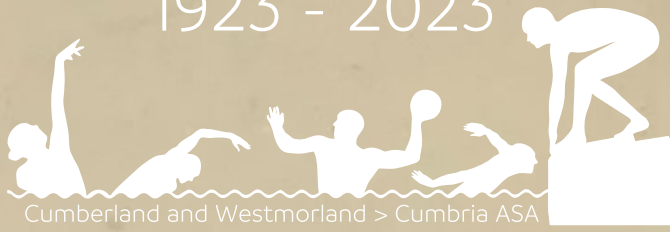


Festival of Aquatics

Festival of Aquatics
1923 - 2023



Cumberland and Westmorland > Cumbria ASA



1923 - 2023



To bring together the swimming clubs and swimming related organisations along with the many individuals involved to Celebrate 100 years of Cumberland and Westmoreland & Cumbria ASA.

- To involve individuals and groups who have been a part of the sport past and present through a programme of events and fun activities,
- Promote the sport of swimming and the associated benefits
- Promote CASC and its associated clubs whilst increasing participation in swimming at all ages, Swim for life!
- Involve the participation of swimmers/coaches/officials/parents/supporters past and present
- Leave a “Lasting legacy-memory”
- For all involved to have some fun and meet friends old and new.
- Celebrate the opening of Cumbria’s latest new 8 lane pool.

The festival will include.

- Swimming
 - Upcoming Swimmers Aged 8/Under
 - Club, County & Regional Swimming
 - Masters Swimming
 - Para Swimming
- Water Polo
- Synchronised Swimming
- Various historic fun events from over the 100 years of the association and beyond.

Water polo and squadron swimming were major elements of aquatics competitions when the association was formed, Synchronised swimming (now known as artistic swimming) featured for some years in the latter part of the 20th century, 'fun events' (see page 8 for more details) were events that featured at swimming galas before the became 'speed swimming' only. Water polo and artistic are demonstrations of branches of the sport that have died out competitively in the county.



All competitors entering individual events will be given a single ‘100 years’ swim cap.

Additional caps can be purchased.

Event Site: live.swimcumbria.org.uk

Programme of Events

Day 1 - Saturday 15th

AM

Swimming (Licensed) S1 - Age 9/Over
Synchronised Swimming

PM

Masters Swimming
Swimming (Licensed) S2 - Age 9/Over

Day 2 - Sunday 16th

AM

Swimming (Licensed) S3 - Age 9/Over
Water Polo

PM

Swimming - Age 8/Under
Fun Events / Session



Cumberland and Westmorland > Cumbria ASA

Event Site: live.swimcumbria.org.uk

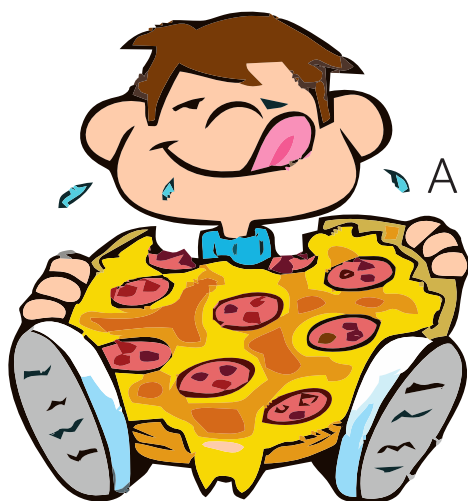
Carlisle

Saturday 15th & Sunday 16th July

The Sands Centre
Carlisle
Cumbria
CA1 1JQ



Social Night



A social event will take place on Saturday 15th July at a venue within Carlilse

Full Details to be announced.

Festival of Aquatics
1923 - 2023



Cumberland and Westmorland > Cumbria ASA

The following events will be swam under 'Swim England' & 'FINA' technical rules and will be open for entry from any swimmer from an affiliated Swim England club.

All events to be licensed at Swim England 'Level 3'

Entries will be subject to entry times not faster than the specified qualifying times.

