

ULVERSTON AMATEUR SWIMMING CLUB
Affiliated to the Swim England North West Region
SHORT COURSE LEVEL 3 LICENSED No. NW
Ulverston Spring Swim Fest 2025
Promoted by Ulverston Amateur Swimming Club
under Swim England Laws and Swim England Technical Rules of Swimming

DATE: Saturday 1st & Sunday 2nd March 2025

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 2nd March 2025

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 Swim England

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 categories as defined under entries. 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: Entries will be grouped in to the following Categories Female and Open/Male

The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.

Entry Fee is £5.50 Per Swim

Entries Opening Date: **Saturday 1st February 2025**
Closing date Midnight **Saturday 15th February 2025**



ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS

UASC reserves the right to close entries or 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 Sportsystem software Entry File and emailed to: 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 Swim England policy on the use of photographic equipment (cameras, camcorders, mobile phones, I pads 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 1st March 2025

No	Age	Event	
101	Open/Male	9 & Over	200m Backstroke
102	Female	9 & Over	50m Freestyle
103	Open/Male	9 & Over	100m Breaststroke
104	Female	9 & Over	200m Breaststroke
105	Open/Male	9 & Over	100m Freestyle
106	Female	9 & Over	100m Butterfly
107	Open/Male	9 & Over	50m Butterfly
108	Female	9 & Over	400m IM
Session 1			
Warm up – 8.00am – 8:55am			
Start 9.00 am			
No	Age	Event	
201	Open/Male	9 & Over	100m IM
202	Female	9 & Over	50m Backstroke
203	Open/Male	9 & Over	50m Breaststroke
204	Female	9 & Over	200m Butterfly
205	Open/Male	9 & Over	200m Freestyle
206	Female	9 & Over	100m Backstroke
207	Open/Male	9 & Over	200m IM
208	Female	9 & Over	400m Freestyle
Session 2			
Warm up – TBA pm			
Start TBA pm			

Sunday 2nd March 2025

No	Age	Event	
301	Female	9 & Over	200m Backstroke
302	Open/Male	9 & Over	50m Freestyle
303	Female	9 & Over	100m Breaststroke
304	Open/Male	9 & Over	200m Breaststroke
305	Female	9 & Over	100m Freestyle
306	Open/Male	9 & Over	100m Butterfly
307	Female	9 & Over	50m Butterfly
308	Open/Male	9 & Over	400m IM
Session 3			
Warm up – 8.00am – 8:55am			
Start 9.00 am			
No	Age	Event	
401	Female	9 & Over	100m IM
402	Open/Male	9 & Over	50m Backstroke
403	Female	9 & Over	50m Breaststroke
404	Open/Male	9 & Over	200m Butterfly
405	Female	9 & Over	200m Freestyle
406	Open/Male	9 & Over	100m Backstroke
407	Female	9 & Over	200m IM
408	Open/Male	9 & Over	400m Freestyle
Session 4			
Warm up – TBA pm			
Start TBA pm			



Ulverston Spring Swim Fest Gala 2025 - Upper Limit Times

	9yrs		10yrs		11yrs		12yrs		13yrs		14yrs +	
Stroke	Female	Open/Male	Female	Open/Male	Female	Open/Male	Female	Open/Male	Female	Open/Male	Female	Open/Male
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

