**AVSC CLUB RECORDS**

AVSC club records are reflective of the quality of individual swimmers, but also a result of the collective ethos of the club.   Records set standards and targets for competitive swimming and provide a measure of progress and attainment.

Swimming is a healthy sport where training, technique and commitment combine to deliver improving results.  The priority is for individuals within AVSC to improve on their own attainment, at their own pace, aided by encouragement and coaching.

**HOW DO YOU CLAIM A CLUB RECORD?**

Records can only be updated if they are claimed.

If you would like to claim a record, please email ian.lillistone@gmail.com

**CLUB RECORDS RULES**

**1. Age-Group and Open Club Records**

Ages shall be that on the day of competition.

**1.1 The following Distances and Strokes shall be recognised for AVSC Club Records for both Male/Female and for Short/Long Course:**

* Freestyle 50, 100, 200, 400, 800 and 1500 metres.
* Backstroke 50, 100, and 200 metres.
* Breaststroke 50, 100, and 200 metres.
* Butterfly 50, 100, and 200 metres.
* Individual Medley 100 (short course only), 200, and 400 metres.

For the following age groups: 9, 10, 11, 12, 13, 14, 15, 16, Open. (& under applies to the 9-16 categories)

**1.2 The following Distances and Strokes shall be recognised for Relay Teams for both Male/Female for Short/Long Course:**

* Freestyle 4\*25 (short-course only), 4\*50 and 4\*100 metres.
* Medley 4\*25 (short-course only), 4\*50 and 4\*100 metres.

For the following age groups: 9, 10, 11, 12, 13, 14, 15, 16, Open. (& under applies to the 9-16 categories)

**2. Eligibility**

a) Swimmers must be a member of AVSC on the day of the swim.

b) Swimmers belonging to a second club (excluding teams listed in rule 2d) must be swimming for AVSC on the day of the swim.

c) Swimmers shall be eligible competitors registered with the ASA and must meet the requirements set by the ASA regarding minimum age of competition.

d) Swimmers must be representing:

* AVSC
* Their school, university or college
* Their county or regional ASA,
* Their country

**3. The Pool**

a) Short Course Records may be made only in pools certified as 25 metres in length.

b) Long Course Records may be made only in pools certified as 50 metres in length.

**4. The Event**

A record may only be made in:

* A licensed competition held under the auspices of the Swim England, Scottish Swimming or Swim Wales, or of any country affiliated to FINA (level 4 upwards - Age 9 and over)
* At any unlicensed meet, such as Thames Valley Junior League, Arena League, schools galas, time trials as long as it is run by qualified officials, including timekeepers, and evidence can be submitted to the club

A club record may not be broken:

* Any external meet, such as schools galas, that doesn’t use qualified officials
* On any relay leg
* Split times from longer distance events
* Converted times from short course to long course or vice versa

**5. New Records**

Records will normally be updated at the beginning of each month. Records can only be updated if they are claimed.

**6. Certificates**

A swimmer setting a Club Record will be awarded a Certificate of Achievement, these will be awarded periodically. For swimmers achieving multiple records these may be listed on a single certificate.

**7. Useful links**

The AVSC records can be viewed on the website as a PDF under About Us/Club records.

**8. Changes to Rules**

Changes to Club Record Rules shall be agreed with the Club Committee.

**9. Contact**

For any questions on club records please contact by emailing **avscclubrecords@gmail.com.**