Events (Girls and Boys)

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓	✓	✓			
Backstroke	✓	✓				
Breaststroke	✓	✓				
Butterfly	✓	✓				
Individual Medley		✓	✓			

Saturday 15th - AM

8.30am Warm Up - 9.30am Start

Licensed SE Level 3

101	Girls	9/Over	100m	Butterfly
102	Boys	9/Over	100m	Butterfly
103	Girls	9/Over	50m	Backstroke
104	Boys	9/Over	50m	Backstroke
105	Girls	9/Over	100m	Breaststroke
106	Boys	9/Over	100m	Breaststroke
107	Girls	9/Over	50m	Freestyle
108	Boys	9/Over	50m	Freestyle

Saturday 15th - PM

2.00pm Warm Up - 3.00pm Start

Licensed SE Level 3

201	Girls	9/Over	100m	IM
202	Boys	9/Over	100m	IM
203	Girls	9/Over	50m	Butterfly
204	Boys	9/Over	50m	Butterfly
205	Girls	9/Over	100m	Backstroke
206	Boys	9/Over	100m	Backstroke
207	Girls	9/Over	100m	Freestyle
208	Boys	9/Over	100m	Freestyle

Sunday 16th - AM

8.30am Warm Up - 9.30am Start

Licensed SE Level 3

301	Girls	9/Over	200m	Freestyle
302	Boys	9/Over	200m	Freestyle
303	Girls	9/Over	50m	Breaststroke
304	Boys	9/Over	50m	Breaststroke
305	Girls	9/Over	200m	IM
306	Boys	9/Over	200m	IM

**1 Shilling per event /
today's equivalent of £5**



1 SHILLING COINS WILL
NOT BE ACCEPTED AS PAYMENT

The following events will be swam under 'Swim England' & 'FINA' technical rules and will be open for entry by the following invited clubs which are affiliated to 'Cumbria ASA' & 'Swim England'

Barrow ASC
 Carlisle Aquatics
 Copeland SC
 Cockermouth SC
 Kendal ASC
 Penrith SC
 Ulverston SC
 Workington ASC
 (Maximum of 8 clubs)

All events to be licensed at Swim England 'Level 4' , These event have no qualifying times.

The purpose of this event is for the development of inexperienced athletes and to promote and develop swimming and across the county and outside the swimmers own club environment.

Events (Girls and Boys)

	<u>50m</u>	<u>100m</u>	<u>200m</u>	<u>400m</u>	<u>800m</u>	<u>1500m</u>
Freestyle	✓					
Backstroke	✓					
Breaststroke	✓					
Butterfly	✓					
Individual Medley						

Sunday 16th - PM

2.00pm Warm Up - 2.30pm Start

Licensed SE Level 4

401	Mixed	8/Under	50m	Freestyle
402	Mixed	8/Under	50m	Butterfly
403	Mixed	8/Under	50m	Breaststroke
404	Mixed	8/Under	50m	Backstroke

The event will consist of 100m events and a mixed up medley.

All events will be open to the following age groups

18/24 - 25/29 - 30/34 - 35/39 - 40/44 - 45/49 - 50/54 - 55/59 - 60/64 - 65/69 - 70/74

Awards will be given for the competitors placed 1st, 2nd & 3rd in each age group.

All events will be HDW (Heat declared Winners)

All entries to be online - see <https://live.swimcumbria.org.uk>

Entry fee per event: £5.00

Competitors entering 2 or more event can enter the medley with no charge.

Saturday 15th - PM

Warm Up - TBC

601	Mixed	Masters	100m	Freestyle
602	Mixed	Masters	100m	Butterfly
603	Mixed	Masters	100m	Breaststroke
604	Mixed	Masters	100m	Backstroke
605	Mixed	Mixed Up - Medley		Backstroke

40m Flags

Swimmers to swim 1 length (25m) then on the return length swim a further 15m until they reach the flags where the winner will be decided by a referees decision.

