



## **Seaside Special A/B/C Short Course Sprints Gala**

*(Affiliated to ASA NER Region) Under ASA Laws & ASA Technical Rules*

**LEVEL 3 Licence Number: NE Applied for**

(For entry into Regional and County Championships)

**Saturday 14<sup>th</sup> JULY 2018**

East Riding Leisure Bridlington

### **Events**

9yrs and over – 50m All Strokes

10 yrs and over – 100m All Strokes

9 & 10 years – 100m Individual Medley

11 yrs and over – 200m Individual Medley

### **Awards**

Ages 9/10/ 11/12/13 Medals 1st – 6<sup>th</sup>/ 14 yrs & over 1st - 3<sup>rd</sup>

### **Entries**

**£5.00 per individual entry**

Accepted on a first come first served basis

ALL SPECTATORS TICKETS on the day First Come First Served

**Age as at midnight on 14th July 2018**

**Closing Date: Midnight Sunday 24<sup>th</sup> June 2018**



# General Information

## Organisation

- The gala will be held under ASA Laws and Technical Rules of Swimming.
- Ages as at 14th July 2018
- Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
- Integrated heats will be seeded according to entry times.
- All events are heat declared winners.

## Venue

- East Riding Leisure Bridlington YO15 2QQ

## Pool

- 25m, 6 Lane Pool with anti-wave ropes.

## Timing

- Electronic timing will be used throughout the meet.

## Session Times

- Saturday Morning Warm Up – 8:00am Start – 9:00am
- Saturday Afternoon Warm Up – 1:00pm Start – 2:00pm

## Individual Events

- 9yrs not graded, 10yrs and over graded – 50m, 100m, IM 100m, IM 200m all strokes.
- All events are heat declared winners

## Promoter: Kev Sissons

## Awards

- Age groups 9, 10, 11, 12, 13 years old: medals 1st – 6th
- Age groups, 14 and open: medals 1st – 3rd
- A Speeding Ticket will be awarded to any swimmer who swims faster than the A grade time.

## Coaches Passes

- Coaches Passes cost £12.00, this includes; admissions to all sessions, a programme and a buffet lunch with refreshments.



## Entry Procedures and Fees

- 🏊 All entries are £5.00 per individual event and to be submitted using the online entry forms provided;
- 🏊 Swimmers must not have swum faster than the A Grade cut-off time during the 12 months preceding the gala;
- 🏊 Entries open: Midnight 1st January 2018.
- 🏊 Entries will be accepted on a first come first served basis providing that the entry times are no greater than the upper limit times. **It may be necessary to close entries prior to the official closing date;**
- 🏊 Poolside entries may be accepted at the discretion of the Promoter;
- 🏊 Complete entry forms online at: [http://www.openmeets.co.uk/entry\\_sys](http://www.openmeets.co.uk/entry_sys) If you have queries, please contact Cris Lewis at: [entrymanagement@openmeets.co.uk](mailto:entrymanagement@openmeets.co.uk)
- 🏊 Swimmer entry fees and other requisite fees to:

Stuart Hebden 108 Queensgate, Bridlington, East Yorkshire YO16 7JH

E-Mail: [racesec@bridswimclub.co.uk](mailto:racesec@bridswimclub.co.uk)

If paying via **BACS**, preferred method, please email Stuart to confirm.  
Bridlington Swimming Open bank account details are:

**Sort code: 30-11-12 Account Number: 22592968**

**ENTRY CLOSING DATE: MIDNIGHT SUNDAY 24th JUNE 2018.**

## Entry Cards

- 🏊 This meet is cardless. All entry withdrawal forms must be presented to the recorders desk within 10mins of the start of warm-ups for each session.

## Spectators

### Admission for spectators will be:

- 🏊 Adults: £5 per session
- 🏊 Children/OAP's £3 per session or £5 full day pass.
- 🏊 All spectator tickets must be purchased on the day from the OPEN MEET DESK IN THE FOYER
- 🏊 Spectator tickets will be on a first come first served basis.
- 🏊 **No entry on day without a ticket.**

## Photography

- 🏊 There will be a photographer present on the day and pictures will be available to purchase.
- 🏊 Anyone wishing to engage in zoom or close range photography must register on entry.

