



Armadale Masters Swimming Club



Club Championships Round 6

It is great to report the following as the improvement of times in the club is outstanding. Last month I mentioned that a few swimmers has PB's which did not score very well due to the point system. It was discussed at the committee meeting and we had planned to change the points system ready for next year. Then over the weekend Graham Hicks and I were checking the results and we had 5 swimmers all swimming a PB's plus some other fast swims that were close to a PB but prior to 2012. Some quick discussion and some emails and it was decided to change the points system immediately, back date the new points system to round 1 this year to make the system fairer. So now we still check your results to last year's baseline times and record that improvement as a percentage and then check the results back to January 2008 where our records begin on our Team manager program and do the same. The reason for only going back just 12 months in or first check is because it becomes increasingly difficult to swim close to your PB as the years tick by. Therefore the Baseline Time is used for comparison purpose in the first instance. For more explanation on this see our revised rules (By-Law 7) which I have attached or come and ask Graham or I and we answer anything you may not understand.

Personal Bests:

10 PB's were swum on the day. Stanley in the 25m Freestyle, Gillian in the 25m freestyle, Graham Cragg in the 200m breaststroke reducing his time by 6.1 seconds, Linda in the 25m butterfly, Charles in both the 200m freestyle and 25m breaststroke, Ross in the 200m backstroke, Jenny reducing her 200m freestyle by over 9 seconds, Colin in the 25m backstroke Heather Jeps in the 200m freestyle and Bill in the 25m freestyle.

It's great to see all the PB's and there is nothing better you can do than beat your best time.

Club Records:

11 new club records were set 4 of which were vacant new age group club records and 7 existing club records were lowered. Linda lowered her own existing record in the 25m butterfly, Colin lowered his own existing club record in the 25m backstroke, Graham Cragg lowered the existing record in the 200m backstroke, Graham Hicks lowered the existing record in the 200m freestyle, Charles lowered his own existing record in the 25m breaststroke, Fettes lowered his own existing club record in the 200m freestyle, and Stanley lowered his own existing g club record in the 25m freestyle

Points:

In the ladies Heather Jeps was top scorer on the day with 8 points and is slowly pulling away from the others, Yvonne Lovegrove moves into second place and there is quite a tussle on for 2nd and 3rd spot with Mary and Jennifer just a few points adrift.

In the men's Charles scored the maximum 10 points and both he and Graham Hicks are now breathing down on me with Ross, Stan and Fettes just a few points further behind them.

With 5 rounds still to go it is still anyone's chance to win in both the female and male events so don't give up just yet.

I have attached the rules (By-Law 7) which was instructed over the weekend. I have also attached the Championships calendar so you can see where we all have a chance to improve our times or swim close to them when we repeat the swims over the next 4 rounds. If you're not still sure how it all works then please feel free to ask I or Graham Hicks and we will endeavor to explain. Note that you can now improve on a swim that is older than 2012 which is the major change to the rules.

Well done everyone, and look forward to seeing you all again for round 7 on the 3rd of August when we will be swimming the 100m, 50m and 25m choice swims.

JEFF