501	Girls	Open	40m	Freestyle
502	Boys	Open	40m	Freestyle

Awards to be given in the following age groups
9/Under, 10, 11, 12, 13, 14, 15, 16/Over

Squadron Race

The race will consist of a team of 3 swimmers swimming a total of 300m

Swimmer 1 - Swim 50m - 12/Under

Swimmer 2 - Swim 100m - 14/Under

Swimmer 3 - Swim 150m - Open

503	Girls	Open	Squadron Race	Freestyle
504	Boys	Open	Squadron Race	Freestyle

Awards to be given for 1st, 2nd & 3rd

Dressed to 'Swim'

Swimmers to wear 2 items of clothing, T-Shirt and Full length bottoms.

505	Girls	Open	50m	Backstroke
506	Boys	Open	50m	Backstroke

Awards to be given in the following age groups
9/Under, 10, 11, 12, 13, 14, 15, 16/Over

Unicorn Race

A Team of 4 Swimmers must each ride an inflatable unicorn for 50m each with a total of 200m

Swimmer 1 - 12/Under

Swimmer 2 - 14/Under

Swimmer 3 - 16/Under

Swimmer 4 - Open

507	Girls	Open	4 x 50m Unicorn Race
508	Boys	Open	4 x 50m Unicorn Race

Awards to be given for 1st, 2nd & 3rd

Egg 'n' Spoon

Competitors hold their spoons between their teeth and attempt to swim a total of 50m to the finish line with the egg still in place

509	Girls	Open	Egg Spoon
510	Boys	Open	Egg Spoon

Awards to be given in the following age groups
9/Under, 10, 11, 12, 13, 14, 15, 16/Over

4 x 50m Medley Team Event

Medley Relay Event

511	Girls	12/Under	4 x 50m	Medley
512	Boys	12/Under	4 x 50m	Medley
513	Girls	14/Under	4 x 50m	Medley
514	Boys	14/Under	4 x 50m	Medley
515	Girls	Junior	4 x 50m	Medley
516	Boys	Junior	4 x 50m	Medley
517	Girls	Open	4 x 50m	Medley
518	Boys	Open	4 x 50m	Medley

Awards to be given for 1st, 2nd & 3rd in each event

6 x 50m Team Event

Team to consist of a boy and girl from each of the following age groups
12/Under | 14/Under | Open

519	Mixed	10-12 / Under 14 / Open	6 x 50m	Freestyle
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Awards to be given for 1st, 2nd & 3rd



Team Events will be limited to 3 entries per club.

Entry Fees: £2.50 per event.

* 9/Under can include swimmers aged 7-9

Water Polo has held great prominence within our county association over the years and we have no doubt that the competition will be as fierce now, and we are sure that you will witness some truly amazing moments.

The event aims to give everyone a safe and fun introduction to Water Polo.

Each club will compete against their local rivals in a round robin format with points based on their performance, with wins earning three points, draws one point and losses zero points.

Once all the round-robin games are played, the teams with the highest point totals will play in a final and the second highest scoring teams in a third place play-off.

Rules to remember:

- To start the match, there is a swim-off. The ball is released in the centre of the playing area while players line up along their own goal lines. The team that reaches the ball first gains the first possession of the game.
- Only one hand must be used to throw the ball.
- To start play after a goal, players from each team must return to their own half. Play is restarted at the centre line by the team who did not score. The player must throw the ball backwards to a team mate.
- If a player is in possession of the ball, they cannot dunk the ball underwater.
- If a foul has been committed, the opposing team gets a 'free throw'



Synchronised swimming in Cumbria was born with the formation of the Troutbeck Bridge Swimming club by a group of aquatic enthusiasts with the opening of the new pool near Windermere in 1976.

One of those enthusiasts was a lady by the name of Olwyn Jones with many years of experience in swimming introduced the discipline of synchronised swimming which had evolved from the floating patterns used in lifesaving.

Interested parents became involved such as Terry Lambert and Hazel Simm and the sport started to grow and flourish with teams from Troutbeck successfully taking part in the Northern Counties Championship.

