100	Boys	11/12 13/14 15+	Heats
305	Butterfly	100	Girls	11/12 13/14 15+	Heat
306	Freestyle	50	Boys	9/10 11/12 13/14 15+	Heat
307	Butterfly	50	Girls	9/10	Final
308	Butterfly	50	Girls	11/12yrs	Final
309	Butterfly	50	Girls	13/14yrs	Final
310	Butterfly	50	Girls	15yrs +	Final
311	Breaststroke	100	Boys	13/14yrs	Final
312	Breaststroke	100	Boys	15yrs +	Final
313	Butterfly	100	Girls	13/14yrs	Final
314	Butterfly	100	Girls	15yrs +	Final
315	Freestyle	50	Boys	9/10	Final
316	Freestyle	50	Boys	11/12yrs	Final
317	Freestyle	50	Boys	13/14yrs	Final
318	Freestyle	50	Boys	15yrs+	Final

SESSION 4: SUNDAY AFTERNOON Start time to be advised when entries processed

401	Individual Medley	100	Girls	9/10 11/12 13/14 15+	Heat
402	4 x 50m Free Relay	200	Boys	9- 10 years	Heat
403	4 x 50m Med.Relay	200	Girls	15/16	Heat
404	4 x 50m Free Relay	200	Boys	11 - 12 yrs	Heat
405	4 x 50m Med.Relay	200	Girls	13/14	Heat
406	Individual Medley	400	Boys	10 11/12 13/14 15+	HDW
407	4 x 50m Med.Relay	200	Boys	9- 10 years	Heat
408	4 x 50m Free Relay	200	Boys	15/16	Heat
409	4 x 50m Med.Relay	200	Girls	11 - 12 yrs	Heat
410	4 x 50m Free Relay	200	Boys	13/14	Heat
411	Freestyle	400	Girls	10 11/12 13/14 15+	HDW
412	Individual Medley	100	Girls	13/14yrs	Final
413	Individual Medley	100	Girls	15yrs +	Final
414	4 x 50m Free Relay	200	Boys	9- 10 years	Final
415	4 x 50m Med.Relay	200	Girls	15/16	Final
416	4 x 50m Free Relay	200	Boys	11 - 12 yrs	Final
417	4 x 50m Med.Relay	200	Girls	13/14	Final
418	4 x 50m Med.Relay	200	Boys	9- 10 years	Final
419	4 x 50m Free Relay	200	Boys	15/16	Final
420	4 x 50m Med.Relay	200	Girls	11 - 12 yrs	Final
421	4 x 50m Free Relay	200	Boys	13/14	Final

Saturday 17th, October license no. 2SE9407

SESSION 5: SATURDAY MORNING Warm up 0830hrs Start 0930hrs

501	Breaststroke	50	Girls	9/10 11/12 13/14 15+	Heats
502	Backstroke	100	Boys	11/12 13/14 15+	Heats
503	Freestyle	100	Girls	11/12 13/14 15+	Heats
504	Freestyle	200	Boys	9/10 11/12 13/14 15+	HDW
505	Backstroke	200	Girls	9/10 11/12 13/14 15+	HDW
506	Backstroke	100	Boys	13/14yrs	Final
507	Backstroke	100	Boys	15yrs +	Final
508	Freestyle	100	Girls	13/14yrs	Final
509	Freestyle	100	Girls	15yrs+	Final
510	Breaststroke	50	Girls	9/10yrs	Final
511	Breaststroke	50	Girls	11/12yrs	Final
512	Breaststroke	50	Girls	13/14yrs	Final
513	Breaststroke	50	Girls	15yrs +	Final

SESSION 6: SATURDAY AFTERNOON Start time to be advised when entries processed

601	Butterfly	200	Girls	9/10 11/12 13/14 15+	HDW
602	Backstroke	200	Boys	9/10 11/12 13/14 15+	HDW
603	Breaststroke	100	Girls	11/12 13/14 15+	Heats
604	Breaststroke	50	Boys	9/10 11/12 13/14 15+	Heat
605	Backstroke	50	Girls	9/10 11/12 13/14 15+	Heat
606	Breaststroke	50	Boys	9/10yrs	Final
607	Breaststroke	50	Boys	11/12yrs	Final
608	Breaststroke	100	Girls	13/14yrs	Final
609	Breaststroke	100	Girls	15yrs +	Final
610	Breaststroke	50	Boys	13/14yrs	Final
611	Breaststroke	50	Boys	15yrs +	Final
612	Backstroke	50	Girls	9/10yrs	Final
613	Backstroke	50	Girls	11/12yrs	Final
614	Backstroke	50	Girls	13/14yrs	Final
615	Backstroke	50	Girls	15yrs +	Final

