

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

STAINES SWIMMING CLUB

BRITISH GAS MCASA BAGCAT & YOUTH COMPETITION 2012

Under ASA Laws and FINA Technical Rules
Licensed Level 2 CC2082..... CC2083....., CC2084.....

26th & 27th February 2012

SESSIONS 1 - 6

Team, Sprints & Distance

17th / 18th & 24th / 25th March 2012

SESSIONS 7 - 14

100m, 200m & 400m events

Venue: Southbury Road, Enfield

25m Pool, 8 Lanes, full Electronic Timing

AGES TO BE TAKEN AS AT 25th MARCH 2012

Age Groups:

Boys & Girls 9yrs – 16 yrs, 17yrs/over

Note: not all categories or distances are available to all ages

Fees: £4.50 per event

Please send completed entries & payment to Tricia Taylor at
19 Darby Crescent, Sunbury-on-Thames, Middlesex TW16 5LB
By 20th January 2012 – No late entries will be accepted!!

Please contact Tricia on 07973 628833 if you have any queries.

ENTRY QUALIFYING TIMES are shown in these instructions and all swimmers must have achieved the time shown during the previous 12 months and will be expected to prove if required that they have previously achieved the time entered.

Times slower than the qualifying time will not be accepted.

Promoter reserves the right to amend session times and limit entries to ensure the meet runs smoothly

**The full rules of the competition are published on the County Website
(middlesexswimming.com)**

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

BRITISH GAS MCASA BAGCAT & YOUTH COMPETITION 2021 at Southbury Road, Enfield

SATURDAY 25th FEBRUARY 2012

SESSION 1- 9:15am WARM UP 8:15am

1 , Girls 9-13	50 Breaststroke
2 , Boys 14 & over	50 Butterfly
3 , Girls 9-13	50 Freestyle
4 , Boys 14 & Over	50 Backstroke
T1. Girls 12-13	200 Medley Relay
T2. Boys 14-15	200 Freestyle Relay
T3. Girls 9yrs	200 Medley Relay
T4. Boys 16 & over	200 Freestyle Relay
T5. Girls 10-11	200 Medley Relay

SESSION 2- 11:45am WARM UP 11am

5 , Girls 9-13	50 Butterfly
6 , Boys 14 & over	50 Breaststroke
7 , Girls 9-13	50 Backstroke
8 , Boys 14 & over	50 Freestyle
T6. Girls 12-13	200 Freestyle Relay
T7. Boys 14-15	200 Medley Relay
T8. Girls 9yrs	200 Freestyle Relay
T9. Boys 16 & over	200 Medley Relay
T10. Girls 10-11	200 Freestyle Relay

SESSION 3- 3pm WARM UP 2.15pm

50 Girls 11 and over, 800m Freestyle

SUNDAY 26th FEBRUARY 2012

SESSION 4- 9.15am WARM UP 8.15am

9 , Boys 9-13	50 Breaststroke
10 , Girls 14 & over	50 Butterfly
11 , Boys 9-13	50 Freestyle
12 , Girls 14 & Over	50 Backstroke
T11. Boys 12-13	200 Medley Relay
T12. Girls 14-15	200 Freestyle Relay
T13. Boys 9yrs	200 Medley Relay
T14. Girls 16 & over	200 Freestyle Relay
T15. Boys 10-11	200 Medley Relay

SESSION 5- 11:45am WARM UP 11am

13 , Boys 9-13	50 Butterfly
14 , Girls 14 & over	50 Breaststroke
15 , Boys 9-13	50 Backstroke
16 , Girls 14 & over	50 Freestyle
T16. Boys 12-13	200 Freestyle Relay
T17. Girls 14-15	200 Medley Relay
T18. Boys 9yrs	200 Freestyle Relay
T19. Girls 16 & over	200 Medley Relay
T20. Boys 10-11	200 Freestyle Relay

SESSION 6 3pm WARM UP 2.15pm

52 Boys 12 and over 1500m Freestyle

Please note that the timings of the second and third session of each day are only provisional and will be finalised when the entries have closed

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

BRITISH GAS MCASA BAGCAT & YOUTH COMPETITION 2012 at Southbury Road, Enfield

SATURDAY MARCH 17th

SESSION 7 AT 9:15am WARM UP 8:15am

53, Boys 12-14 400 Freestyle
54 Boys 15 & Over 400m IM
55 * Girls 11-13 100 Butterfly
56 , Boys 9-11 200 IM
57,*Boys15 & over 100 Breaststroke
58 Girls 12-13 200Backstroke
58a Boys 12-14 100 backstroke
59 Girls 14 & Over 200 Freestyle
Finals of events 55, and 57 and 58a

