

**PEMBROKE & DISTRICT**  
**AMATEUR SWIMMING CLUB**  
**Championship Competition Swimming Rules**

**Section one :General conditions**

- 1.1 All competitions to be swum under W.A.S.A. Laws.
- 1.2 All competitors must be registered with W.A.S.A.
- 1.3 All competitors must be fully paid up P&DASC club members.
- 1.4 Competitions are open to any paid up P&DASC club member
- 1.5 All competitions are closed competitions and open only to Pembroke & District A.S.C. club members.
- 1.6 All life and Honorary members are eligible to enter competitions.
- 1.7 All competitions to be held at the Pembroke Leisure Centre 25 metre pool.
- 1.8 All competitions to use 4 or 5 lanes with anti turbulent lane markers
- 1.9 All competitions to use diving platforms/blocks fixed at the deep end.
- 1.9a All starts to start at the deep end
- 1.10 All competitions to use backstroke flags for backstroke, freestyle and medley events.
- 1.11 Gala referee and officials to be appointed by the incumbent committee.
- 1.12 All competition records times to be recorded and stored by the club competition secretary.
- 1.13 All competition record times to be published or announced prior to the event.
- 1.14 No annually awarded trophies may be taken out of Pembrokeshire

**Section two :End of year Championships**

- 2.1 Competition to be called :-**Pembroke & District Amateur Swimming Club Annual Club Championships.**
- 2.2 The competition to be held annually in December. Date set by the incumbent committee.
- 2.3 All events to be decided by heat declared winner. All heats to be seeded and spearheaded on time. All seeded by entry times slowest to fastest
- 2.4 Events:- Freestyle, Backstroke, Breaststroke, Butterfly, Individual Medley for all age groups of both sexes. Plus Family freestyle 4x25m relay.
- 2.5 6 Age Groups consisting of:- 7 & under, 8 & 9 years, 10 & 11 years, 12 & 13 years, 14 & 15 years, 16+, open age group. All ages as at 31st December
- 2.6 Event distances :- 7 & under, 8 & 9 years all strokes 25 metres. 10 & 11 years all strokes 50 metres. 12 & 13 years, 14 & 15 years, 16 years and over 100 metres, open age group freestyle 200 metres. All age groups 4 x 25 metre Individual Medley.
- 2.7 All age groups are eligible to enter the Open age group 200m freestyle event.
- 2.8 Medals will be presented to the first five in each event(disqualified swimmers do not receive a medal).
- 2.9 Perpetual trophies to be awarded to the winners of each event and retained by the swimmer for one year. Trophies must be returned prior to the following years competition. No Trophy may be taken out of Pembrokeshire

### **Section three :Distance championships**

- 3.1 Competition to be called **Pembroke & District Amateur Swimming Club Annual Long Distance Championships.**
- 3.2 Competition to be held annually in June or July. Date set by the incumbent committee.
- 3.3 Events :- 10/under-11/over Freestyle & Individual Medley. All events are to be heat declared winners. All heats seeded 10/under or 11/over and spearheaded on time, slowest heat first.
- 3.4 Age groups :- Main event 10 years and under, 11 years and over.  
A separate trophy and medals to 5 places will also be awarded to individual age groups:- 8yrs/9yrs/10yrs/11yrs/12yrs/13yrs/14yrs/15yrs  
All ages as at 31st December.
- 3.5 Event distances :- 10 years & under 200 metres, 11 years and over 400 metres.
- 3.6 Medals will be presented to the fastest five swimmers of each sex in each age group.
- 3.7 Perpetual trophies will be awarded to the winners in each event and retained by the swimmer for one year. All trophies must be returned to the club prior to the following years competition. No Trophy may be taken out of Pembrokeshire

### **Section four :Competitive trophy awards**

- 4.1 **The Ann Day Cup**  
**Presented annually to the top junior school swimmer at the West Wales Championships.**  
(junior means junior school as at 1st January)

The top swimmer position will be calculated on a points system as follows.

Points to be awarded as follows:-

West Wales Championships

1st place	12 points	5th place	4 points
2nd place	10 points	6th place	3 points
3rd place	8 points	7th place	2 points
4th place	6 points	8th place	1 point

In the event that no swimmers is placed in the top eight of the above events, then the trophy will be presented to the swimmer or swimmers recording the highest finishing position at the West Wales Championships.

In the event of a draw then the trophy shall be equally shared (in alphabetical order)

4.2 **The Joan Chilton Memorial Trophy**

**Presented annually to the top senior swimmer at the West Wales Championships.**

(senior means comprehensive school and upwards as at 1st January)

The top swimmer position will be calculated on a points system as follows.

Points to be awarded as follows:-

West Wales Championships

1st place	12 points	5th place	4 points
2nd place	10 points	6th place	3 points
3rd place	8 points	7th place	2 points
4th place	6 points	8th place	1 point

In the event that no swimmers is placed in the top eight of the above events, then the trophy will be presented to the swimmer or swimmers recording the highest finishing position at the West Wales Championships.

In the event of a draw then the trophy shall be equally shared (in alphabetical order).

The winner shall at their own cost have their name engraved on one of the small shields on the trophy.

4.3 **The Pembroke Town Council Shield**

**Presented annually to the top senior swimmer at the County Whitsun Weekender Championships.**

The top swimmer position will be calculated on a points system as follows.

Points to be awarded as follows:-

Whitsun Weekender Championships

1st place	12 points	5th place	4 points
2nd place	10 points	6th place	3 points
3rd place	8 points	7th place	2 points
4th place	6 points	8th place	1 point

In the event that no swimmers is placed in the top eight of the above events, then the trophy will be presented to the swimmer or swimmers recording the highest finishing position at the Whitsun Weekender Championships.

In the event of a draw then the trophy shall be equally shared (in alphabetical order).

The winner shall at their own cost have their name engraved on one of the small shields on the trophy.

### **Section five : Annual incentive awards**

- 5.1 Various annual incentive awards are to be awarded to swimmers/club officials by a sub committee consisting of Chief Swimming Coach, Chairman, swimming teachers (and a secretary for recording only).
- 5.2 All annual incentive awards to be presented prior to the Pembroke & District Annual Club Championships.
- 5.3 No annual incentive awards may be taken out of Pembrokeshire.