Several other clubs within the county started to develop synchronised swimming with Whitehaven, Barrow and Carlisle all having sections. Swimmers would often travel further afield and train with other North West Clubs to support their improvement and development. Such was the interest Cumbria ASA has its own County Championships which started in the 1980's and ran through until the late 90's.

Sadly, we now have no synchronised swimming or artistic swimming as it is now known in the county. Thanks to Terry Lambert's lifetime involvement in the sport today we have a team of ladies from Lancashire who will provide a demonstration of this aquatic artistic discipline.

Please come and support this demonstration event at the festival you will be amazed at the skill of these ladies.

Who knows where this may lead, could it be the start of a renaissance in Cumbria?



During the festival we will be showcasing Synchronised Swimming (Now called Artistic Swimming) thanks to a team from Preston.

Girls

	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16/OV</u>
50 Freestyle	00:32.10	00:29.90	00:28.20	00:27.20	00:26.70	00:26.50	00:26.00	00:25.50
100 Freestyle	01:14.00	01:06.90	01:01.70	00:59.70	00:58.10	00:57.70	00:57.20	00:56.70
200 Freestyle	02:37.10	02:23.00	02:14.50	02:09.00	02:05.90	02:05.70	02:05.20	02:04.70
50 Breaststroke	00:42.10	00:38.80	00:35.80	00:34.40	00:33.40	00:32.70	00:32.20	00:31.70
100 Breaststroke	01:37.80	01:27.90	01:20.40	01:13.90	01:11.70	01:12.20	01:11.70	01:11.20
50 Butterfly	00:36.10	00:33.00	00:31.00	00:29.50	00:28.70	00:28.40	00:27.90	00:27.40
100 Butterfly	01:29.00	01:18.50	01:08.80	01:04.70	01:02.40	01:02.50	01:02.00	01:01.50
50 Backstroke	00:36.00	00:34.00	00:32.90	00:30.60	00:29.90	00:28.20	00:27.70	00:27.20
100 Backstroke	01:22.30	01:16.80	01:09.30	01:04.70	01:04.70	01:00.50	01:00.00	00:59.50
100 Individual Medley	01:22.70	01:17.60	01:13.20	01:07.30	01:05.90	01:05.00	01:04.50	01:04.00
200 Individual Medley	02:58.20	02:43.00	02:31.10	02:24.30	02:20.80	02:18.20	02:17.70	02:17.20

Boys

	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>	<u>13</u>	<u>14</u>	<u>15</u>	<u>16/OV</u>
50 Freestyle	00:32.00	00:29.90	00:28.40	00:25.40	00:24.00	00:23.20	00:22.70	00:22.20
100 Freestyle	01:13.80	01:08.90	01:01.00	00:57.70	00:54.00	00:51.60	00:51.10	00:50.60
200 Freestyle	02:37.70	02:23.90	02:17.50	02:06.40	01:59.00	01:53.30	01:52.80	01:52.30
50 Breaststroke	00:41.30	00:36.80	00:34.90	00:31.60	00:30.00	00:28.80	00:28.30	00:27.80
100 Breaststroke	01:31.70	01:30.10	01:18.00	01:12.80	01:08.10	01:06.30	01:05.70	01:05.30
50 Butterfly	00:34.80	00:31.80	00:31.40	00:28.20	00:26.00	00:25.10	00:24.60	00:24.10
100 Butterfly	01:26.20	01:22.10	01:11.90	01:03.40	00:57.80	00:55.00	00:54.50	00:54.00
50 Backstroke	00:36.30	00:34.80	00:32.10	00:30.10	00:27.30	00:27.00	00:26.50	00:26.00
100 Backstroke	01:23.50	01:18.30	01:11.40	01:02.90	00:59.60	00:56.50	00:56.00	00:55.50
100 Individual Medley	01:22.50	01:16.40	01:10.50	01:05.60	01:02.30	01:00.20	00:59.70	00:59.20
200 Individual Medley	02:55.20	02:40.30	02:33.20	02:19.00	02:10.90	02:07.50	02:07.00	02:06.50

Swimmers must not be faster than the time above.

