



**PSC Summer Spectacular 2016**  
**L3 Open Gala**                      **Licence No: 3NW160845**

Date:	Saturday & Sunday 11 <sup>th</sup> and Sunday 12 <sup>th</sup> June 2016
Venue:	Darwen Leisure Centre, The Green, Darwen. BB3 1PW
Facilities:	<p>This a fabulous 25m pool complex with 8 lanes, anti-wave lane ropes and electronic Daktronics timing in operation with scoreboard display. The Leisure Centre has on site café facilities.</p> <p>There is onsite parking, which is limited; however, there are numerous local parking facilities in the vicinity of the pool.</p>
Age:	Ages are as at midnight on the 12 <sup>th</sup> June 2016
The Meet:	<p>The meet will be held under ASA Laws and Technical Rules and is licensed by the ASA to a level 3 standard.</p> <p>The programme will operate on a start sheet system and will cover 50m, 100m, 200m events plus 400m Freestyle event.</p> <p>Entries will be seeded on a slowest to fastest time basis for all age groups within an event.</p> <p><b>Please read the entry times carefully and ensure your entry time is within the upper and lower qualifying time limits.</b> Entries that do not meet the qualifying time for that event will be rejected. As event organisers we rely on accurate times being entered on the application forms, to be fair to all swimmers. Your cooperation in this matter would be greatly appreciated</p> <p>If a 50m (long course) time is to be used this must be converted to 25m (short course) times using ASA Equivalent Performance Tables or Sportsystem Equivalent Times Converter electronic programme.</p> <p><b>Entry times should normally have been achieved in the twelve months prior to the event</b>, converted to short course. <b>It is not essential that entry times have been achieved at a previous licensed open meet, however, any submitted times must have been achieved at an agreed club time trial / timed event and endorsed by the club coaches. If submitting times approved by a coach you <u>MUST</u> have the coaches signature on the entry form otherwise the entry form will be rejected.</b></p> <p>All events will be heat declared winners within the prescribed age limits.</p> <p>There will be spot prizes drawn at random for swimmers throughout the competition.</p> <p>In line with the recommendation in the ASA Child Protection Policy, any person wishing to engage in video, zoom or close range photography (including mobile phones with a photographic facility) should register their details, before the event, with PSC staff at the entry desk before carrying out any such photography. An authorisation wrist band will be</p>



	issued and must be worn at all times. Any person not complying will be asked to leave the pool complex.
Withdrawals:	<p>Withdrawals must be made by either:</p> <ul style="list-style-type: none"><li>• e-mail (<a href="mailto:psccalasecretary@btinternet.com">psccalasecretary@btinternet.com</a>) or text (07597634286) by 8pm the evening before competition. Please state the swimmer's name, club and events they wish to be withdrawn from</li><li>• in person at the designated desk on the day using a withdrawal form.</li></ul> <p>Coaches, team managers and parents may withdraw a swimmer from an event on the day of competition provided the appropriate withdrawal form has been completed.</p> <p><b>Note: The time limit for withdrawals on the day is 1 hour before the start of a session.</b></p>
Awards:	<p>Awards will be made for the first three placed participants in each individual age group:</p> <ul style="list-style-type: none"><li>• Girls: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs &amp; 14 yrs, 15 yrs and over.</li><li>• Boys: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and over.</li></ul> <p>All races will be spearheaded. No formal presentations will be made for the individual events, where all awards can be collected from the designated table.</p> <p>Points accrued by swimmers throughout the event will lead to a 'Top Visiting Club' award. There will be a formal presentation at the end of session 4 for the top visiting club.</p>
Entries:	<p>Cost per entry is £5.00 (electronic entry) or £5.50 for paper entries. Clubs should make their entries collectively and send payment with 1 cheque per club only</p> <p>(make cheques payable to '<b><u>Preston Swimming Club</u></b>') Refund cheques will only be payable to the entered Club.</p> <p>All clubs are encouraged to enter using the Sportsystem electronic entries. This is available on the PSC Open Meets page of the Preston Swimming Club website <a href="http://www.swimpreston.co.uk">www.swimpreston.co.uk</a></p>



