



KENDAL ASC 7th MINT OPEN GALA 2023

Licensed Level 3

3NW230810

PROMOTED BY

Kendal Amateur Swimming Club

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

LEVEL: Short Course Level 3 (Licenced)

DATE: Saturday 24th & 25th June 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.

EVENTS: All events are 9 years & over.

The aim of the meet is to provide a competition of a full range of events 50m – 400m. It will include SKINS events for 12/UN Boys & Girls which will be taken from the fastest swimmers in the 100m IM. There will be a 13/OV SKINS for Boys & Girls taken from the fastest 200m IM Event. The continuous races will be based on 50m events and after each round one swimmer will be eliminated.

Individual events will be swum as 'Heat Declared Winners', all events will be seeded by entry time, and all heats will be spearheaded.

Age on day will be as of 25th June 2023.

There are Upper Entry Time Limits only.

Disability competitors will be accepted for all events. All competitors must indicate their disability classification OR provide a valid Certificate of Disability issued by the ASA at the time of entry. The competition format will be based on disability inclusion within the able-bodied programme. 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. There will be no separate disability results.

AWARDS: The competition shall include the following age groups for each sex

9, 10, 11, 12, 13, 14, 15 years and over.

Age groups will be separated for results and awards purposes. Medals (places 1 to 3) will be awarded for all events for each age group.

Spot prizes will be awarded to the winner of randomly selected heats.

ENTRIES: The entry fee will be £5.50 per individual event.

Entries shall be accepted on a first come first served basis accompanied by the appropriate fee up to and including the closing date Saturday 11th June or when the gala capacity has been reached whichever occurs first.

Entries to be submitted electronically to the Competition Organiser using the Sportsystem software. Entries will be accepted from Saturday 1st June.

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.

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 and may be shared on the Kendal ASC 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).

Kendal ASC reserves the right to restrict entries in the 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 Sportsystem software Entry File and emailed to: Kendal@swimclubmanager.co.uk

MEET PROMOTERS: Only pass holders, swimmers and officials will be allowed on poolside.

Spectator entry shall be by spectator pass.

The promoter reserves the right to refuse admission to any spectator, coach or swimmer.

Clubs will be advised of the entries stored by the meet management software as soon as possible after the closing date for the competition. It is the responsibility of each club Competition Secretary to check the accuracy of the entries to allow any necessary corrections to be made. The final gala programmes will be produced as a result of any corrections that are received.

A withdrawal system will be in operation. A swimmer who has entered and been accepted will be assumed to be competing in the events in which they have entered unless they have informed the Competition Manager of their withdrawal from any/all events. Withdrawals will be accepted until the start of the warm up for each session.

Poolside entries will not be allowed.

Any swimmer who has previously withdrawn can be reinstated before the closing deadline.

Heat Start Lists will be made available as soon as possible after the commencement of the warm-up of each session.

OFFICIALS: Dress code will be White Polo/T-Shirts and dark trousers, pants, shorts, skirts or Leggings.

Coaches must be a member of the club competing, hold a coach pass issued by Kendal ASC, comply with the relevant Swim England Child Safeguarding Procedures and have an up to date DBS certificate.

PARKING: There will be parking available on site at a charge of £2 a day. Officials and Volunteers will be able to park free of charge. Those staying for 3hrs or less parking is free as long as a timed badge is visibly clear. These can be purchased from the leisure centre if required.

HOTELS: Travel Lodge Kendal Town Centre is situated 0.4miles away from the leisure centre.

Premier Inn Kendal Central is situated 1.5miles away from the leisure centre.

PROGRAMME OF EVENTS:

Saturday 24 th June 2023							
Session 1 Warm Up 8am				Session 2 Warm Up TBC			
Event No		Age	Event	Event No		Age	Event
1	B	9/OV	400m Free	9	G	9/OV	400m IM
2	G	9/OV	200m IM	10	B	9/OV	100m IM
3	B	9/OV	50m Fly	11	G	9/OV	200m Free
4	G	9/OV	50m Back	12	B	9/OV	50m Free
5	B	9/OV	200m Back	13	G	9/OV	100m Back
6	G	9/OV	100m Breast	14	B	9/OV	200m Breast
7	B	9/OV	100m Free	15	G	9/OV	50m Breast
8	G	9/OV	200m Fly	16	B	9/OV	100m Fly
				17	SKINS Event 13/OV Girls & 12/UN Boys		
Sunday 25 th June 2023							
Session 3 Warm Up 8am				Session 4 Warm Up TBC			
Event No		Age	Event	Event No		Age	Event
18	G	9/OV	400m Free	26	B	9/OV	400m IM
19	B	9/OV	200m IM	27	G	9/OV	100m IM
20	G	9/OV	50m Fly	28	B	9/OV	200m Free
21	B	9/OV	50m Back	29	G	9/OV	50m Free
22	G	9/OV	200m Back	30	B	9/OV	100m Back
23	B	9/OV	100m Breast	31	G	9/OV	200m Breast
24	G	9/OV	100m Free	32	B	9/OV	50m Breast
25	B	9/OV	200m Fly	33	G	9/OV	100m Fly
				34	SKINS Event 13/OV Boys & 12/UN Girls		

