

## **Beacon Swimming Championships 2009**

If you are new to Beacon Swimming Club then hopefully the following guide may help you to understand our Championships. We hold two championships in a year, the Spring Championships (May 10<sup>th</sup> and 11<sup>th</sup>) and the Autumn Championships (Oct 11<sup>th</sup> and 12<sup>th</sup>). This gives swimmers the chance to compete and obtain personal best times in all the different events.

### **Registration**

The registration form must be completed and returned with the £3 entry fee per swimmer by 27th April. On each night of the championships swimmers must come straight to the registration desk through the café area to register for their events. Once swimmers are registered the recorder can compile the heats.

### **Age Groups**

Swimmers must not feel discouraged when they are the youngest in their age group. Times achieved are taken into account for gala squad selection (where age groups may differ) and everyone will eventually find themselves at the top of an age group.

### **Disqualifications**

To prepare swimmers for gala competitions we run our championships according to ASA rules. This means that stroke and turn techniques are scrutinized and swimmers will be disqualified for errors. Most swimmers have learnt valuable lessons from disqualifications and, in swimming, techniques are as important as speed.