

# Pioneer 79 and Competitive Swimming - 2010

In 2010 Pioneer 79 will be competing in the following competitions:

## Bolton & District SWPA Mini League

Is for the younger members of the club aged 9, 10, 11 & 12 years old (age on the day of the gala). The league is based on four groups of three or four clubs leading to semi finals and then an A and B final. Pioneer 79 were Mini League champions for the first time in 2007, runners up in 2008 and again champions in 2009.

Bolton & District Mini League - Fixtures 2010						
06.02.10	6.30pm	Hyndburn	Pioneer 79	Ashton Central	Warrington	
07.03.10	3.15pm	Newton-le-Willows	Ashton Central	Warrington	Pioneer 79	
11.04.10	5.30pm	Warrington	Warrington	Pioneer 79	Ashton Central	
04.07.10		Leigh	Semi finals			
12.09.10		Broughton	Finals			

## Micro League of the North West

Also for our younger members with age groups of 9, 10, 11 & 12 years (age at Sunday 28th November 2010). All individual events are 50m with the exception of the 9 year olds, the 10 year old butterfly and all relays, which are swum over 25m.

The league is split into 3 divisions with Pioneer 79 in the top division. Last years champions, Southport, won the National title in 2008 and 2009 demonstrating the exceptionally high standard of swimming in this league.

Micro League of the North West - Fixtures 2010						
27.03.10	6.30pm	Hyndburn	Pioneer 79	Carnforth A	Blackpool Aquatic A	Fleetwood A
25.04.10	4.15pm	Leyland	Leyland A	Pioneer 79	Carnforth A	Southport B
09.05.10	4.45pm	Fleetwood	Fleetwood A	Southport A	Preston Sharks	Pioneer 79
27.06.10	1.00pm	Preston	Preston Sharks	Leyland A	Pioneer 79	Blackpool Aquatic A

## Bolton & District SWPA Inter Club Swimming League

The Inter Club Swimming League involves age groups from 13 years and under to open. The Format depends on the number of clubs entering. If less than 12 clubs enter then they are split into 2 semi finals with the top 3 teams in each semi final going forward to the final. If more than 12 clubs enter then they are formed into groups by a draw. The total accrued points from the group stages determine the clubs qualifying for the final.

Bolton & District SWPA Inter Club League - Fixtures 2010			
22.05.10	6.00pm	Horwich	Semi Finals
17.07.10	6.00pm	Horwich	Final

## North Lancashire SWPA Swim League (aka Sub League)

This competition runs from January to June. Age groups are 12 and under, 14 and under and Open. All events are 50m apart from the final race, the cannon, where six swimmers one male and one female from each age group swim 25m.

Each club participates in four galas, with one home and three away fixtures. League champions are the club with the most points. Having entered the competition for the first time in 2009, Pioneer 79 were champions of Division 3 gaining promotion to Division 2 for season 2010.

North Lancashire Swim League - Fixtures 2010						
05.03.10	6.45pm	Fleetwood	Fleetwood	Lancaster	Pioneer 79	Rosegrove
18.04.10	5.15pm	Lancaster	Lancaster	Fleetwood	Pioneer 79	Carnforth B
15.05.10	6.30pm	Hyndburn	Pioneer 79	Lancaster	Fleetwood	Garstang
TBA			Carnforth B	Pioneer 79	Rosegrove	Garstang

## NE Lancashire Friendly League

The 'Friendly League' is a team event for swimmers in the age groups 9/10 years, who swim 25 metres of each stroke, 12 years and under, 14 years and under and open age group, who all swim 50 metres of each stroke. There is also a 100 metre Individual Medley event for the Open age group.

There are four medley relay events, with a girls and boys 13 years and under team and a ladies and gents open age group team. At the end of the gala there are two mixed freestyle cannon relay, one for boys and one for girls, with four swimmers taking part, one from each age group.

The 'Friendly League' is split into two divisions with a swim off at the end of the season to determine promotion and relegation issues. Clubs swim home and away in individual galas against each club. Ages are as of 31st December each year.

North East Lancashire Friendly League Division 1 - Fixtures 2010			
11.02.10	7.30pm	Haslingden	Haslingden v Pioneer 79
25.03.10	8.15pm	Ramsbottom	Ramsbottom v Pioneer 79
26.04.10	7.45pm	Burnley	Burnley v Pioneer 79
16.07.10	7.45pm	Hyndburn	Pioneer 79 v Burnley
10.07.10	7.45pm	Hyndburn	Pioneer 79 v Colne
17.09.10	7.45pm	Hyndburn	Pioneer 79 v Haslingden
30.09.10	7.30pm	Colne	Colne v Pioneer 79
22.10.10	7.30pm	Hyndburn	Pioneer 79 v Ramsbottom

## National Arena Swimming League (NW)

This is a National competition swum over three rounds, usually held on the second Saturday in October, November and December. There are four age groups, 11 and under, 13 and under, 15 and under, and open. The two younger age groups and all relays swim 50m, the older two age groups swim 100m events, the only exception is the open individual medleys, which are swum over 200m. The top clubs throughout the country qualify for the National League Final the following April, normally held at Ponds Forge, Sheffield. The champion club in 2009 was Plymouth Leander.

National Arena Swimming League - Fixtures 2010
09.10.10
13.11.10
11.12.10

## **Individual Open Meets**

Open meets are galas where swimmers compete as individuals whilst at the same time representing their club. The term 'open' does not denote the age group, but simply means there is no restriction as to who may enter, so long as they are registered with the ASA. Although there are many open meets held nationwide, our Head Coach will recommend those meets (normally in the North of England) which will compliment Pioneer 79 training and competition. Meets the club has entered in the past include City of Leeds, Harrogate, Satellite of Macclesfield, City of Stoke-on-Trent (CoSSaCS), Wirral Metro, City of Salford, Holywell, Chester, Rochdale Aquabears, City of Salford, Bolton Metro, City of Bradford, City of Sheffield and many more.

The club has prepared a '**Beginners Guide to Open Meets**'. Frequently asked questions are answered here, however please do not hesitate to speak to the head coach if you need any further information.

## **Bolton and Manchester SWPA's Age Groups & Championships**

Pioneer 79 Swimming Club County Group and Junior County Group swimmers are encouraged to enter the B & M's. The Age Groups are normally held at Manchester Aquatic Centre in January/February. Swim times from club championships, time trials, micro league etc can be used to enter if they meet the qualifying times.

## **Lancashire County Championships & Age Groups**

Held in March at the Manchester Aquatics Centre (50 Metre). Only swim times from a licensed meet (Level 1, 2 or 3), usually between October and February each year can be used. Please consult the head coach for advice on whether you qualify and should enter.

## **ASA North West Region Age Group Championships**

Held at Manchester Aquatics Centre (50 metre). Again you can only enter if have swim times within qualifying limits from a licensed swimming meet (Level 1, 2 or 3) between Oct and April. Please consult the head coach for advice on whether you qualify and should enter.

## **ASA National Age Group Championships**

A national time from your swim at a licensed level 1, 2 or 3 meet means you qualify for the National Age Group Championships held at Ponds Forge, Sheffield, usually in July. National Qualifying Times (NQT) are published each year by ASA.