Sunday 18th, October license no. 2SE9407

SESSION 7: SUNDAY MORNING Warm up 0830hrs Start 0930hrs

701	Breaststroke	200	Boys	9/10 11/12 13/14 15+	HDW
702	Freestyle	200	Girls	9/10 11/12 13/14 15+	HDW
703	Butterfly	50	Boys	9/10 11/12 13/14 15+	Heat
704	Backstroke	100	Girls	11/12 13/14 15+	Heats
705	Freestyle	100	Boys	11/12 13/14 15+	Heats
706	Backstroke	100	Girls	13/14yrs	Final
707	Butterfly	50	Boys	9/10	Final
708	Butterfly	50	Boys	11/12yrs	Final
709	Butterfly	50	Boys	13/14yrs	Final
710	Butterfly	50	Boys	15yrs +	Final
711	Backstroke	100	Girls	15yrs +	Final
712	Freestyle	100	Boys	13/14yrs	Final
713	Freestyle	100	Boys	15yrs+	Final

SESSION 8: SUNDAY AFTERNOON Start time to be advised when entries processed

801	Individual Medley	100	Boys	9/10 11/12 13/14 15+	Heat
802	4 x 50m Free Relay	200	Girls	9- 10 years	Heat
803	4 x 50m Med.Relay	200	Boys	15/16	Heat
804	4 x 50m Free Relay	200	Girls	11 - 12 yrs	Heat
805	4 x 50m Med.Relay	200	Boys	13/14	Heat
806	Individual Medley	400	Girls	10 11/12 13/14 15+	HDW
807	4 x 50m Med.Relay	200	Girls	9- 10 years	Heat
808	4 x 50m Free Relay	200	Girls	15/16	Heat
809	4 x 50m Med.Relay	200	Boys	11 - 12 yrs	Heat
810	4 x 50m Free Relay	200	Girls	13/14	Heat
811	Freestyle	400	Boys	10 11/12 13/14 15+	HDW
812	Individual Medley	100	Boys	13/14yrs	Final
813	Individual Medley	100	Boys	15yrs +	Final
814	4 x 50m Free Relay	200	Girls	9- 10 years	Final
815	4 x 50m Med.Relay	200	Boys	15/16	Final
816	4 x 50m Free Relay	200	Girls	11 - 12 yrs	Final
817	4 x 50m Med.Relay	200	Boys	13/14	Final
818	4 x 50m Med.Relay	200	Girls	9- 10 years	Final
819	4 x 50m Free Relay	200	Girls	15/16	Final
820	4 x 50m Med.Relay	200	Boys	11 - 12 yrs	Final
821	4 x 50m Free Relay	200	Girls	13/14	Final

EAST INVICTA CHAMPIONSHIPS 2009 - CONSIDERATION TIMES

Female	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15 yrs +
50m Free	46.00	42.00	37.70	35.70	34.30	33.30	32.50
100m Free			1.22.00	1.18.00	1.14.00	1.12.00	1.12.00
200m Free	3.15.00	3.10.00	2.55.00	2.45.00	2.40.00	2.35.00	2.35.00
400m Free		6.35.7	6.06.00	5.30.00	5.20.00	5.15.00	5.15.00
800m Free			#	#	#	#	#
1500m Free			#	#	#	#	#
50m Back	56	52	42.7	40.5	38.7	37.5	36.8
100m Back			1.35.00	1.30.00	1.25.00	1.23.00	1.22.00
200m Back	3.30.00	3.25.00	3.10.00	3.05.00	3.00.00	2.55.00	2.55.00
50m Breast	55	53	48.3	45.4	43.2	41.8	40.8
100m Breast			1.45.00	1.42.00	1.38.00	1.36.00	1.36.00
200m Breast	4.02.00	3.57.00	3.35.00	3.30.00	3.25.00	3.20.00	3.20.00
50m Fly	55	53	41.3	39.1	37.3	36.1	35.2
100m Fly			1.45.00	1.40.00	1.30.00	1.28.00	1.25.00
200m Fly	3.55.00	3.50.00	3.45.00	3.40.00	3.35.00	3.30.00	3.25.00
100m IM	1.50.00	1.45.00	1.34.2	1.29.1	1.24.9	1.22.6	1.20.9
200m IM	3.36.00	3.32.00	3.15.00	3.10.00	3.05.00	3.00.00	2.57.00
400m IM		6.55.00	6.45.00	6.40.00	6.30.00	6.25.00	6.25.00