SESSION 8 AT TBA but not before warm up 12.15pm

60, Girls 12-13 400 Freestyle
61 Girls 14 & over 400 IM
62 Boys 12-14 200 Backstroke
63* Girls 11-13 100 Backstroke
64* Boys 12-14 100 Butterfly
65, Girls 14 & over 100 Breaststroke
66 Girls 9-11 200 IM
66a Boys 15 and over 200 Freestyle
Finals of events 63 and 64

SUNDAY MARCH 18th

SESSION 9 AT 9:15am WARM UP 8:15am

68* Girls 12-13 100 IM
69 Boys 10-11 400 Freestyle
70 Girls 9-11 200 Butterfly
71* Boys 12-14 100 Breaststroke
72* Boys 15 and over 100 Backstroke
73, Girls 14and over 200 IM
74, Girls 12-13 200 Freestyle
75, Boys 12-14 200 Butterfly
Finals of events 68,71,72

SESSION 10 AT TBA but not before warm up 12.15pm

76, Girls 10-11 400 freestyle
77 Boys 12-14 200 IM
78 Boys 9-11 200 Butterfly
79* Girls 14 & over 100 Backstroke
80* Girls 11-13 100 breaststroke
81 , Boys 15 and over 200 IM
82, Boys 12-14 200 freestyle
Finals of events 79,80

SATURDAY MARCH 24th

SESSION 11 AT 9:15am WARM UP 8:15am

83, Girls 14 & Over 400 Freestyle
84, Boys 9-11 200 Breaststroke
85 Boys 15 and over 200 Backstroke
86* Girls 11-13 100 freestyle
87* Girls 14 and over 100 Butterfly
88* Boys 15and over 100 IM
89, Boys 9-11 200 Freestyle
89a Girls 12-13 200 IM
Finals of events 86, 87 and 88

SESSION 12 AT TBA but not before warm up 12.15pm

90*, Girls 14 & over 100 IM
91, Boys 15and over 400 Freestyle
92, Girls 12-13 200 Breaststroke
93* Boys 12-14 100 IM
94, Girls 14 & over 200 Backstroke
95*, Boys 15 & Over 100Butterfly
96, Boys 12-14 200 Breaststroke
97, Girls 9-11 200 Freestyle
Finals of events 93 and 95

SUNDAY MARCH 25th

SESSION 13 AT 9.15am WARM UP 8.15am

98 Boys 11-14400 IM
99,* Girls 9-11 100 IM
100*Girls 14 & over 100 Freestyle
101 ,Boys 15 & over 200Breaststroke
102* Boys 12-14 100 Freestyle
103 Girls 9-11 200 Backstroke
104, Boys 15& over 200Butterfly
Finals of events 99, 100 & 102

SESSION 14 AT TBA but not before warm up 12.15

105, Girls 10-13 400 IM
106*Boys 15 & over 100 freestyle
107* Boys 9-11 100 IM
107a Girls 9-11 200 Breaststroke
108 Girls 14 & Over 200 Breaststroke
109, Boys 9-11 200 Backstroke
110, Girls 12-13 200 Butterfly
110a Girls 14 and over 200 Butterfly
Finals for events 106 & 107

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

BRITISH GAS MCASA QUALIFYING TIMES BAGCAT & YOUTH COMPETITION 2012

BOYS	9	10	11	12	13	14	15	16	17/OVER
50m Freestyle	42.10	39.30	36.90	34.00	31.80	30.30	29.10	28.60	28.40
100m Freestyle				1.13.5	1.08.5	1.05.0	1.03.1	1.02.1	1.01.3
200m Freestyle	3.38.0	3.09.0	2.54.3	2.39.0	2.28.9	2.21.4	2.17.3	2.15.9	2.13.2
400m Freestyle		6.31.8	6.02.9	5.34.8	5.12.7	4.58.5	4.57.5	4.48.7	4.42.5
800m Freestyle									
1500m Freestyle				22.13.0	20.39.7	19.36.0	19.01.0	18.52.7	18.36.4
50m Breaststroke	55.10	51.30	47.50	43.70	40.30	38.20	36.80	36.00	35.40
100m Breaststroke				1.36.9	1.30.1	1.25.1	1.21.0	1.18.4	1.16.7
200m Breaststroke	4.24.0	3.59.0	3.41.4	3.21.3	3.06.6	2.56.7	2.55.8	2.50.7	2.46.3
50m Butterfly	47.40	43.8	41.00	38.10	35.20	33.30	31.70	31.10	30.60
100m Butterfly				1.23.0	1.16.2	1.12.0	1.09.3	1.08.0	1.06.6
200m Butterfly	4.23.7	3.43.6	3.20.0	3.06.6	2.54.7	2.44.7	2.35.5	2.31.7	2.26.9
50m Backstroke	48.60	45.10	42.10	39.00	36.40	34.60	33.10	32.40	31.70
100m Backstroke				1.25.2	1.19.7	1.15.0	1.11.5	1.09.3	1.07.6
200m Backstroke	3.50.0	3.30.0	3.12.9	2.54.1	2.45.0	2.35.6	2.34.3	2.29.8	2.27.0
100m Ind. Medley	1.47.4	1.39.6	1.33.6	1.26.2	1.19.8	1.15.5	1.12.6	1.11.2	1.09.9
200m Ind. Medley	3.49.7	3.32.2	3.17.0	3.01.1	2.48.7	2.40.3	2.35.3	2.32.3	2.29.7
400m Ind. Medley		7.35.6	6.59.7	6.23.7	5.57.9	5.39.2	5.34.6	5.25.4	5.18.7