	Freestyle					Back			Fly			Breast			IM	
	50m	100m	200m	400m		50m	100m		50m	100m		50m	100m		100m	200m
S1	✓	✓	✓			✓	✓				SB1	✓				
S2	✓	✓	✓			✓	✓		✓		SB2	✓				
S3	✓	✓	✓			✓			✓		SB3	✓				
S4	✓	✓	✓			✓			✓		SB4		✓			
S5	✓	✓	✓			✓			✓		SB5		✓	SM5	✓	✓
S6	✓	✓		✓			✓		✓		SB6		✓	SM6	✓	✓
S7	✓	✓		✓			✓		✓		SB7		✓	SM7	✓	✓
S8	✓	✓		✓			✓			✓	SB8		✓	SM8	✓	✓
S9	✓	✓		✓			✓			✓	SB9		✓	SM9	✓	✓
S10	✓	✓		✓			✓			✓				SM10	✓	✓
S11	✓	✓		✓			✓			✓	SB11		✓	SM11	✓	✓
S12	✓	✓		✓			✓			✓	SB12		✓	SM12	✓	✓
S13	✓	✓		✓			✓			✓	SB13		✓	SM13	✓	✓
S14	✓	✓	✓	✓			✓			✓	SB14		✓	SM14	✓	✓

Para swimmers can also enter all other events if they are within the accepted times.

1 - General Conditions

1. Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.
2. 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 Cumbria ASA 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).
3. The festival shall be run in accordance with Swim England Laws and Technical Rules
4. Event will take place on the 15th & 16th July 2023 at the Sands Centre, Carlisle
5. Events 101-306 will be licensed at Level 3 & Events 401-404 will be licensed at Level 4
6. The competition shall include the following age groups for each gender
 - Events 101-306 - 9, 10, 11, 12, 13, 14, 15 & 16 years and over.
 - Events 401-404 - 8/Under.
 - Events 601-605 - Masters
7. The upper limit times will apply for entry for events 101-30
No time limits for events 401-404 & 601-605
8. Upper limit times can be achieved at a level 1, 2, 3 or 4 licensed meet.
9. Events 601-604 (Masters) have no qualifying times.
10. All events will be swum as 'Heat Declared Winner' in mixed age groups, seeded by entry time.
11. All heats shall be spearheaded.
12. Age Groups will be separated for results and awards purposes.
13. Results will be published in time order.
14. The entry fee will be £5.00 per event for events 101-306, £3.00 for events 401-404., £5.00 for events 601-605
15. Entries shall reach the Competition Organiser by email: markrswim@gmail.com no later than Sunday 25th June 2023 accompanied by the appropriate fee. Late entries may be accepted at the discretion of the Competition Organiser. Poolside, or improved entries will not be accepted.
16. Entries maybe restricted to ensure safe running of the meet and to comply with local restrictions, this will be at the discretion of the Competition Organiser.
17. Refunds will only be given:
 - Where entrants are denied entry because the number of entries has been restricted in the interests of safety or to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times shall take precedence. Events chosen for restriction will be at the discretion of the Competition Organiser.
 - Where a competitor has to withdraw on proven medical grounds.
 - Where event has to be cancelled or restricted because of COVID / local restrictions and SE / Government guidelines.
18. Age on the day will be as of July 15th 2023.
19. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.