Closing Date & acceptance criteria:	<p>In order to manage any potential oversubscription to the meet, we are operating on <b>'First Come First Served'</b> basis. It is hoped that by doing this we can accommodate as many entries as possible.</p> <p>The window for applications will open at:</p> <p><b>1pm Friday 22<sup>nd</sup> April 2016.</b></p> <p>With the final closing date for entries being:</p> <p><b>7pm: 20<sup>th</sup> May 2016.</b></p> <p><b>Late entries will NOT be accepted and no poolside entries will be accepted at this meet.</b></p> <p>All accepted and rejected entries will be posted on the web-site by Friday 27<sup>th</sup> May 2016. <b>Can you please ensure you check these entries and ensure any queries / errors are raised immediately</b> as we will not be in a position to correct errors / add swimmers on the day.</p>
Coaches:	<p>Passes for coaches are £18.00 for the whole weekend and a pass is required for any poolside staff / helpers. Note all poolside helpers must have full CRB clearance.</p> <p>The coach's pass will include entrance to the pool, programme, start sheets, lunch and snacks at programmed breaks. Please purchase coach passes by completing the application form.</p> <p>No one will be allowed on poolside without a pass.</p>
Website:	<b><a href="http://www.swimpreston.co.uk">www.swimpreston.co.uk</a></b>
Cheques:	Must be made payable to Preston Swimming Club.

**Copies of all entries & forms together with cheques are to be posted to:-**

As well as submitting entries electronically please complete and return the club entry summary form along with your payment to:

Helen Smith  
Lewth Lodge  
Cinder Lane  
Woodplumpton  
PRESTON  
Lancs  
PR4 0TH

Electronic entry forms should be returned direct to <mailto:pscgalasecretary@btinternet.com>  
**This is a cardless meet. Entry confirmations will be posted / emailed to clubs as soon as entries are processed.**



**PAPER ENTRY FORM FOR: PSC L3 Summer Spectacular**

**CLOSING DATE FOR ENTRIES: 7pm 20<sup>th</sup> May 2016  
LATE ENTRIES CANNOT BE ACCEPTED.**

ASA Registration No						First Name		Initial	Surname	
Date of Birth						Male/Female		Club		
Age as at : 12 <sup>th</sup> June 2016						Tel Number / Email Address				
Event						Entry Time		Date Achieved		Signature of Coach if using time trial
50m Freestyle										
100m Freestyle										
200m Freestyle										
400m Freestyle										
50m Backstroke										
100m Backstroke										
200m Backstroke										
50m Breaststroke										
100m Breaststroke										
200m Breaststroke										
50m Butterfly										
100m Butterfly										
200m Butterfly										
200m Individual Medley										

**Total Number of Entries @ £ 5.00 per event (electronic entry via a club secretary and for PSC Swimmers  
Or £5.50 if sending an individual paper entry in**

**Total Amount Paid £.....**

**Total amount of cheque =  
Payable to **Preston Swimming Club****

**Signed: ..... Date: .....**



**PSC Summer Spectacular  
11<sup>th</sup> and 12<sup>th</sup> June 2016  
(License No: 3NW160845)**

**Club Competition Secretary Electronic Entries Submission Form:**

Contact Details	
Name of Club	
Contact Name	
Email	
Tel No	
Address	

Entry Details			
	Number	Fee	Cost
Boys Entries		@£5.00	£
Girls Entries		@£5.00	£
Total Entries			
Coaches' Passes		@£18.00	£
Total cheque included			£

- Email your electronic entry files to [pscgalasecretary@btinternet.com](mailto:pscgalasecretary@btinternet.com) by the **closing date**
- In addition to the above point please send this form, a printed report of your electronic entry and your cheque (payable to Preston Swimming Club) by the closing date where possible to:

Mrs Helen Smith, Lewth Lodge, Cinder Lane, Woodplumpton, Preston, PR4 0TH

**Officials:**

Do you have any qualified officials who would be available to help at any of the sessions?  
If so please include below.

