

**ULVERSTON AMATEUR SWIMMING CLUB**  
Affiliated to the ASA North West Region  
**SHORT COURSE LEVEL 3 LICENSED No. NW**  
**Ulverston Spring Swim Fest 2023**  
Promoted by Ulverston Amateur Swimming Club  
under ASA Laws and ASA Technical Rules of Swimming

**DATE:** Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> March 2023

**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 will be in operation. In the event of electronic timing failure, the backup manual timing will be used. A strobe light is available on the starting system

**THE MEET:** All Events are 9 & over.  
All events will be heat declared winners – heats will be swum with age groups combined and all events seeded by entry times.

Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

**Ages at 26<sup>th</sup> March 2023**

No 8 Year olds can swim, swimmers should be at least 9 years old as at date of competition stated above. 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 gender consisting of 9, 10, 11, 12,13, 14&Over. Medals will be awarded to the first 3 swimmers and ribbon thereafter.

Classified Disabled swimmers will be awarded based on classification and achieving a time faster than their original entry time. Classification certificate must be presented to the gala referee before the start the session.

**ENTRIES:** Entry Fee is £5 Per Swim  
Closing date Midnight **Saturday 11<sup>th</sup> March 2023**

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

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 / clubs.

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

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.

Late entries / poolside entries will be at the discretion of the promoter.

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: [opengala@uasc.me.uk](mailto:opengala@uasc.me.uk)

## **POOLSIDE RESTRICTIONS:**

Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed. No changing is allowed on poolside, the changing village is to be used for this purpose.

Spectators are not allowed onto poolside at any time.

Coaches will not be allowed on poolside or in changing rooms without a valid coaches pass.

Admission for spectators will be:

ALL DAY PASS Saturday or Sunday - £5  
SESSION PASS - £3

Children, accompanied by adults, £1  
OAP half price (admission only)  
Start List - £1 (per session)

## **GENERAL GALA INFORMATION:**

### **TECHNICAL OFFICIALS**

Technical officials travelling with clubs are asked to make themselves available on the day. We would be grateful if names of technical officials willing to assist could be given to meet organiser at time of entry.

### **PHOTOGRAPHY**

The ASA policy on the use of photographic equipment (cameras, camcorders, mobile phones, iPads etc or any image capturing device) will be applied at this meet. Please register to use such equipment at the entrance desk. Unauthorised use of photographic equipment is not permitted.

There will be an official gala photographer who will be present throughout the weekend, where you will be able to request photos of your swimmer, purchase of photos will be managed and controlled through the photographer's website, which will be published at the gala.

UASC reserves the right to use any photos from the event.

### **SWIM SHOP**

A swim shop will be in operation during the gala.

### **EVENT TERMS & CONDITIONS**

Entries to the meet will be held on computer and consent, as required by the Data Protection Act GDPR 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports & Photos may be shared on the UASC website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).



## PROGRAMME of EVENTS

### Saturday 25<sup>th</sup> March 2023

No		Age	Event	
101	Boys	9 & Over	200m Backstroke	<b>Session 1</b> <b>Warm up – 8.00am – 8:55am</b> <b>Start 9.00 am</b>
102	Girls	9 & Over	50m Freestyle	
103	Boys	9 & Over	100m Breaststroke	
104	Girls	9 & Over	200m Breaststroke	
105	Boys	9 & Over	100m Freestyle	
106	Girls	9 & Over	100m Butterfly	
107	Boys	9 & Over	50m Butterfly	
108	Girls	9 & Over	400m IM	
No		Age	Event	
109	Boys	9 & Over	100m IM	<b>Session 2</b> <b>Warm up – TBA pm</b> <b>Start TBA pm</b>
110	Girls	9 & Over	50m Backstroke	
111	Boys	9 & Over	50m Breaststroke	
112	Girls	9 & Over	200m Butterfly	
113	Boys	9 & Over	200m Freestyle	
114	Girls	9 & Over	100m Backstroke	
115	Boys	9 & Over	200m IM	
116	Girls	9 & Over	400m Freestyle	
Sunday 26 <sup>th</sup> March 2023				
No		Age	Event	
117	Girls	9 & Over	200m Backstroke	<b>Session 3</b> <b>Warm up – 8.00am – 8:55am</b> <b>Start 9.00 am</b>
118	Boys	9 & Over	50m Freestyle	
119	Girls	9 & Over	100m Breaststroke	
120	Boys	9 & Over	200m Breaststroke	
121	Girls	9 & Over	100m Freestyle	
122	Boys	9 & Over	100m Butterfly	
123	Girls	9 & Over	50m Butterfly	
124	Boys	9 & Over	400m IM	
No		Age	Event	
125	Girls	9 & Over	100m IM	<b>Session 4</b> <b>Warm up – TBA pm</b> <b>Start TBA pm</b>
126	Boys	9 & Over	50m Backstroke	
127	Girls	9 & Over	50m Breaststroke	
128	Boys	9 & Over	200m Butterfly	
129	Girls	9 & Over	200m Freestyle	
130	Boys	9 & Over	100m Backstroke	
131	Girls	9 & Over	200m IM	
132	Boys	9 & Over	400m Freestyle	