## Further Information

- 🏊 For further information, please contact:
- 🏊 E-Mail: [chair@bridswimclub.co.uk](mailto:chair@bridswimclub.co.uk)
- 🏊 Telephone: 01262 830120

Or you can visit our website and click on the open meet banner for info on Hotels B&B's etc  
[www.bridswimclub.co.uk](http://www.bridswimclub.co.uk)



### GIRLS A GRADE (NOT FASTER THAN)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	35.20	32.40	31.20	30.30	29.40	28.80
100m Freestyle	-	1:15.00	1:10.00	1:07.00	1:05.00	1:03.00	1:01.00
50m Breaststroke	None	45.60	41.70	39.50	38.10	37.00	36.20
100m Breaststroke	-	1:38.50	1:30.80	1:26.10	1:23.00	1:20.30	1:18.50
50m Butterfly	None	39.10	35.90	34.40	32.90	32.10	31.40
100m Butterfly	-	1:27.30	1:20.30	1:17.00	1:13.50	1:10.50	1:10.00
50m Backstroke	None	40.10	36.60	35.30	34.00	33.60	33.20
100m Backstroke	-	1:26.60	1:20.40	1:16.00	1:12.50	1:11.20	1:10.00
100m IM	None	1:29.60	1:21.40	1:18.30	1:15.70	1:14.20	1:11.60
200m IM	-	-	2:49.40	2:40.70	2:36.70	2:33.50	2:30.00

### Girls B Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	39.60	36.50	35.10	34.10	33.10	32.40
100m Freestyle	-	1:30.50	1:23.10	1:16.90	1:13.80	1:12.00	1:10.80
50m Breaststroke	None	51.30	47.00	44.50	42.90	41.70	40.80
100m Breaststroke	-	1:54.30	1:44.50	1:37.50	1:33.80	1:28.80	1:26.50
50m Butterfly	None	44.00	40.40	38.70	37.00	36.20	35.30
100m Butterfly	-	1:42.00	1:33.00	1:28.70	1:22.30	1:18.20	1:15.70
50m Backstroke	None	45.20	41.20	39.80	38.30	37.80	37.40
100m Backstroke	-	1:40.00	1:32.00	1:27.10	1:22.50	1:18.50	1:16.60
100m IM	None	1:40.80	1:32.10	1:28.10	1:25.20	1:23.50	1:20.60
200m IM	-	-	3:17.00	3:06.90	2:58.50	2:52.00	2:47.60

### Girls C Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	44.60	41.00	39.50	38.50	37.00	36.00
100m Freestyle	-	1:41.00	1:31.00	1:26.00	1:21.00	1:18.00	1:14.50
50m Breaststroke	None	57.70	52.70	50.00	48.10	46.80	45.70
100m Breaststroke	-	2:08.00	1:59.00	1:52.00	1:47.00	1:41.00	1:36.50
50m Butterfly	None	49.50	45.50	43.50	41.60	40.70	39.80
100m Butterfly	-	1:55.00	1:46.00	1:39.50	1:31.50	1:27.00	1:20.50
50m Backstroke	None	50.70	46.00	44.60	43.00	42.60	41.90
100m Backstroke	-	1:56.00	1:44.00	1:38.00	1:32.50	1:25.00	1:20.00
100m IM	None	1:53.40	1:43.50	1:38.00	1:35.00	1:33.50	1:30.00
200m IM	-	-	3:40.00	3:30.00	3:15.00	3:08.00	3:00.00



