

Prescot SC & Everton SA

Present the

March Spring Gala 2016

Level 3 Licensed Meet

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

At

Knowsley Leisure & Culture Park Huyton L36 6EG.

The complex has ample free parking and 314 spectator seats

Saturday 12th / Sunday 13th March 2016

License Number: 3NW160469

Promoted by Simon Deeley

Closing date for Entries is Monday 19th February 2016

Gala Conditions

1. The meet is to be held at Knowsley Leisure & Culture Park, Longview Drive, Huyton, L36 6EG, on Saturday 12th & Sunday 13th March 2016. Closing date for entries is Monday 19th February 2016.
2. Age on the day will be as of midnight 13th March 2016.
3. Entry fees - each event £5.00 for electronic entries £5.50 for paper entries. Electronic entries can be made using the Sports Systems meet file which can be obtained by e-mailing external_events@prescotswimmingclub.org or downloading from the Prescot SC website.
4. Coaches' passes are available at £10.00 each. It is mandatory that all coaches comply with the relevant ASA Child Safeguarding procedures and have an up to date CRB certificate/DBS registration.
5. Times (25m Pool Size or converted to 25m) required for all events. Competitor age is at midnight 13th March 2016. Please check the correct age group is entered relative to the swimmers date of birth.
6. As a level 3 meet there are upper time limits, swimmers must not have swim faster than or equal to the times listed in the upper qualifying times in this entry pack.
7. Details on the entry forms should be as per the swimmers ASA Category 2 Membership Registration and as shown on the ASA Membership Database. Please check that your swimmers (including 9yr olds) are Category 2 registered, and their ASA ID number is correct. Entries sent without fee, with entries incorrectly made out or declaration not signed may not be accepted. **No refunds for entries incorrectly submitted.** Entries should preferably be sent electronically by an authorised club official or a single entry by post for each club.
8. Over the Top starts will be used, with the exception of backstroke events. All events are heat declared.
9. Withdrawals must be made on an official withdrawal form. To help the event run smoothly withdrawals must be made no later than 40 minutes before the start of each session.
10. Competitors are responsible for presenting themselves to the marshals in good time for the event in which they are competing. It is the swimmers' responsibility to be at the start in time for the race.
11. Restriction of entries. The promoter reserves the right to restrict entries in the interest of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times in each age group shall take precedence. Events chosen for restriction will be at the discretion of the promoter. A refund will be given to competitors whose entry is denied where this condition has been exercised. Poolside entries will be taken at the discretion of the promoter.
12. Anything not covered within these meet rules to be at the discretion of the meet organiser/promoter.
13. Knowsley Leisure and Culture Park has a large main foyer with seating and café area. There are two 25m pools. The competition will be run in the eight lane 25m pool of graduated depth with spectator viewing gallery to seat 314. Anti-wave lane ropes and turn boards will be used. The 25m four lane teaching pool of variable depth will be used as a warm-up/swim down facility only. Each Club will be responsible for providing a Coach to supervise their own Club swimmers while in the warm up/swim down pool.
Spectator entry for whole day £9:00 (£5:00 per Session)
14. 1st, 2nd and 3rd place medals will be awarded in the following age groups;
9, 10, 11, 12, 13, 14, 15 & Over
An award will be presented for top Girl/Boy and top visiting Team with the most gala points.
Points will be awarded as follows
1st = 6pts, 2nd = 5pts, 3rd = 4pts, 4th = 3pts, 5th = 2pts, 6th = 1pt
In the event of a tie positions will be determined by the most 1st, 2nd positions etc.
Swimmers are to collect their awards as the competition proceeds

Coaches Pass Order Form

CLUB _____

COMPETITION SECRETARY _____

ADDRESS _____

_____ POST CODE _____

TELEPHONE NUMBER _____

E-MAIL ADDRESS _____

**NUMBER OF COACHES PASSES REQUIRED @ £10.00
(RATIO 2:20 WITH MALE & FEMALE NEEDED
FOR MIXED TEAMS)**

FEE ENCLOSED **£** _____

**I CERTIFY THAT THE COACHES WHO ARE ATTENDING ON THE POOLSIDE
FOR OUR CLUB HAVE AN UP TO DATE CRB/DBS CERTIFICATE.**

Signed _____ **Position** _____

Level 3 Spring Gala Summary Sheet

Swimming Club	
Club Contact Name	
Position in Club	
Home Address	
Post Code	
Telephone Number	
Mobile No	
Email Address	

Electronic Entries

	@ £5.00 per Event =	£
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Paper Entries

	@ £5.50 per Event =	£
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Team Staff & Chaperone Passes

	@ £10.00 per Pass =	£
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Total	=	£
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PRESCOT SC & EVERTON SA
 Spring Level 3 Licensed Open Meet - Licence No 3NW160469
12th & 13th March 2016
 Programme of Events

SATURDAY

Session 1 Saturday 12th March – 8.00am Warm Up for 9.00am Start

EVENT	DISTANCE	STROKE	GENDER	AGE
1	400m	IM	Girls	10/Over
2	200m	IM	Boys	9/Over
3	100m	Freestyle	Girls	9/Over
4	100m	Breaststroke	Boys	9/Over
5	200m	Backstroke	Girls	9/Over
6	200m	Butterfly	Boys	9/Over
7	50m	Breaststroke	Girls	9/Over
8	50m	Freestyle	Boys	9/Over