## Ulverston Spring Swim Fest Gala 2023 - Upper Limit Times

	9yrs		10yrs		11yrs		12yrs		13yrs		14yrs +	
Stroke	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys
50m Freestyle	33.0	33.00	31.00	31.00	29.00	29.00	28.00	28.00	27.00	27.00	26.00	25.00
100m Freestyle	1.20.00	1.20.00	1.18.00	1.18.00	1.07.00	1.05.00	1.05.00	1.04.00	1.03.00	1.01.00	58.58	54.4
200m Freestyle	2.37.10	2.37.70	2.23.90	2.23.00	2.14.50	2.17.50	2.09.00	2.06.40	2.05.90	1.59.00	2.05.70	1.53.30
400m Freestyle	4.60.00	4.60.00	4.55.00	4.55.70	4.42.50	4.42.20	4.27.40	4.27.70	4.26.40	4.07.20	4.23.30	4.03.50
50m Butterfly	34.00	34.00	33.00	33.00	33.00	32.00	32.00	31.00	31.00	30.00	28.66	27.32
100m Butterfly	1.30.00	1.30.00	1.26.00	1.26.00	1.16.00	1.16.00	1.13.00	1.12.00	1.11.00	1.07.00	01:08.0	01:00.5
200m Butterfly	3.14.30	3.14.30	2.49.50	2.51.30	2.33.30	2.34.30	2.24.90	2.23.40	2.18.50	2.11.70	02:10.11	2.04.4
50m Breaststroke	42.00	42.00	41.00	41.00	39.00	38.00	37.00	36.00	36.00	34.00	33.29	30.56
100m Breaststroke	1.40.00	1.40.00	1.37.00	1.37.00	1.28.00	1.28.00	1.24.00	1.22.00	1.22.00	1.18.00	01:12.1	01:05.0
200m Breaststroke	3.26.30	3.15.00	3.04.00	2.56.10	2.51.80	2.44.80	2.42.50	2.36.50	2.39.80	2.31.40	2.38.40	02:20.7
50m Backstroke	36.00	36.00	34.00	34.00	33.00	33.00	32.00	32.00	31.00	32.00	30.48	27.59
100m Backstroke	1.30.00	1.30.00	1.26.00	1.26.00	1.16.00	1.16.00	1.13.00	1.12.00	1.11.00	1.08.00	01:05.0	59.5
200m Backstroke	2.51.00	2.46.70	2.35.5	2.37.70	2.29.80	2.26.10	2.16.40	2.19.10	2.18.60	2.08.60	2.09.40	2.02.90
100m IM	1.25.80	1.25.80	1.18.20	1.17.40	1.13.30	1.14.20	1.07.03	1.10.70	1.06.60	1.02.30	1.05.80	1.00.20
200m IM	2.58.20	2.55.2	2.43.00	2.40.30	2.31.10	2.33.20	2.24.30	2.19.00	2.20.80	2.10.90	2.18.20	2.07.50
400m IM	5.39.80	5.35.90	5.38.80	5.35.90	5.23.90	5.15.40	5.10.50	4.56.30	4.59.20	4.40.00	4.48.40	4.29.40

# COACHES POOLSIDE PASSES

Coaches' passes to include programme, Heat sheets and entry onto poolside  
Poolside refreshments Included will be included. (**Lunch is Not included with Coaches Pass**).

**Lunch will be included for Officials & Helpers supporting the Meet.**

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, it is mandatory that all coaches comply with the relevant Swim England Child Protection Procedures, all coaches on poolside must have a VALID DBS REGISTRATION NUMBER.**

**Requests for passes must be made by email by 18<sup>th</sup> March 2023**

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: .....

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**TOTAL ENTRIES FOR MEET:** No. = ..... @ £5 Each = £.....

**COACH POOLSIDE PASSES:** No. = ..... @ £10.00 Each = £.....

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

