



DERBYSHIRE AMATEUR SWIMMING ASSOCIATION

(Affiliated to Swim England East Midland Region)



COUNTY SWIMMING CHAMPIONSHIPS 2020

Notices

It is requested that bags and equipment are kept in lockers. **No swim bags should be taken onto the poolside** (only a small drawstring type bag to hold goggles, towel & a drink will be allowed).

Note that **swimmers must only get changed in the changing facilities (not on poolside or in the sports hall)** swimmers are not to take food on poolside, and no additional chairs are to be taken on to poolside.

Shoes must be worn in all other areas of the leisure centre apart from the pool hall.

Health & Safety

- The fire Alarm is a standard Siren.
- There are two fire exits from poolside one at the starting end of the pool and one at the teaching pool end.
- In the event of the alarm sounding all swimmers are to be lined up along the spectator side of the pool ready to evacuate the building from the teaching pool fire exit if possible. Everyone else is to leave immediately.
- Swimmers are to be issued foil blankets as necessary when evacuating. At no point are swimmers to return to the changing rooms.
- In the event of an evacuation the assembly point is located across from the reception entrance at the far end of the turning area.
- No drills are planned.
- There are 6 emergency pool alarms around the poolside. They are blue boxes with a plastic cover. Make sure swimmers do not play with them.
- The emergency pool alarm is also a standard siren that can only be heard in the pool hall and the reception area.
- In the event a rescue is performed all swimmers are to leave the pool in an orderly manner. And the area around the rescue to be kept clear.
- The teaching pool is not to be used at all – not even dangling toes in!
- Lifeguards take priority and swimmers/spectators should not hinder staff in carrying out their duties.
- The fire escape stairs are to be kept clear and are for officials use only except in the event of an evacuation.

Withdrawals

Competitors may withdraw from events up to 1 hour before the start of a session.

Prior to 8:00pm on the Friday before the session withdrawals can be made by emailing:
entries@derbyshireswimming.org.uk

After this time withdrawals must be done so by sending a text message to 07904 028671 and leaving a message stating swimmers name, gala, event number and competitor number.

Withdrawals on the day of the competition can also be made on a completed form which must be given to the administration desk.

Good luck to everyone! And we hope you have an enjoyable and successful competition.

**The Derbyshire ASA Long Course Competition 2020 will be held at:
Ponds Forge International Sports Centre, Sheffield on Sunday 13th December 2020.**



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Warm Up

ALL SWIMMERS MUST ENTER THE POOL AT THE BLOCK END ONLY.
NO EQUIPMENT SUCH AS KICKBOARDS, PULLBUOYS AND FINS SHALL BE USED.
MAX. 12 SWIMMERS PER LANE. ODD NUMBER LANES SWIM CLOCKWISE – EVEN ANTICLOCKWISE