### Boys A Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	34.80	32.20	30.20	28.90	27.80	26.00
100m Freestyle	-	1:15.50	1:11.20	1:06.90	1:03.40	59.90	57.50
50m Breaststroke	None	44.70	41.70	38.60	36.10	34.50	32.00
100m Breaststroke	-	1:38.00	1:30.50	1:24.80	1:19.20	1:15.50	1:12.00
50m Butterfly	None	39.00	35.90	33.30	31.70	30.20	28.50
100m Butterfly	-	1:26.90	1:20.40	1:15.00	1:09.00	1:05.20	1:03.00
50m Backstroke	None	41.10	37.30	34.80	33.00	31.70	29.00
100m Backstroke	-	1:25.70	1:19.80	1:14.80	1:10.20	1:06.70	1:04.20
100m IM	None	1:28.60	1:22.60	1:17.30	1:12.50	1:09.30	1:03.20
200m IM	-	-	2:50.00	2:41.00	2:33.20	2:26.00	2:19.00

### Boys B Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	39.14	36.20	34.00	32.50	31.30	30.00
100m Freestyle	-	1:30.30	1:23.40	1:16.40	1:10.50	1:07.20	1:03.90
50m Breaststroke	None	50.30	46.90	43.40	40.60	38.80	37.00
100m Breaststroke	-	1:56.30	1:45.80	1:37.00	1:29.90	1:24.80	1:21.00
50m Butterfly	None	43.90	40.40	37.50	35.70	34.00	32.50
100m Butterfly	-	1:43.40	1:33.7	1:26.20	1:19.20	1:14.80	1:11.00
50m Backstroke	None	46.20	42.00	39.20	37.10	35.70	33.10
100m Backstroke	-	1:42.80	1:33.50	1:26.10	1:19.90	1:14.90	1:11.50
100m IM	None	1:39.70	1:33.00	1:27.00	1:21.60	1:18.00	1:14.50
200m IM	-	-	3:22.30	3:06.80	2:53.30	2:43.40	2:35.80

### Boys C Grade (not faster than)

Age:	9	10	11	12	13	14	15+
50m Freestyle	None	43.80	40.60	38.00	36.60	35.00	33.60
100m Freestyle	-	1:44.00	1:35.00	1:26.00	1:17.50	1:13.00	1:09.00
50m Breaststroke	None	56.60	52.60	48.70	45.50	43.50	41.50
100m Breaststroke	-	2:13.00	1:59.00	1:50.50	1:40.00	1:33.50	1:29.00
50m Butterfly	None	49.50	45.50	42.40	40.50	38.00	36.60
100m Butterfly	-	2:00.00	1:46.50	1:37.50	1:29.10	1:23.50	1:19.00
50m Backstroke	None	52.00	47.00	44.10	41.40	40.00	37.00
100m Backstroke	-	1:58.50	1:47.50	1:38.50	1:28.50	1:22.50	1:18.00
100m IM	None	1:52.00	1:44.50	1:37.00	1:31.80	1:27.80	1:23.00
200m IM	-	-	3:55.00	3:30.80	3:13.10	2:59.00	2:51.20



## Schedule of Events

### Session 1 - Morning

Warm-up - 8:00am First Heat 9:00am

101	Girls 11 – 12 years 200m Individual Medley
102	Boys 9 – 10 years 100m Individual Medley
103	Girls 13 years and over 200m Individual Medley
104	Boys 9 – 12 years 50m Backstroke
105	Girls 10 – 12 years 100m Butterfly
106	Boys 13 years and over 50m Breaststroke
107	Girls 13 years and over 100m Freestyle
108	Boys 9 years 50m Breaststroke
109	Boys 10 – 12 years 100m Breaststroke
110	Girls 10 – 12 years 50m Freestyle
111	Boys 13 years and over 100m Butterfly
112	Girls 13 years and over 50m Backstroke
113	Boys 9 – 12 years 50m Butterfly
114	Girls 10 – 12 years 100m Backstroke
115	Boys 13 years and over 50m Freestyle
116	Girls 13 years and over 100m Breaststroke
117	Boys 9 years 50m Freestyle
118	Boys 10 – 12 years 100m Freestyle
119	Girls 10 – 12 years 50m Breaststroke
120	Boys 13 years and over 100m Backstroke
121	Girls 13 years and over 50m Butterfly