Name	Level (Judge, T/K, Starter)	Sessions Available			
		1	2	3	4

**Closing Date: 20<sup>th</sup> May 2016**



## Programme of Events

### **Session 1 Saturday 11<sup>th</sup> June 2016**

**Warm Up 8:00am Start: 9:00am**

- Event 101** Girls 11 & Over 400m Freestyle
- Event 102** Boys 9 & Over 50m Fly
- Event 103** Girls 9 & Over 200m Backstroke
- Event 104** Boys 9 & Over 100m Freestyle
- Event 105** Girls 9 & Over 50m Backstroke
- Event 106** Boys 9 & Over 100m Breaststroke
- Event 107** Girls 10 & Over 200m Butterfly

### **Session 3 Sunday 12<sup>th</sup> June 2016**

**Warm Up 8:00am Start: 9:00am**

- Event 301** Boys 11 & Over 400m Freestyle
- Event 302** Girls 9 & Over 50m Butterfly
- Event 303** Boys 9 & Over 200m Backstroke
- Event 304** Girls 9 & Over 100m Freestyle
- Event 305** Boys 9 & Over 50m Backstroke
- Event 306** Girls 9 & Over 100m Breaststroke
- Event 307** Boys 10 & Over 200m Butterfly

### **Session 2 Saturday 11<sup>th</sup> June 2016**

**Warm Up TBC**

- Event 201** Boys 10 & Over 200m IM
- Event 202** Girls 9 & Over 50m Breaststroke
- Event 203** Boys 9 & Over 200m Freestyle
- Event 204** Girls 9 & Over 100m Butterfly
- Event 205** Boys 9 & Over 50m Freestyle
- Event 206** Girls 9 & Over 100m Backstroke
- Event 207** Boys 9 & Over 200m Breaststroke

### **Session 4 Sunday 12<sup>th</sup> June 2016**

**Warm Up TBC**

- Event 401** Girls 10 & Over 200m IM
- Event 402** Boys 9 & Over 50m Breaststroke
- Event 403** Girls 9 & Over 200m Freestyle
- Event 404** Boys 9 & Over 100m Butterfly
- Event 405** Girls 9 & Over 50m Freestyle
- Event 406** Boys 9 & Over 100m Backstroke
- Event 407** Girls 9 & Over 200m Breaststroke



### Summer Spectacular 2016 Qualifying Times

License Number: 3NW160845

Please note that swimmers entering this competition must not have swum slower than the Lower Limit Entry Times

