

ULVERSTON AMATEUR SWIMMING CLUB
Affiliated to the ASA North West Region
SHORT COURSE LEVEL 3 LICENSED No. TBA
GRADED AGE GROUP MEET

Promoted by Ulverston Amateur Swimming Club
under ASA Laws and ASA Technical Rules of Swimming

DATE: Saturday 1st October 2016

VENUE: KENDAL LEISURE CENTRE, BURTON ROAD, KENDAL. LA9 7HX

The pool is 25 metres long with 6 lanes and ranges in depth from 0.9 metres (3 feet) to 1.7 metres (5 feet 7 inches). It has Anti-Turbulence ropes and Electronic Timing

THE MEET: All Events are 9 & over

Events will be seeded on submitted times.
All events will be Heat Declared Winner

Ages at 1st October 2016

No 8 Year olds can swim, swimmers should be at least 9 years old as at date of competition and all swimmers should be registered as CAT 2 with ASA

EVENTS: **THERE ARE UPPER ENTRY TIME LIMITS ONLY**

Results will be declared with multiple age groups as indicated in Awards below.

AWARDS: Prizes will be awarded to the first 6 in each age group and sex consisting of 9, 10, 11, 12, 13, 14 & over

ENTRIES: **ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS**

At a cost of £4.50 per event

Closing date for entries is midnight
Sunday 11th September 2016 (Or sooner if full)

POOLSIDE ENTRIES WILL NOT BE ALLOWED

Entries to this meet will be held on computer and consent, as required by the **Data protection Act 1984**, to the holding of personal information on computer will be deemed to have been given by the submission of the entry.

UASC reserves the right to restrict entries in interests of safety, time constraints and to ensure the smooth running of the competition. Full reimbursement of fees shall be made to unsuccessful applicants.

Accepted entries reports will be issued to each competing club one week after the closing date.

Any matters not covered in these conditions or supplementary information will be at the discretion of the Competition Organiser.

Entries to be submitted electronically using the Sportssystem software Entry File and emailed to: galaentries@uasc.me.uk

UPPER ENTRY LIMIT TIMES

Stroke	Boys						Girls					
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs +	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs +
50 free	33.0	31.00	29.00	28.00	27.00	25.00	33.0	31.00	29.00	28.00	27.00	26.00
100 free	1.20.00	1.18.00	1.05.00	1.04.00	1.01.00	59.00	1.20.00	1.18.00	1.07.00	1.05.00	1.03.00	1.02.00
50 fly	34.00	33.00	32.00	31.00	30.00	29.00	34.00	33.00	33.00	32.00	31.00	30.00
100 fly	1.30.00	1.26.00	1.16.00	1.12.00	1.07.00	1.05.00	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.10.00
50 breast	42.00	41.00	38.00	36.00	34.00	33.00	42.00	41.00	39.00	37.00	36.00	35.00
100 breast	1.40.00	1.37.00	1.28.00	1.22.00	1.18.00	1.16.00	1.40.00	1.37.00	1.28.00	1.24.00	1.22.00	1.21.00
50 back	36.00	34.00	33.00	32.00	32.00	30.00	36.00	34.00	33.00	32.00	31.00	31.00
100 back	1.30.00	1.26.00	1.16.00	1.12.00	1.08.00	1.06.00	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.09.00
100 IM	1.25.80	1.17.40	1.14.20	1.10.70	1.02.30	1.00.20	1.25.80	1.18.20	1.13.30	1.07.03	1.06.60	1.05.80

PROGRAMME of EVENTS

Saturday 1 st October 2016				
No		Age	Event	
1	G	9 & Over	100m I.M.	Session 1 Warm up – 8.30am – 9.25am Start 9.30 am
2	B	9 & Over	100m I.M.	
3	G	9 & Over	100m Breaststroke	
4	B	9 & Over	100m Breaststroke	
5	G	9 & Over	50m Breaststroke	
6	B	9 & Over	50m Breaststroke	
7	G	9 & Over	100 Backstroke	
8	B	9 & Over	100 Backstroke	
SKINS Held At the Discretion of UASC				
No		Age	Event	
9	G	9 & Over	50m Freestyle	Session 2 Warm up – TBA pm Start TBA pm
10	B	9 & Over	50m Freestyle	
11	G	9 & Over	100m Butterfly	
12	B	9 & Over	100m Butterfly	
13	G	9 & Over	50 Backstroke	
14	B	9 & Over	50 Backstroke	
15	G	9 & Over	100 Freestyle	
16	B	9 & Over	100 Freestyle	
17	G	9 & Over	50m Butterfly	
18	B	9 & Over	50m Butterfly	



UASC Propose to hold a SKINS Competition based on the 100IM results.

UASC Invitation Medley Skins

1. This 'Skins Event' will be a continuous competition commencing with 6 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning being given 10 seconds prior to the start of each round.

2. The Event shall take place at Kendal Pool, on the 1st October 2016.

3. Skins competitions will be held for:

- | | |
|-----------------------------|----------------------------|
| a. Boys 11 years and under | b. Boys 12 years and over |
| c. Girls 11 years and under | d. Girls 12 years and over |

Events (a) and (b) will swim concurrently with a separation of 90 seconds between races. Younger Age Group starts first. Events (c) and (d) will follow the same format.

4. Ages at 1st October 2016

5. The Prizes for each event will be:

1st - £20 2nd - £15 3rd - £10 4th - £5 5th - £5 6th - £5

6. The competitors for each Event shall be the six swimmers with the fast times determined by the published results from the qualifying events. The qualifying events shall be the 100 I.M.

7. Swimmers names will be posted on the Results board after the completion of 100IM event, Swimmers must withdraw by 11am on the day of the event.

8. Lanes will be allocated on the basis of 'spearheading'

9. The stroke for each individual race will be by random draw from a choice of Frontcrawl, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round will be undertaken by a person to be nominated by the meet promoter. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.

10. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.

11. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. The starter will give a 10 second warning. Competitors feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.

12. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.

13. The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.

14. Times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.

15. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.

16. Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.

17. In the case of a dead heat in the final race, the race will be declared a tie, and the remaining prize money will be divided equally between the two remaining swimmers.

18. In the event of a faulty start, the round will be delayed, and will resume after 3 minutes.

19. If any issue arises not covered by the above then that issue will be determined by the meet promoters.



COACHES POOLSIDE PASSES

Coaches' passes to include programme, results sheets and entry onto poolside £6
Pool side refreshments Included (**Lunch not included**).

Payment for entries and coaches passes must be made by transfer to the club bank account or cheque to UASC, details available on request.

Please note that in the interests of safety and to control the number of people on poolside, passes are required and entry to the poolside will not be permitted without them.

Also, in the interests of child welfare, all coaches on poolside must have a VALID DBS REGISTRATION NUMBER.

Requests for passes must be made by email by 9th September 2016

Please indicate:

Name of pass holder
Position in club
Name of club

SUMMARY FORM

(TO BE FILLED IN AND ENCLOSED IF PAYING BY CHEQUE)

CLUB NAME

NAME OF COMPETITION SECRETARY

ADDRESS :
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.....
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Tel No:

Email:

TOTAL ENTRIES FOR MEET: No. = @ £4.50 Each = £.....

COACH POOLSIDE PASSES: No. = @ £6.00 Each = £.....

TOTAL AMOUNT PAYABLE: £.....
(Cheque payable to U.A.S.C)

