



Bridlington Swimming Club

(Affiliated to ASA NER Region)

Promotor Kev Sissons

SEASIDE SPECIAL A/B/C Short Course Sprints Gala

Under ASA Laws & ASA Technical Rules

Level 3 License 3NE171090

(For entry into Regional and County Championships)

SATURDAY 1st JULY 2017

East Riding Leisure Bridlington

Events

All age groups – 50m all strokes
10 yrs and over – 100m all strokes

Awards

Medals 1st 2nd 3rd Place ALL AGES
9/10 / 11/12 Medals 4th – 6th

Entries

£5.00 per individual entry

Accepted on a first come first served basis

ALL SPECTATORS TICKETS MUST BE PURCHASED WITH ENTRIES

Please supply S.A.E with entry for return of spectator tickets.

Age as at midnight on 1st July 2017

Closing Date: Midnight SUNDAY 18th JUNE 2017





General Information

Organisation

The Promotor is: Kev Sissons

- The gala will be held under ASA Laws and Technical Rules of Swimming.
- Ages as at 1st July 2017
- 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 Promenade Bridlington YO15 2QQ

Pool

- 25m, 6 Lane Pool with anti-wave ropes.
- Large scoreboard and electronic timing used throughout the meet.

Timing

- Colorado Electronic timing and Open Meets will be used throughout the meet.

Session Times

- Saturday Session 1 Warm Up – 12.30 Start – 13.15
- Saturday Session 2 Warm Up – 16.30 Start – 17.15

Individual Events

- All ages graded – 50m, 100m,
- **All events are heat declared winners**



Awards

MEDALS for 1st 2nd 3rd Place ALL AGES

Age groups 9, 10, 11 and 12, years old: medals 4th - 6th

- 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 Open Meets entry package provided;
- Swimmers must not have swum faster than the A Grade cut-off time during the 12 months preceding the gala;
- Entries will be accepted on a first come first serve 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;
- Complete entry forms & Spectator Bookings
- Swimmer entry fees together with spectators fees and other requisite fees to:

Stuart Hebden
108 Queensgate
Bridlington
East Yorkshire.
YO16 7JH

racesec@bridswimclub.co.uk

- Cheques made payable to: Bridlington Swimming Club
- **ENTRY CLOSING DATE: MIDNIGHT Sunday 18th JUNE 2017.**



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 or £8 full day pass.
 - Children/OAP's £3 per session or £5 full day pass.
 - All spectators' tickets must be purchased with entries.
- Stamped addressed envelope to be included for return of spectators tickets.
 - Will be on a first come first served basis.
 - No entry on day without a ticket.

Photography

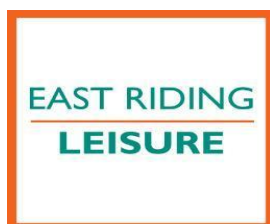
- There will be a photographer present on the day and pictures will be available to purchase.
- Anyone wishing to engage in zoom or close range photography must register on entry.

Footwear

- All meet participants must observe the safety precautions at Bridlington Leisure Centre and must wear footwear when leaving poolside.

Further Information

- For further information, please contact • Telephone: 01262 830120
- E-Mail: racesec@bridswimclub.co.uk / chair@bridswimclub.co.uk
- Or you can visit our website and click on galas 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

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

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



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

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

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



Schedule of Events Session 1

Warm-up - Boys: 12.30 – 12.50, Girls: 12.50 – 13.10, First Heat 13.15hrs

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

Schedule of Events Session 2

Warm-up – Girls: 16.30 – 16.50, Boys: 16.51 – 17.10, First Heat 17.15

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



Officials – We would appreciate your help

We need many 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 racesec@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 Yorkshire.

YO16 7JH

Telephone: 01262 830120

E-Mail: racesec@bridswimclub.co.uk / chair@bridswimclub.co.uk



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 9 and over.
 - b. 50m & 100m all strokes 11 and over.
7. Age is the swimmer's age at midnight on 1st July 2017.
8. All entries shall be submitted before the closing date of the Gala.
9. All entries to be submitted by each affiliated club's Competition Secretary via an electronic system.
(Open Meets)
10. All events will be swum as heat declared winner.
11. Swimmers can only enter their age group events.
12. There shall be separate events for males and females although, at the Promoter's discretion, they may be swum combined.
13. Entry times will be short course times for the event distance or converted 50m pool times using ASA conversion tables and should be SLOWER than the published times

The Day of the Gala

14. Swimmers shall be placed in time order, slowest to fastest. All heats will be spearheaded.
15. 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.
16. Competitors must report to their Team Manager.
17. Warm up will commence 45mins prior to the start of each Gala session, i.e. 12.30 and 16.30
18. 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.
19. Swimmers are asked to remain in the water at the end of their event.

Awards

Awards will be presented to the fastest three swimmers in each event in all age groups and to those finishing between 4th and 6th in the 9,10, 11 & 12 year old age groups.

Swimmers must collect their awards from the trophy table, after the results for each event have been announced / published.