

# Southport Swimming Club

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Welcome to Southport Swimming Club

We are pleased to present to you the Southport Swimming Club '**End of Season Sprint Finale**'. After a long year of training and for some swimmers no competitions for a month or two, this meet is a great opportunity to achieve some personal bests before the Summer break. The times can be used to qualify for District, County and Regional events next season.

We are hoping to make this event highly successful with fast swimming in a quick pool. This is a first for this type of meet in the area to make the most of those last few months of training. Bring along your team so they don't miss this opportunity to achieve some great times.

Our website [www.swimsouthport.co.uk](http://www.swimsouthport.co.uk) will include all information and regular updates.

The Meet is being held on Sunday 7<sup>th</sup> July 2019 at Knowsley Leisure and Cultural Park, Huyton, L36 6EG. There are two 25M pools, the competition will be held in the 25M, 8 lane pool, the 25M 4 length pool will be used for warm up/swim downs.

Included in this pack

## **Meet Conditions**

## **Programme of Events**

## **Consideration Times**

## **Entry Forms**

We hope you will join us to make this event successful and look forward to receiving your entries.

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Head Coach  
07738647689  
[mark@sscgalaco.uk](mailto:mark@sscgalaco.uk)

Promotor – Jennie Thoburn  
[Jennie@sscgalaco.uk](mailto:Jennie@sscgalaco.uk)

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## Gala Conditions

### Introduction

1. The meet will be held under ASA law & technical rules and licensed by the ASA – Licence Number 3NW191585.
2. The competition will be held in the eight lane 25 metre pool of graduated depth with anti-wave length ropes and turn boards. Electronic timing in operation with continuous scoreboard display. The 25m four lane teaching pool of variable depth will be used as a warm-up/swim down facility only.
3. Each Club will be responsible for providing a Coach to supervise their own Club swimmers while in the warm up/swim down pool.
4. Results service will operate on-line using Sportsystems. Live results will be posted onto the website in real time (when possible). Full results will also be published in PDF format on the website.
5. Over the top starts will be used in the heats at the discretion of the promoter.
6. Strictly no diving in or climbing over pads is permitted during warm up in the competition pool.
7. This Meet is open to all members of a Club affiliated to ASA/SASA.

### The Meet

8. The closing date for entries will be 2<sup>nd</sup> June 2019.
9. Age on the day for both individual and team events will be as of midnight on 7<sup>th</sup> July 2019.
10. Users of any video, zoom or close range cameras must register their details at the entrance. Bands will be issued, and must be worn at all times. This includes coaches, swimmers using mobile phones and other club personnel.
11. Southport Swimming Club cannot be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
12. Coaches and team managers requiring access to the poolside must be in possession of a Pass issued by the Club. The Coach's Pass fee is £15 and covers lunch, entry to all sessions and start lists. It is mandatory that all coaches comply with the relevant ASA Child Protection Procedures and have an up to date DBS Certificate.
13. The promoters reserve the right to refuse admission to any competitor or spectator.

### Disability Competitors

14. Swimmers with a disability shall swim under IPC Rules.
15. Personal Care Attendants/Coaches: Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. A swimmer in any of these classes may have both a coach and a personal care attendant present. No charge will be applied for personal care attendant. Poolside passes; coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to the ASA child protection procedures and hold a current CRB certificate.
16. Qualifying times for disability competitors are not required. However entry times shall be submitted for the purpose of seeding the heats.
17. Competition format: The competition format will be based on disability inclusion within the able bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group.

### Events

18. Individual events - Freestyle: 50m, 100m; Backstroke: 50m, 100m; Butterfly: 50m, 100m; Breaststroke: 50m, 100m; Individual Medley: 100m. Team Events - 4 x 50m Freestyle and 4x50m IM.
19. Age Groups will be 9, 10, 11, 12, 13, 14/15 & 16 and over. Team events will be 12 and under and 13 and over. All events will be HDW (Heat Declared Winner).

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## Awards

20. Medals will be awarded to 1st, 2nd and 3rd place in the following age groups; 9, 10, 11, 12, 13, 14/15 & 16 and over. Relays- Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in the following age groups: 12 & under and 13 & over. Top overall visiting club award.
21. Spot prizes will be randomly awarded.

