**Beau Sejour Barracudas Swimming Club**

**The OAK Series 2022**

The Series is divided into the Junior Series, the Senior Series and the Masters Series

Age as at 31st December 2022. There is also a team event FINS v FLIPPERS.

No entry fee for those entering these races

Age Groups Juniors 9, 10, 11 years

 Seniors 12/13, 14/15, 16+

 Masters 25 – 34, 35- 49, 50 – 69, 70 and over

Junior Events

50m freestyle, backstroke, breaststroke and butterfly (9-year-olds 25 Fly)

100m freestyle, backstroke, breaststroke and Individual Medley

200m freestyle, backstroke, breaststroke and Individual Medley

400m freestyle

Seniors/Masters

50's, 100's, 200's All Strokes

400 Individual Medley

400m freestyle

Awards

There will be awards for 1st, 2ndand 3rd placings in age groups 9/10/11years whilst 12 and over age groups will receive points only toward the overall trophies.

Swimmers will accumulate points in each age group from 1st to 6th placing following each championship event (6, 5, 4, 3, 2, and 1) towards the overall age group winner. The boy and girl swimmer accumulating the most points overall in their age group will receive the 'Age Group' winners awards at the end of the year. Swimmers will also collect points for their respective teams FINS AND FLIPPERS.

There is a perpetual trophy for the boy and girl accumulating the most points overall throughout the age groups in the Junior Series.

There is a perpetual trophy for the boy and girl accumulating the most points overall throughout the age groups in the Senior Series.

There is also an award for the Champion of Champions - the boy/girl to record the fastest overall times throughout the Series. There is also a trophy for the Best Team.

Swimmers are advised to enter as many events as possible to score maximum points. The dates of each event are shown on the Itinerary. You will enter via the Swim Manager System. A link to this will be sent via e mail 2 to 3 weeks before the date.

This competition will be run under Swim England Laws and Regulations, and FINA Technical Rules of Swimming

Covid-19: A good standard of hygiene will be adhered to. Hand sanitiser will be available on entering the pool area. All guidelines at the time of the event provided by the States of Guernsey public health will be adhered to.