Session 2 Saturday 12th March – TBA

EVENT	DISTANCE	STROKE	GENDER	AGE
9	400m	Freestyle	Boys	10/Over
10	200m	Freestyle	Girls	9/Over
11	100m	Backstroke	Boys	9/Over
12	100m	Butterfly	Girls	9/Over
13	200m	Breaststroke	Boys	9/Over
14	50m	Butterfly	Girls	9/Over
15	50m	Backstroke	Boys	9/Over

SUNDAY

Session 3 Sunday 13th March – 8.00am Warm Up for 9.00am Start

EVENT	DISTANCE	STROKE	GENDER	AGE
16	400m	IM	Boys	10/Over
17	200m	IM	Girls	9/Over
18	100m	Freestyle	Boys	9/Over
19	100m	Breaststroke	Girls	9/Over
20	200m	Backstroke	Boys	9/Over
21	200m	Butterfly	Girls	9/Over
22	50m	Breaststroke	Boys	9/Over
23	50m	Freestyle	Girls	9/Over

Session 4 Sunday 13th March – TBA

EVENT	DISTANCE	STROKE	GENDER	AGE
24	400m	Freestyle	Girls	10/Over
25	200m	Freestyle	Boys	9/Over
26	100m	Backstroke	Girls	9/Over
27	100m	Butterfly	Boys	9/Over
28	200m	Breaststroke	Girls	9/Over
29	50m	Butterfly	Boys	9/Over
30	50m	Backstroke	Girls	9/Over

Prescot & Everton Spring Gala L3

March 12th & 13th 2016

No Swimmer should enter a time faster than those indicated below.

Boys Upper Time limit

Girls Upper Time limit

Boys Upper Time limit					Girls Upper Time limit					
9 yrs	10 yrs	11 yrs	12 yrs	13yrs and Over		9 yrs	10 yrs	11 yrs	12 yrs	13yrs and Over
31.0	30.0	29.0	28.0	25.0	50 FREE	31.0	30.0	29.0	28.0	25.0
1:05.0	1:03.0	1:02.0	01:00.0	56.0	100 FREE	1:05.0	1:03.0	1:02.0	1:00.0	56.0
2:20.0	2:15.0	2:10.0	2:05.0	2:03.0	200 FREE	2:20.0	2:15.0	2:10.0	2:05.0	2:03.0
-	5:15.0	5:10.0	5:00.0	4:45.0	400 FREE	-	5:15.0	5:10.0	5:00.0	4:45.0
39.0	37.0	35.0	32.0	30.0	50 BACK	39.0	37.0	35.0	32.0	30.0
1:15.0	1:12.0	1:10.0	1:06.0	1:02.0	100 BACK	1:15.0	1:12.0	1:10.0	1:06.0	1:02.0
2:30.0	2:25.0	2:23.0	2:21.0	2:19.0	200 BACK	2:30.0	2:25.0	2:23.0	2:21.0	2:19.0
45.0	41.0	38.0	35.0	32.0	50 BREAST	45.0	41.0	38.0	35.0	32.0
1:25.0	1:20.0	1:16.0	1:14.0	1:12.0	100 BRST	1:25.0	1:20.0	1:16.0	1:14.0	1:12.0
3:00.0	2:55.0	2:45.0	2:35.0	2:40.0	200 BRST	3:00.0	2:55.0	2:45.0	2:35.0	2:40.0
40.30	36.50	34.50	32.50	32.00	50 FLY	40.40	36.50	34.50	32.90	32.30
1:15.0	1:10.0	1:06.00	01:02.0	01:00.0	100 FLY	1:15.0	1:10.0	1:06.00	01:02.0	01:00.0
2:50.0	2:40.00	2:30.0	2:25.0	2:20.0	200 FLY	2:50.0	2:40.00	2:30.0	2:25.0	2:20.0
2:42.0	2:35.0	2:27.0	2:20.0	2:15.0	200 I.M.	2:42.0	2:35.0	2:27.0	2:20.0	2:15.0
-	05:31.00	05:22.00	5:10.0	4:50.0	400 I.M	-	05:31.00	05:22.00	5:10.0	4:50.0

Individual Entry Form

CLUB: _____ **ASA Number :** _____

First Name: _____ Surname: _____

Male/Female (Delete as appropriate) M / F

Telephone Number _____ E-mail _____

Date of Birth. _____ Age at 13/03/16: _____

(Times must be converted to 25m pool length)

	Times	Where Achieved
50m Freestyle		
100 Freestyle		
200 Freestyle		
400m Freestyle		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
200m IM		
400m IM		

Entries: _____
(£5.00 Electronic, £5.50 Paper)

Fee Enclosed: £ _____

Closing Date: 19th February 2016.

Prescot & Everton Spring Gala 2016

Once completed please return to your Gala Secretary and posted to;

S Deeley,
Prescot SC
54 Holt Lane,
Rainhill
L35 8NB

Telephone 07971 434979

e-mail: external_events@prescotswimmingclub.org

Cheques should be made payable to "Prescot SC"

Entries will be accepted from individuals who should provide a contact telephone number and e-mail address.