## Submission of Entries

22. The use of Sportsystems Entry Manager for submitting electronic entries is the preferred method for entry to this licensed meet. The relevant Sportsystems entry file can be downloaded from the Southport Swimming Club website [www.swimsouthport.co.uk](http://www.swimsouthport.co.uk).
23. Entry fees for each event are £5.00 for individual events and £10.00 for the team events and cheques should be made payable to Southport Swimming Club. Paper entries are £5.50. 1 payment per Club required.
24. Upper time limits will be applied to all individual events.
25. Times not faster than the qualifying times will be considered if the time entered has been authorised by the swimmers club coach stating it has been achieved in a time trial or similar.
26. Entry times must be 25m times (conversions will be accepted).
27. The Meet 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. Any entry rejected under these circumstances will be refunded.
28. Submitted entry times shall be used for seeding and rejection purposes as required.
29. Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter.
30. Poolside entries will not be accepted.

## Confirmation of Entries

31. Accepted swimmers details will be posted onto the Southport Swimming Club website as soon as possible after the closing date for the competition. These should be used to cross check the accuracy of swimmer entries and to allow any necessary corrections to be made.

## Meet Procedures

32. A withdrawal system will be in operation.
33. Competitors or their representatives must inform the organisers of their intention to withdraw prior to commencement of the 1<sup>st</sup> warm up of the session they wish to withdraw from. Notification may be made by email to [dave@sscgala.co.uk](mailto:dave@sscgala.co.uk) prior to the commencement of the meet. Withdrawal messages must state Name, Club and Event(s). Phone number for withdrawal is 07730 314508 via text.
34. There will be no refund of entry fees for such withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided.
35. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events held that day.
36. Heat Start Lists will be made available to clubs as soon as possible after the withdrawal deadline of each session and will also be available online.
37. Competitors are responsible for presenting themselves to the Marshalling Area one event prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for the race.

## Other

38. Photographs and Video of the meet may be taken by representatives of the promoter of the event, and may be used for promotional purposes. Entry into the competition implies acceptance of this condition.
39. Any Swimmer/Team failing to comply with any of the conditions may not be allowed to compete in the Meet.
40. All other matters regarding the running and Administration of the Meet shall be at the discretion of the promoter or their agent(s).

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## Programme of Events

<b>Sunday 7 July 2019 Session 1</b>		
<b>Warm Up 8am</b>		<b>Start 9am</b>
Event 101	Boys 9 and Over	100m Individual Medley
Event 102	Girls 9 and Over	50m Backstroke
Event 103	Boys 9 and Over	50m Backstroke
Event 104	Girls 9 and Over	100m Butterfly
Event 105	Boys 9 and Over	100m Butterfly
Event 106	Girls 9 and Over	50m Freestyle
Event 107	Boys 9 and Over	50m Freestyle
Event 108	Girls 9 and Over	100m Breaststroke
Event 109	Boys 9 and Over	100m Breaststroke
Event 110	Girls 12 and Under	4 x 50m Freestyle Team
Event 111	Boys 12 and Under	4 x 50m Freestyle Team
Event 112	Girls 13 and Over	4 x 50m Freestyle Team
Event 113	Boys 13 and Over	4 x 50m Freestyle Team

<b>Sunday 7 July 2019 Session 2</b>		
<b>Warm Up 1pm</b>		<b>Start 2pm</b>
Event 201	Girls 9 and Over	100m Individual Medley
Event 202	Boys 9 and Over	50m Breaststroke
Event 203	Girls 9 and Over	50m Breaststroke
Event 204	Boys 9 and Over	100m Backstroke
Event 205	Girls 9 and Over	100m Backstroke
Event 206	Boys 9 and Over	50m Butterfly
Event 207	Girls 9 and Over	50m Butterfly
Event 208	Boys 9 and Over	100m Freestyle
Event 209	Girls 9 and Over	100m Freestyle
Event 210	Boys 12 and Under	4 x 50m Medley Team
Event 211	Girls 12 and Under	4 x 50m Medley Team
Event 212	Boys 13 and Over	4 x 50m Medley Team
Event 213	Girls 13 and Over	4 x 50m Medley Team

**Age Groups** - 9, 10, 11, 12, 13, 14/15, 16 and over

**Entry Fees** - £5.00 per event, Team events £10, Coaches pass £15, Paper Entries £5.50

Spectator Entry - £9 Full day, £5 per session (wristbands required). Concessions – half price