GIRLS	9	10	11	12	13	14	15	16	17/OVER
50m Freestyle	42.60	39.70	36.40	34.40	33.00	32.30	31.80	31.50	31.60
100m Freestyle			1.18.4	1.13.8	1.10.8	1.09.5	1.09.0	1.08.7	1.08.4
200m Freestyle	3.28.0	3.05.1	2.50.6	2.39.5	2.31.7	2.30.0	2.29.5	2.28.0	2.26.4
400m Freestyle		6.31.6	5.53.8	5.30.9	5.15.1	5.14.0	5.13.8	5.10.2	5.07.2
800m Freestyle			12.16.6	11.24.4	10.49.7	10.34.4	10.29.6	10.25.6	10.23.3
1500m Freestyle									
50m Breaststroke	55.90	51.20	46.80	43.60	41.50	41.00	40.80	40.30	40.00
100m Breaststroke			1.43.5	1.37.3	1.32.3	1.28.7	1.27.1	1.26.2	1.24.9
200m Breaststroke	4.28.0	3.55.0	3.35.7	3.21.2	3.10.0	3.08.7	3.07.9	3.05.8	3.04.1
50m Butterfly	47.90	43.80	40.20	37.70	36.00	34.90	34.40	34.20	33.90
100m Butterfly			1.30.90	1.24.9	1.21.2	1.18.3	1.16.9	1.15.8	1.14.9
200m Butterfly	4.27.1	3.40.0	3.20.2	3.06.4	2.57.3	2.51.0	2.46.9	2.44.8	2.42.8
50m Backstroke	48.90	45.20	41.40	39.00	37.40	36.50	35.90	35.50	35.40
100m Backstroke			1.31.0	1.25.3	1.21.4	1.19.0	1.17.1	1.16.1	1.15.6
200m Backstroke	3.55.0	3.28.7	3.06.3	2.55.1	2.47.2	2.45.0	2.44.8	2.42.4	2.40.6
100m Ind. Medley	1.48.8	1.38.5	1.31.2	1.26.0	1.22.4	1.20.4	1.17.5	1.17.0	1.16.8
200m Ind. Medley	4.02.8	3.32.3	3.12.6	3.00.4	2.52.5	2.47.3	2.46.4	2.44.7	2.44.2
400m Ind. Medley		7.35.3	6.57.3	6.21.1	6.01.7	5.57.0	5.55.8	5.50.5	5.48.2

QUALIFYING TIMES SHOULD HAVE BEEN ACHIEVED IN THE PREVIOUS 12 MONTHS

MIDDLESEX COUNTY AMATEUR SWIMMING ASSOCIATION

BRITISH GAS MCASA BAGCAT & YOUTH COMPETITION 2012 ENTRY FORM

SQUAD _____ BOY/GIRL _____

COMPETITORS FULL NAME _____
(Please print clearly and give name as on the ASA registration)

ADDRESS _____

_____ post code _____ phone no. _____

Email address _____ ASA registration no _____ date of birth _____

Please enter me in the following events at the entry time shown:

	Entry time	When and where achieved
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
800m Freestyle		
1500m Freestyle		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
50m Backstroke		
100m Backstroke		
200m Backstroke		
100m Individual Medley		
200m Individual Medley		
400m Individual Medley		

No of events entered _____ fee enclosed (£4.50 per event) _____

I declare that I am eligible to enter this competition and have previously swum the events entered in the times given.
I also accept the rules printed on the County Website as amended by the details shown in these entry instructions.

Signed _____ Date _____
Swimmer/ Parent/ Guardian/ Authorised Club Officer

Cheques should be made payable to Staines Swimming Club
Please send completed entries & payment to Tricia Taylor at
19 Darby Crescent, Sunbury-on-Thames, Middlesex TW16 5LB
By 20th January 2012 – No late entries will be accepted!!