Saturday 15th February 2020

Session 1 - 8.30am – 9.30am

Warm Up 1 (0 - 15 minutes) - 81

Boys: 10/11/12/13

Warm Up 2 (15 - 30 minutes) - 75

Boys: 14/15/16/17+

Girls: 17+

Warm Up 3 (30 - 45 minutes) - 77

Girls: 10/11/12

Warm Up 4 (45 - 60 minutes) - 91

Girls: 13/14/15/16

Session 2 - 12.00pm – 13.15pm

Warm Up 1 (0 - 15 minutes) - 88

Girls: 10/11/12

Warm Up 2 (15 - 30 minutes) - 85

Girls: 13/14

Warm Up 3 (30 - 45 minutes) - 77

Girls: 15/16/17+

Warm Up 4 (45 - 60 minutes) - 51

Boys: 10/11/12/13

Warm Up 5 (60 – 75 minutes) - 67

Boys: 14/15/16/17+

Session 3 - 16.30pm – 17.15pm

Warm Up 1 (0 - 15 minutes) - 59

Girls: 10/11/12/13/14

Warm Up 2 (15 - 30 minutes) - 61

Girls: 15/16/17+

Boys: 15/16/17+

Warm Up 3 (30 - 45 minutes) - 64

Boys: 10/11/12/13/14

Sunday 16th February 2020

Session 4 - 8.30am – 9.30am

Warm Up 1 (0 – 15 minutes) - 67

Boys: 10/11/12

Warm Up 2 (15 - 30 minutes) - 81

Boys: 13/14/15

Warm Up 3 (30 - 45 minutes) - 87

Boys: 16/17+

Girls: 15/16/17+

Warm Up 4 (45 - 60 minutes) - 75

Girls: 10/11/12/13/14

Session 5 - 12.40pm – 13.40pm

Warm Up 1 (0 – 15 minutes) - 74

Girls: 10/11/12

Warm Up 2 (15 - 30 minutes) - 90

Girls: 13/14/15

Warm Up 3 (30 - 45 minutes) - 85

Girls: 16/17+

Boys: 14/15/16/17+

Warm Up 4 (45 - 60 minutes) - 81

Boys: 10/11/12/13

Session 6 - 16.25pm – 17.10pm

Warm Up 1 (0 – 15 minutes) - 65

Boys: 10/11/12/13/14/15

Warm Up 2 (15 - 30 minutes) - 57

Boys: 16/17+

Girls: 14/15/16/17+

Warm Up 3 (30 - 45 minutes) - 67

Girls: 10/11/12/13

After 10 minutes of each part of the warm up (or earlier if advised by the Stewards), lanes 1, 2, 7 & 8 (unless otherwise advised) will be cleared and opened as SPRINT LANES initially.

Additional lanes will be opened dependant on demand.



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MAX. 12 SWIMMERS PER LANE. ODD NUMBER LANES SWIM CLOCKWISE – EVEN ANTICLOCKWISE

Saturday 22nd February 2020

Session 7 - 8.30am – 9.30am

Warm Up 1 (0 - 15 minutes) - 83

Girls: 10/11/12

Warm Up 2 (15 - 30 minutes) - 86

Girls: 13/14/15

Warm Up 3 (30 - 45 minutes) - 89

Girls: 16/17+

Boys: 15/16/17+

Warm Up 4 (45 - 60 minutes) - 74

Boys: 10/11/12/13/14

Session 8 - 12.30pm – 13.45pm

Warm Up 1 (0 - 15 minutes) - 75

Girls: 10/11

Boys: 10/11

Warm Up 2 (15 - 30 minutes) - 65

Girls: 12

Boys: 12

Warm Up 3 (30 - 45 minutes) - 79

Girls: 13

Boys: 13/14

Warm Up 4 (45 - 60 minutes) - 86

Girls: 14/15

Boys: 15

Warm Up 5 (60 – 75 minutes) - 74

Girls: 16/17+

Boys: 16/17+

Session 9 - 16.00pm – 17.00pm

Warm Up 1 (0 - 15 minutes) - 59

Boys: 10/11/12

Girls: 10/11

Warm Up 2 (15 - 30 minutes) - 80

Boys: 13/14/15/16/17+

Warm Up 3 (30 - 45 minutes) - 64

Girls: 12/13

Warm Up 4 (45 - 60 minutes) - 56

Girls: 14/15/16/17+

Sunday 23rd February 2020

Session 10 - 8.30am – 9.30am

Warm Up 1 (0 – 15 minutes) - 73

Boys: 10/11/12/13

Warm Up 2 (15 - 30 minutes) - 66

Boys: 14/15/16/17+

Warm Up 3 (30 - 45 minutes) - 67

Girls: 10/11/12/13

Warm Up 4 (45 - 60 minutes) - 85

Girls: 14/15/16/17+

Session 11 - 12.15pm – 13.15pm

Warm Up 1 (0 – 15 minutes) - 78

Boys: 10/11/12

Girls: 10

Warm Up 2 (15 - 30 minutes) - 87

Boys: 13/14/15

Warm Up 3 (30 - 45 minutes) - 86

Boys: 16/17+

Girls: 15/16/17+

Warm Up 4 (45 - 60 minutes) - 90

Girls: 11/12/13/14

Session 12 - 15.30pm – 16.30pm

Warm Up 1 (0 – 15 minutes) - 67

Girls: 10/11/12

Boys: 10/11

Warm Up 2 (15 - 30 minutes) - 75

Girls: 13/14/15

Warm Up 3 (30 - 45 minutes) - 48

Girls: 16/17+

Boys: 16/17+

Warm Up 4 (45 - 60 minutes) - 58

Boys: 12/13/14/15

After 10 minutes of each part of the warm up (or earlier if advised by the Stewards), lanes 1, 2, 7 & 8 (unless otherwise advised) will be cleared and opened as SPRINT LANES initially.

Additional lanes will be opened dependant on demand.