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## Qualifying Times

Event	Girls Upper Time Limit				
	9	10	11	12	13+
50m Freestyle	31.0	30.0	29.0	28.0	25.0
100m Freestyle	1:05.0	1:03.0	1:02.0	1:00.0	56.0
50m Backstroke	39.0	37.0	35.0	32.0	28.0
100m Backstroke	1:15.0	1:12.0	1:10.0	1:06.0	1:00.0
50m Breaststroke	45.0	41.0	38.0	35.0	32.0
100m Breaststroke	1:25.0	1:20.0	1:16.0	1:14.0	1:12.0
50m Butterfly	40.3	36.5	34.5	31.5	27.0
100m Butterfly	1:15.0	1:10.0	1:06.00	1:02.0	59.0
100m I.M.	1:26.5	1:21.5	1:16.0	1:12.0	1:03.5

Event	Boys Upper Time Limit				
	9	10	11	12	13+
50m Freestyle	31.0	30.0	29.0	27.0	23.0
100m Freestyle	1:05.0	1:03.0	1:02.0	59.0	53.0
50m Backstroke	39.0	37.0	35.0	32.0	25.0
100m Backstroke	1:15.0	1:12.0	1:10.0	1:06.0	56.0
50m Breaststroke	45.0	41.0	38.0	35.0	30.0
100m Breaststroke	1:25.0	1:20.0	1:16.0	1:14.0	1:05.0
50m Butterfly	40.4	36.5	34.5	30.9	25.3
100m Butterfly	1:15.0	1:10.0	1:06.00	01:02.0	56.0
100m I.M.	1:26.5	1:21.5	1:16.0	1:12.0	1:01.0

Times to be no faster than those stated.

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## Entry Form

<b>Name</b>	
<b>Club</b>	
<b>ASA Number</b>	
<b>Date of Birth</b>	
<b>Male/Female</b>	
<b>Phone No.</b>	
<b>Email</b>	
<b>Event</b>	<b>Please complete with current best time (short course)</b>
<b>50m Freestyle</b>	
<b>100M Freestyle</b>	
<b>50M Backstroke</b>	
<b>100M Backstroke</b>	
<b>50M Breaststroke</b>	
<b>100M Breaststroke</b>	
<b>50M Butterfly</b>	
<b>100M Butterfly</b>	
<b>100M Individual Medley</b>	

Entries £5.00 per event

Number of Entries \_\_\_\_\_

Total \_\_\_\_\_

Entries to be returned by 2nd June 2019

The above information is correct \_\_\_\_\_ (signature required)

Cheques to be made payable to 'Southport Swimming Club'

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## Application for Poolside Pass

Each coach/member of team staff requiring access to the poolside must be in possession of a pass issued by Southport Swimming Club. It is mandatory that all Coaches comply with the relevant ASA Child Protection Procedures and have an up to date CRB certificate.

**Mixed teams must have both male and female coaches/team staff.**

The passes will be issued in the name of the club and are transferable between club personnel. Clubs must purchase sufficient poolside passes so that all of their team staff members are in possession of a pass when they are on the poolside.

It would be most helpful if the names of those individuals who will use the passes could be given below although it is accepted that this may not be completely achievable.

Club			
No. of poolside passes required @ 15.00		Fee enclosed	£
Contact Name			
Telephone Number			
E-Mail Address			

Names of coaches/team staff

### Declaration

I certify that the coaches who are attending on the poolside for our club have an up to date CRB certificate.

Signed \_\_\_\_\_ Club Position \_\_\_\_\_

Name: \_\_\_\_\_ (Please PRINT)

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## Team Entry Form

Club/Team: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

If you enter more than one team in the same event please submit a separate form.

Please insert the entry time in the appropriate box (teams without a time will be seeded in the slowest heat).

<b>BOYS</b>	4 x 50m Freestyle	4 x 50m Medley
Entry Time		
<b>GIRLS</b>	4 x 50m Freestyle	4 x 50m Medley
Entry Time		

No. of entries \_\_\_\_\_ @ £10.00 = £\_\_\_\_\_

### Declaration

I certify that the above details are correct and comply with ASA regulations.

Signed \_\_\_\_\_ Club Position \_\_\_\_\_

Name: \_\_\_\_\_ (Please PRINT)



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## Summary Sheet

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

### Electronic Entries @ £5.00 per event

No of entries	Total £
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### Paper Entries @ £5.50 per event

No. of entries	Total £
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### Team Entries @ £10.00 per event

No. of entries	
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### Team Staff & Coach Passes @ £15.00 per pass

No. of passes	Total £
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Total £
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**Please return all entries to the Meet Entries Co-ordinator**

Dave Law  
31 Shellfield Road  
Southport  
PR9 9US  
07730 314508  
Email [dave@sscgalaco.uk](mailto:dave@sscgalaco.uk)  
Please email whenever possible