20. Competition organiser:

- M Ralph
- Tel: 07793-325179
- e-mail: markrswim@gmail.com

2. The preferred method of paying entry fees is by arranging a BACS transfer to:

- Account name: Cumbria ASA
- Sort Code: 010954
- Account No: 11103221

3. Treasurer

- K J Chisholm
- Tel: 01946-694019
- e-mail: keithchisholm@gmail.com

2 - Awards

1. There will be awards for the first 3 swimmers in each age group and gender in each event for events 101-404.

3. Meet Procedures

1. Entries will only be accepted from club Competition Secretaries and should be made by sending the appropriate Sportsystems entry files via the internet. It is the responsibility of clubs to ensure that their entries are correct.
2. Any other entries that are received (from individuals) may not be accepted and may be referred to the appropriate club Competition Secretary.
3. Entries must be received no later than 25th June 2023
4. 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.
5. The final gala programmes will be produced as a result of any corrections that are received and will be published on the Cumbria ASA website (swimcumbria.org.uk) several days in advance of the competition.
6. Withdrawals will be accepted until the start of the warm up for each session. There will be no refund of entry fees except in the case of injury.
7. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
8. Any swimmer who has previously withdrawn can be reinstated before the appropriate closing deadline without penalty.
9. Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
10. Heat start Lists will be available for spectators at 50p per session.
11. Swimmers must present themselves to the Competitors Stewards 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 their race
12. Spectators
 - Spectators will be allowed subject to local restrictions
 - Spectator entry will be £4/session; £7 all day; concessions (children and seniors) will be charged £3.00 per session for entry. Wristbands will be issued to all spectators
 - Spectator fees to be cashless, card payments only.
13. Each coach/team manager requiring access to the poolside must be in possession of a pass issued by Cumbria ASA. It is mandatory that all Coaches comply with the relevant Swim England Child Protection Procedures and have an up to date DBS certificate. Mixed teams must have both male and female coaches/team staff
14. Poolside passes will be issued on the basis of a club's entries; there will be no charge:
 - Up to 20 swimmers: 3 passes only
 - 21-30 swimmers: maximum of 4 passes
 - 31-40 swimmers: maximum of 5 passes
 - More than 41 swimmers: maximum of 6 passes.
 - *Poolside passes maybe further restricted due to local restrictions.
15. Only pass holders, swimmers and officials will be allowed on poolside.
16. Over the top' starts may be used in backstroke events at the referee's discretion.
17. Omega timing system will be used in conjunction with SportSystem software, a strobe light will be available.
18. Warm down facilities will not be available.

4. Para Swimmers

1. The general conditions for the festival shall apply to para swimmers except where varied by any of the following conditions.
2. Para Events page shows the events and classifications that will be accepted for this competition.
3. Competitors must indicate their disability classification OR provide a valid Certificate of Disability issued by Swim England at the time of entry.
4. There are no qualifying times for para swimmers.
5. Personal Care Attendants/Coaches will be permitted for all para swimmers and they must conform to the Swim England child protection procedures.
6. Competition format:
 - 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.
 - Awards will be made to para swimmers using the minus one rule, in the case of a single para swimmer then they must beat their entry time.

Entries

Entry files can be downloaded from live.swimcumbria.org.uk

Because this event has multiple licenses and a mix of events, multiple entry files have been issued.

FA23MEET

For events 101 to 308 - Level 3 Events

FB23MEET

For Events 401-404 - Level 4 Events

FD23MEET

For Events 501/502 | 505/506 | 509/510

Event 501/502 - Enter and qualify as Freestyle (40m Flags) - To be swam as Freestyle

Event 505/506 - Enter and qualify as Backstroke (Dressed to Swim) - To be swam as Backstroke

Event 509/510 - Enter and qualify as ButterFly (Egg and Spoon) - Can be swam as any stroke

All other 'Fun Events' which are team events please use the entry form which will be available online and email to meet organiser, there is a maximum of 3 team entries per event per club.

Meet files to reach the meet organiser no later than 25th June by email - markrswim@gmail.com

Payments for entries must be sent no later than the 1st July.

Entries for Events 601-605 - Masters Events - Online entry only - live.swimcumbria.org.uk

All club members MUST be 'SE Club Complete' members at the time of entries, apart from events 401-404 where 'SE Club Train' will be permitted.

Masters swimmers must be a member of a Swim England club or have insurance cover from Swim England.