Male	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs +
50m Free	46.00	43.00	40.00	36.00	34.00	33.00	30.00
100m Free			1.22.00	1.18.00	1.13.00	1.10.00	1.06.00
200m Free	3.15.00	3.10.00	2.50.00	2.45.00	2.35.00	2.30.00	2.30.00
400m Free		6.31.8	5.55.00	5.45.00	5.20.00	5.10.00	5.05.00
800m Free			#	#	#	#	#
1500m Free			#	#	#	#	#
50m Back	56	52	42.5	40.3	37.6	35.8	35.8
100m Back			1.40.00	1.34.00	1.30.00	1.25.00	1.23.00
200m Back	3.25.00	3.20.00	3.10.00	3.05.00	3.00.00	2.55.00	2.55.00
50m Breast	59	58	48	45.1	41.9	39.6	39.6
100m Breast			1.48.00	1.44.00	1.38.00	1.36.00	1.33.00
200m Breast	4.02.00	4.00.00	3.40.00	3.35.00	3.25.00	3.20.00	3.20.00
50m Fly	58	55	45	41	37	35	33
100m Fly			1.45.00	1.40.00	1.36.00	1.34.00	1.23.00
200m Fly	5.50.00	3.40.00	3.35.00	3.30.00	3.25.00	3.20.00	3.15.00
100m IM	1.50.00	1.45.00	1.33.90	1.28.70	1.23.1	1.18.1	01:15.0
200m IM	3.36.00	3.32.00	3.20.00	3.15.00	3.07.00	3.02.00	3.00.00
400m IM		6.55.00	6.40.00	6.30.00	6.20.00	6.10.00	6.05.00

No times are published for girls 1500m and boys 800m Freestyle, but entries will be accepted for a maximum of 3 heats of 1500m and 3 heats of 800m giving consideration to all age groups, in accordance with submitted entry times.



East Invicta Amateur Swimming Association

Affiliated to Southern Counties A.S.A., Kent County A.S.A.
R.L.S.S. (Kent Branch)

Reply to :-

Poolside Registered Personnel for 2009 Championships.

Club Name.....

Print Names Please

1
2
3
4
5
6

Each Club should register the names of those persons expected to be used during the Associations 2009 Championships. These persons should be on the ASA database for the Child Protection Act, and be registered members of the ASA. Clubs should notify the Championships Hon.Secretary in writing of any changes to personnel.

A maximum of three persons will be allowed on poolside from the list above during a session. Official badges must be worn at all times whilst on pool side, these will be available for collection from the table at the first Gala. The Association reserves the right to check your personnel you use on poolside and eject any unauthorised persons from Poolside.

You must return this form at the same time as your entries.

Signed Club Representative

Print NameTelephone no.

Date



East Invicta Amateur Swimming Association

Affiliated to Southern Counties A.S.A., Kent County A.S.A.
R.L.S.S. (Kent Branch)

Reply to :-

Championship 2009 Entry Remittance Form

Name of Club:

I confirm that all competitors listed on the Computer Data files transmitted by e-mail, have been informed of the Championship Conditions as laid out in the Association Handbook, that they have agreed to abide by them, and are eligible to swim as defined by ASA Laws. Competitors are ASA registered and are aware that they will appear on a database used in connection with the production of the Association programmes, the meet results and the National Age Group Rankings.

Submitted times have been achieved since January 1st 2009, proof will be made available on the request of the Promoter.

Swimmers ages are as of the last day of the championships, 18th October, 2009.

Signed..... Position in Club.....

Address.....

Tel. No.....

ENTRIES CLOSE ON MONDAY 21st September 2009

Individual Entries. _____ @ £3.75 =

Team entries (Limited to 2 teams / event / Club) _____ @ £6.50 =

Total Cheque Payable to East Invicta ASA

In the event that any session is oversubscribed the slowest entries will be rejected. This will be done proportionately across all age groups. Hard copies of the entries to be posted to:

EI Championship Hon. Secretary.

Scott Walker, 33 Crabble Lane, River, Dover CT17 0LS.

(scott.walker21@ntlworld.com)