

LBSC - SPILLS 2019

What is SPILLS?

SPILLS stands for 'Swimmers Performance Improvement Linked Leagues'. It is a series of 4 galas spread throughout the first half of the year – held at our home pool, Tiddenfoot Leisure Centre. It is a competition for ALL LBSC members held under ASA law.

Who can enter?

SPILLS is aimed at ALL swimmers giving everyone the opportunity to swim all strokes and improve their times.

How does it work?

Points are awarded for improvement to encourage swimmers to focus on improving their times and rewarding the efforts of all swimmers for doing so. All swimmers will swim the same events and heats will be seeded according to their current Personal Best (PB) times (as at 31st Dec 2018). If a swimmer has not swum an event before then they will be entered with No Recorded Time (NRT). Ages will be as at 31st December 2019. For example, a swimmer whose 9th birthday is on 24th July 2019 is counted as a 9 year old because that is how old they will be on 31.12.2019. Points will be awarded each time a swimmer achieves a PB as follows:

NRT–1 second = 1 point 1-2 seconds = 2 points 2-3 seconds = 3 points
3-4 seconds = 4 points 4+ seconds = 5 points

After each gala the points will be calculated and published. At the end of the series of 4 galas the overall points will be calculated. Trophies will be presented to each overall age group winner, second and third place swimmers at our summer picnic celebration event.

What events will be available and at which galas?

8 and under

25m Freestyle – Galas 1 & 3
25m Backstroke – Galas 1 & 3
25m Breaststroke – Galas 2 & 4

9 and under

25m Butterfly – Galas 2 & 4

9 and over

50m Freestyle – Galas 1 & 3
50m Backstroke – Galas 1 & 3
50m Breaststroke – Galas 2 & 4

10 and over

50m Butterfly – Galas 1 & 3

10 and 11 years

100m Individual Medley – Galas 2 & 4

12 and over

200m Individual Medley – Galas 2 & 4

When is SPILLS?

Due to the availability of the pool at Tiddenfoot the dates and times of the galas vary and are listed below:

Gala 1 **Saturday 19th January 2019 (registration at 4.45pm)**

Gala 2 **Saturday 9th March 2019 (registration at 4.45pm)**

Gala 3 **Tuesday 14th May 2019 (registration at 6.45pm)**

Gala 4 **Saturday 22nd June 2019 (registration at 1.00pm)**

How do swimmers enter?

Please complete the SPILLS entry form (next page) and return (with payment) by **SUNDAY 6th JANUARY 2019 (at the latest)** to your coach or any member of the Committee. Please complete **1 form per swimmer** and make sure you enter both galas for each stroke. Importantly, please give a mobile number that will be used for emergency reasons only (for example notification of pool closure). The promoters reserve the right to allow new Club members, who join the club after the closing date, to swim in the competition.

Want to know more?

Speak to your coach, or any member of the Committee, or email LBSCspills@gmail.com

And finally...

All LBSC events cannot run without volunteers. You don't need to be a swimming expert to volunteer, as we also need help from registering swimmers through to marshalling on poolside. We also need volunteers to become officials, for example time keepers. Not only do you get to help your Club run events for your swimmers, but it is much better poolside compared to sitting on the hot balcony! Please email LBSCspills@gmail.com to volunteer, thank you.

Good luck swimmers!

Many thanks,

Sam Ferguson, Anna Hewitt & Claire Oakins

(SPILLS promoters)

2019 Age Group SPILLS Entry Form for Swimmers

Please complete one form per swimmer

Surname..... First Name.....

Full Date of Birth..... Age..... F / M.....

Mobile Number..... Email.....

Enter events with your age as at 31st December 2019.

Age groups: 8 and under, 9 years, 10/11, 12/13, 14/15, 16 and over.

Event	8 and under	9 years	10 and 11 years	12 and over	Gala 1 Saturday 19/01/2019 Registration 4.45pm
25m Freestyle					
50m Freestyle					
50m Butterfly					
25m Backstroke					
50m Backstroke					

Event	8 and under	9 years	10 and 11 years	12 and over	Gala 2 Saturday 9/03/2019 Registration 4.45pm
25m Butterfly					
100m Ind Medley					
200m Ind Medley					
25m Breaststroke					
50m Breaststroke					

Event	8 and under	9 years	10 and 11 years	12 and over	Gala 3 Tuesday 14/05/2019 Registration 6.45pm
25m Freestyle					
50m Freestyle					
50m Butterfly					
25m Backstroke					
50m Backstroke					

Event	8 and under	9 years	10 and 11 years	12 and over	Gala 4 Saturday 22/06/2019 Registration 1.00pm
25m Butterfly					
100m Ind Medley					
200m Ind Medley					
25m Breaststroke					
50m Breaststroke					

Swimmers should tick (in the white boxes) the events they wish to enter. Make sure you enter both galas for each stroke. Times will be entered using the official club ranking list as of 31st December 2018.

Cost per event is £1.50 or £12.00 for all 10 events (£10.00 for 9 & under age groups). Spectators £2.00 on the door.

Total Events Entered..... Amount Paid..... (Cash / Cheque)

Please make cheques payable to Leighton Buzzard Swimming Club. Place this form and your cheque / cash in an envelope marked SPILLS ENTRIES, along with the swimmer's name.

Return this form with your entry fee to your coach or Sam Ferguson / Anna Hewitt / Claire Oakins by **SUNDAY 6th JANUARY 2019 (at the latest)**

All galas are run by volunteer parents, please indicate which galas you can help at