Upper Limit Times:

BOYS	9YRS	10YRS	11YRS	12YRS	13YRS	14YRS	15+YRS
50m Free	33	31	29	28	27	25	24
100m Free	1.20.00	1.18.00	1.05.00	1.04.00	1.01.00	57	53
200m Free	2.37.00	2.23.00	2.17.00	2.06.00	1.59.00	1.53.00	1.47.00
400m Free	5.00.00	4.55.00	4.42.00	4.27.00	4.07.00	4.03.00	3.59.00
50m Breast	42	41	38	34	33	32	29
100m Breast	1.40.00	1.37.00	1.28.00	1.18.00	1.16.00	1.10.00	1.05.00
200m Breast	3.15.00	2.56.00	2.44.00	2.36.00	2.31.00	2.25.00	2.20.00
50m Fly	34	33	32	31	30	29	26
100m Fly	1.30.00	1.26.00	1.16.00	1.12.00	1.07.00	1.05.00	59
200m Fly	3.14.00	2.51.00	2.34.00	2.23.00	2.11.00	2.04.00	1.58.00
50m Back	36	34	33	32	30	28	26
100m Back	1.30.00	1.26.00	1.16.00	1.12.00	1.08.00	1.02.00	58
200m Back	2.46.00	2.37.00	2.26.00	2.19.00	2.08.00	2.02.00	1.58.00
100m IM	1.25.00	1.17.00	1.14.00	1.10.00	1.02.00	1.00.00	58
200m IM	2.55.00	2.40.00	2.33.00	2.19.00	2.10.00	2.07.00	2.04.00
400m IM	5.35.00	5.35.00	5.15.00	4.56.00	4.40.00	4.29.00	4.25.00
Girls	9YRS	10YRS	11YRS	12YRS	13YRS	14YRS	15+YRS
50m Free	33	31	29	28	27	26	25
100m Free	1.20.00	1.18.00	1.07.00	1.05.00	1.03.00	1.02.00	57
200m Free	2.37.00	2.23.00	2.14.00	2.09.00	2.05.00	2.03.00	2.01.00
400m Free	5.00.00	4.55.00	4.42.00	4.27.00	4.26.00	4.23.00	4.20.00
50m Breast	42	41	39	37	36	34	33
100m Breast	1.40.00	1.37.00	1.28.00	1.24.00	1.22.00	1.18.00	1.17.00
200m Breast	3.26.00	3.04.00	2.51.00	2.42.00	2.39.00	2.38.00	2.37.00
50m Fly	34	33	33	32	31	29	27
100m Fly	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.10.00	1.07.00
200m Fly	3.14.00	2.49.00	2.33.00	2.24.00	2.18.00	2.16.00	2.14.00
50m Back	36	34	33	32	31	30	29
100m Back	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.09.00	1.08.00
200m Back	2.51.00	2.35.00	2.29.00	2.16.00	2.14.00	2.12.00	2.10.00
100m IM	1.25.00	1.18.00	1.13.00	1.07.00	1.06.00	1.05.00	1.00.00
200m IM	2.58.00	2.43.00	2.31.00	2.24.00	2.20.00	2.18.00	2.14.00
400m IM	5.39.00	5.38.00	5.23.00	5.10.00	4.59.00	4.48.00	4.38.00

Name of Club	
Contact Name	
Email	
Tel No	
Address	

	Number of Entries	Fee	Cost
Boys Entries		@£5.50	£
Girls Entries		@£5.50	£
Total Entries		@£5.50	£
Coaches' Passes (Includes lunch and poolside snacks)		@£15.00	£
Total Bank Transfer			£

Email entry files to kendal@swimclubmanager.co.uk, **entries will be accepted from Thursday 1st June**

Please send this form and a printed report of your electronic entries our preferred method of payment is by BACS

Kendal Amateur Swimming Club	Barclays Bank, PLC, 9 Highgate, Kendal, Cumbria, LA9 4DF
Sort Code	20-45-28
Account Number	60539708
Reference	Name of Swimming Club

Officials who are available to help will be provided with lunch and poolside snacks. Please contact us and let us know if you have any officials who are willing to help.

Entry pack will be available at www.kendalasc.org.uk

Any queries please contact the Gala Organisers - Louise Escolme or Laura Park at Kendal@swimclubmanager.co.uk