## Schedule of Events

### Session 2 – Afternoon

Warm-up –1:00pm First Heat 2:00pm

201	Boys 11 – 12 years 200m Individual Medley
202	Girls 9 – 10 years 100m Individual Medley
203	Boys 13 years and over 200m Individual Medley
204	Girls 9 – 12 years 50m Backstroke
205	Boys 10 – 12 years 100m Butterfly
206	Girls 13 years and over 50m Breaststroke
207	Boys 13 years and over 100m Freestyle
208	Girls 9 years 50m Breaststroke
209	Girls 10 – 12 years 100m Breaststroke
210	Boys 10 – 12 years 50m Freestyle
211	Girls 13 years and over 100m Butterfly
212	Boys 13 years and over 50m Backstroke
213	Girls 9 – 12 years 50m Butterfly
214	Boys 10 – 12 years 100m Backstroke
215	Girls 13 years and over 50m Freestyle
216	Boys 13 years and over 100m Breaststroke
217	Girls 9 years 50m Freestyle
218	Girls 10 – 12 years 100m Freestyle
219	Boys 10 – 12 years 50m Breaststroke
220	Girls 13 years and over 100m Backstroke
221	Boys 13 years and over 50m Butterfly



## Licensed Officials – We would appreciate your help

We need many licensed officials to run a successful meet. If you are willing to officiate at our A/B/C sprints gala, could you please fill in the form below and email it to [chair@bridswimclub.co.uk](mailto:chair@bridswimclub.co.uk) or, alternatively, just send the name and email addresses direct.

The Promoter will then contact the officials proposed nearer the date confirming when we require your help.

Any help you give is very much appreciated. Expenses and lunch will be provided for anyone willing to help for the day.

Name	Address	Contact No./Email	Qualification

Reply to: **Stuart Hebden**  
108 Queensgate  
Bridlington  
East Riding of Yorkshire  
YO16 7JH

E-Mail: [racesec@bridswimclub.co.uk](mailto:racesec@bridswimclub.co.uk)

If paying via BACS, please email **Stuart Hebden** above. **Bridlington Opens Account** bank account details are: **Sort code: 30-11-12 Account Number: 22592968**





# PROMOTER'S CONDITIONS

## RULES OF ENTRY

### Prior to the Gala

1. All competitors must be registered with the ASA.
2. The meet shall be run under ASA Laws and FINA technical rules of swimming.
3. The Referee's decision is final at all times.
4. In accordance with ASA Child Protection policy, all photographic equipment including mobile phones with cameras must be registered at each gala session.
5. The use of mobile telephonic devices on the poolside is prohibited.
6. The minimum age for each event will be as follows: a. 50m all strokes and 100 IM: 9yrs and over.  
b. 50m & 100m all strokes and 200m IM: 11 yrs and over.
7. Age is the swimmer's age at midnight on 14<sup>th</sup> July 2018.
8. All entries shall be submitted before the closing date of each Gala.
9. Poolside or late entries will be accepted at the discretion of the Promoter.
10. All entries to be submitted by each affiliated club's Competition Secretary via an electronic system.
11. All events will be swum as heat declared winner.
12. Swimmers can only enter their age group events.
13. There shall be separate events for males and females although, at the Promoter's discretion, they may be swum combined.
14. The Promoter reserves the right to amend the running order of events to give swimmers appropriate recovery time wherever possible.
15. Entry times will be short course times for the event distance.



## The Day of the Gala

16. Swimmers shall be placed in graduated time order, slowest to fastest. All heats will be spearheaded.
17. A list of heat and lane assignments will be posted. It is the swimmers responsibility to check the heat sheet and be at the staging area on time.
18. Competitors must report to their Team Manager.
19. Warm up will commence one hour prior to the start of each Gala session, i.e. 08:00 and 13:00.
20. All competitors must report to the Competition Steward two events before their race or, if they are in the first race of the session, report to the Competition Steward five minutes before the published start time for the session/gala.

## Awards

- 🏆 Awards will be presented to the fastest three swimmers in each event in all age groups and to those finishing between 4<sup>th</sup> and 6<sup>th</sup> in the age groups 9 ,10, 11, 12, 13 year old age groups.
- 🏆 Swimmers must collect their awards from the trophy table, after the results for each event have been announced / published.