



KENDAL MINT OPEN GALA 2019

Level 3 – 3NW191769

PROMOTED BY

Kendal Amateur Swimming Club

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

LEVEL: Short Course Level 3 – 3NW191769

DATE: Saturday 29th June 2019

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. A strobe light is available for the use of swimmers with a hearing impediment.

EVENTS: All events are 9 years & over.

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

Age on day will be as of 29th June 2019.

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 £4.50 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 15th June or when the gala capacity has been reached whichever occurs first.

Entries to be submitted electronically to the Competition Organiser using the Sport system 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 Sport system software Entry File and emailed to: competition@kendalasc.org.uk

MEET PROCEDURES:

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.

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 CRB certificate.

PROGRAMME OF EVENTS:

Saturday 29th June				
Event No.		Age	Event	
1	G	9 yrs/over	200m I.M.	Session 1 Warm Up : 8:30am - 9:25am Start : 9:30am
2	B	9 yrs/over	100m I.M.	
3	G	9 yrs/over	50m Backstroke	
4	B	9 yrs/over	50m Breaststroke	
5	G	9 yrs/over	100m Butterfly	
6	B	9 yrs/over	100m Freestyle	
7	G	9 yrs/over	50m Freestyle	
8	B	9 yrs/over	50m Butterfly	
9	G	9 yrs/over	100m Breaststroke	
10	B	9 yrs/over	100m Backstroke	
11	B	9 yrs/over	200m I.M.	Session 2 Warm Up : TBA Start : TBA
12	G	9 yrs/over	100m I.M.	
13	B	9 yrs/over	50m Backstroke	
14	G	9 yrs/over	50m Breaststroke	
15	B	9 yrs/over	100m Butterfly	
16	G	9 yrs/over	100m Freestyle	
17	B	9 yrs/over	50m Freestyle	
18	G	9 yrs/over	50m Butterfly	
19	B	9 yrs/over	100m Breaststroke	
20	G	9 yrs/over	100m Backstroke	

UPPER LIMIT TIMES:

Boys	9 years	10 years	11 years	12 years	13 years	14 years	15 yrs/over
50m Freestyle	33	31	29	28	27	25	24
100m Freestyle	1.20.00	1.18.00	1.05.00	1.04.00	1.01.00	59	55
50m Breaststroke	42	41	38	34	33	32	31
100m Breaststroke	1.40.00	1.37.00	1.28.00	1.18.00	1.16.00	1.10.00	1.09.00
50m Butterfly	34	33	32	31	30	29	26
100m Butterfly	1.30.00	1.26.00	1.16.00	1.12.00	1.07.00	1.05.00	59
50m Backstroke	36	34	33	32	32	30	28
100m Backstroke	1.30.00	1.26.00	1.16.00	1.12.00	1.08.00`	1.06.00	1.02.00
100 IM	1.25.80	1.17.40	1.14.20	1.10.70	1.02.30	1.00.20	59.2
200 IM	3.08.00	2.58.00	2.40.00	2.33.00	2.25.00	2.20.00	2.15.00

Girls	9 years	10 years	11 years	12 years	13 years	14 years	15 yrs/over
50m Freestyle	33	31	29	28	27	26	25
100m Freestyle	1.20.00	1.18.00	1.07.00	1.05.00	1.03.00	1.02.00	59
50m Breaststroke	42	41	39	37	36	34	33
100m Breaststroke	1.40.00	1.37.00	1.28.00	1.24.00	1.22.00	1.18.00	1.17.00
50m Butterfly	34	33	33	32	31	30	28
100m Butterfly	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.10.00	1.07.00
50m Backstroke	36	34	33	32	31	30	29
100m Backstroke	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.09.00	1.08.00
100 IM	1.22.70	1.18.20	1.13.30	1.07.03	1.06.60	1.05.80	1.04.80
200 IM	3.08.00	2.58.00	2.42.00	2.35.00	2.31.00	2.28.00	2.25.00

Club Competition Secretary Summary Entries Form

Name of Club	
Contact Name	
Email	
Tel No	
Address	

	Number of Entries	Fee	Cost
Boys Entries		@ £4.50	£
Girls Entries		@ £4.50	£
Total Entries		@ £4.50	£
Coaches' Passes (includes lunch and poolside snacks)		@ £6.00	£
Total cheque included / bank transfer			£

Email entry files to competition@kendalasc.org.uk, **entries will be accepted from Saturday 1st June.**

Please send this form and a printed report of your electronic entries and your cheque (payable to Kendal ASC) to the address at the bottom of this form.

If you wish to pay by bank transfer please use the following details

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 - competition@kendalasc.org.uk

Louise Escolme
10 Warwick Drive,
Endmoor,
Kendal,
Cumbria, LA8 0EE