	Boys Qualifying Times [25m short course]									Girls Qualifying Times [25m short course]							
	9	10	11	12	13	14	15+	QT	Distance	QT	9	10	11	12	13	14	15+
Free	33.00	32.00	30.00	29.00	28.00	26:00	24:00	Upp	50m	Upp	33.00	32.00	30.00	29.00	28.00	27:00	26:00
	46:00	43:00	41:00	37:00	36:00	34:00	33:00	Low		Low	46:00	42:00	40:00	37:00	36:00	35:00	34:00
	1.12.00	1.08.00	1.04.00	1.01.00	58.00	56.00	53.00	Upp	100m	Upp	1.12.00	1.10.00	1.04.00	1.03.00	1:01:00	1:00:00	58:00
	1.35.00	1.30.00	1.22.00	1.17.00	1.12.00	1.07.00	1.05.00	Low		Low	1.32.00	1.29.00	1.23.00	1.17.00	1.15.00	1.11.00	1.10.00
	2.35.00	2.30.00	2.15.00	2.11.00	2.05.00	2:03.00	2:00.00	Upp	200m	Upp	2.35.00	2.31.00	2:22.00	2.15.00	2.10.00	2.09.00	2.07.00
	3.29.00	3.19.00	3.00.00	2.50.00	2.36.00	2.27.00	2.22.00	Low		Low	3.25.00	3.20.00	3:05.00	2.50.00	2.38.00	2.35.00	2.33.00
			4.38.00	4.36.00	4.24.00	4.15.00	4.12.00	Upp	400m	Upp			4.45.00	4.40.00	4.35.00	4.30.00	4.25.00
			6.25.00	5.49.00	5.27.00	5.15.00	5.10.00	Low		Low			6.20.00	5.48.00	5.35.00	5.28.00	5.23.00
Back	33:00	33:00	32:00	31:00	30:00	29:00	28:00	Upp	50m	Upp	36:00	34:00	33:00	32:00	31:00	30:00	29:00
	53:00	48:00	45:00	42:00	40:00	38:00	36:00	Low		Low	53:00	48:00	46:00	43:00	41:00	39:00	38:00
	1.15.00	1.10.00	1.08.00	1.06.00	1.03.00	1.00.00	59:00	Upp	100m	Upp	1.25.00	1.20.00	1.15.00	1.12.00	1.10.00	1.05.00	1.01.00
	1.48.00	1.38.00	1.35.00	1.27.00	1.20.00	1.15.00	1.12.00	Low		Low	1.48.00	1.38.00	1.33.00	1.27.00	1.25.00	1.23.00	1.18.00
	3:00.00	2.48.00	2.35.00	2.30.00	2.20.00	2.15.00	2.10.00	Upp	200m	Upp	3:00.00	2.48.00	2.39.00	2.30.00	2.23.00	2.20.00	2.15.00
	3.53.00	3.43.00	3.22.00	3.05.00	2.50.00	2.42.00	2.37.00	Low		Low	3.50.00	3.40.00	3.25.00	3.05.00	2.54.00	2.50.00	2.45.00
Breast	42:00	38:00	37:00	36:00	35:00	34:00	33:00	Upp	50m	Upp	42:00	38:00	37:00	36:00	35:00	34:00	34:00
	59:00	56:00	51.00	47:00	45:00	42:00	39:00	Low		Low	59:00	56:00	52:00	48:00	45:00	43:00	40:00
	1.21.00	1.18.00	1.18.00	1.17.00	1.13.00	1.09.00	1.07.00	Upp	100m	Upp	1.30.00	1.27.00	1.20.00	1.17.00	1.15.00	1.14.00	1.12.00
	1.58.00	1.50.00	1.42.00	1.37.00	1.29.00	1.24.00	1.22.00	Low		Low	1.58.00	1.50.00	1.44.00	1.40.00	1.36.00	1.30.00	1.27.00
	3.20.00	3.12.00	2.57.00	2.52.00	2.40.00	2.26.00	2.21.00	Upp	200m	Upp	3.20.00	3.12.00	2.57.00	2.52.00	2.45.00	2.40.00	2.36.00
	4.25.00	4.05.00	3.50.00	3.29.00	3.20.00	3.04.00	3.00.00	Low		Low	4.25.00	4.05.00	3.50.00	3.29.00	3.24.00	3.15.00	3.10.00
Fly	34:00	33:00	32:00	31:00	29:00	28:00	27:00	Upp	50m	Upp	34:00	34:00	33:00	32:00	31:00	30:00	28:00
	50:00	48:00	46:00	43:00	40:00	38:00	35:00	Low		Low	51:00	48:00	46:00	44:00	41:00	40:00	37:00
	1.20.00	1.16.00	1.14.00	1.12.00	1.07.00	1.04.00	59:00	Upp	100m	Upp	1.20.00	1.16.00	1.14.00	1.12.00	1.10.00	1.06.00	1.03.00
	1.50.00	1.37.00	1.33.00	1.28.00	1.18.00	1.13.00	1.12.00	Low		Low	1.50.00	1.38.00	1.35.00	1.28.00	1.23.00	1.19.00	1.17.00
		3:10.00	2.55.00	2.35.00	2.30.00	2.20.00	2.10.00	Upp	200m	Upp		2.55.00	2.35.00	2.33.00	2.25.00	2.23.00	2.19.00
		4:25.00	3.48.00	3.30.00	3:15.00	3:00.00	2.50.00	Low		Low		3.51.00	3.28.00	3.15.00	2.58.00	2.51.00	2.49.00
IM		2:55.00	2.31.00	2.29.00	2.20.00	2.15.00	2.05.00	Upp	200m	Upp		2:55.00	2.42.00	2.33.00	2.28.00	2.24.00	2.18.00
		3.30.00	3.20.00	3.07.00	2.54.00	2.44.00	2.42.00	Low		Low		3.30.00	3.20.00	3.07.00	2.54.00	2.51.00	2.49.00