

# HINCKLEY “HORNETS” SWIMMING CLUB

## BEAR TROPHY 100M TIME TRIALS AWARDS 2010

1. The awards shall be open to all swimmers who are 10 years and over as at 31<sup>st</sup> December 2010 and are swimming in the main pool at Hinckley Leisure Centre at the start of the competition in May 2010.
2. If a swimmer is 10 years and over at 31<sup>st</sup> December 2010 and is moved into the main pool after the first round in May or joins the Club after May and wishes to take part in the competition then the swimmer may enter the competition provided they meet the minimum requirements set out in these rules. The last round a swimmer can join the competition under this rule shall be the September round of the competition.
3. The May; June; July; September; October; November and December rounds of the Bear Trophy shall be used for deciding the awards; the 100m event to be swam at each of the rounds shall be as follows:

May	– Individual Medley
June	– Individual Medley
July	– Frontcrawl
September	– Backstroke
October	– Breaststroke
November	– Individual Medley
December	– Butterfly
4. There shall be three different awards:
  - Commitment Certificate
  - Improvement and Commitment Award
  - Club Coach Award.
5. To receive a Commitment Certificate a swimmer shall swim in all rounds, there shall be no exceptions, of the competition that they are eligible for.
6. The Improvement and Commitment Award shall be awarded as follows:
  - To the top three Boys or Girls in the 10 and 11 year age groups; these two age groups shall be mixed Boys and Girls.
  - To the top Boy and Girl in each of the following age groups 12; 13/14 and 15 and over.
7. To receive an Improvement and Commitment Award a swimmer shall achieve the biggest overall improvement between their 100m IM base time and their 100m IM time in November whilst at the same time swimming at least three other Bear Trophy 100m Time Trials; this shall be reduced to two other Bear Trophy 100m Time Trials if the swimmer becomes eligible for the competition in either the July or September rounds of the competition.
8. A swimmers 100m IM base time shall be achieved in either May or June or the month in which they become eligible to enter the competition.
9. To ensure that there is no slow swimming in the 100m IM in May and / or June and / or the round in which a swimmer joins the competition the Club shall have the right to compare the swimmers base time with the Clubs Swim Club Manager, the Club (November 2009) and LASA (March 2010) Championships or any other source the Club deems appropriate. If a swimmer has swam a slow 100m IM time compared to other times known to the Club then the Club shall at it's sole discretion use the faster time from such other competition as is seen appropriate as the swimmers 100m IM base time.
10. There shall only be one Club Coach Award. The Club Coach shall make an award to the swimmer who in the sole opinion of the Club Coach believes the swimmer has epitomised the spirit of the competition. In making the decision the Club Coach shall review the swimmers commitment to the competition i.e. the swimmer has received a commitment certificate, they have shown support to other swimmers in the competition and also how all their Bear Trophy 100m Time Trials times compare to their personal best times.