

**Prescot SC & Everton SA**  
Present the  
**Knowsley Inaugural Sprint Gala**



**Level 3 Licensed Meet**

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

At

**Knowsley Leisure & Culture Park**  
**Huyton L36 6EG.**

The complex has ample free parking and 314 spectator seats

**Saturday 17<sup>th</sup> May 2014**  
**License Number: 3NW4451**

**Promoted by Simon Deeley**

**Closing date for Entries is 2<sup>nd</sup> May 2014**

## Gala Conditions

1. The meet is to be held at Knowsley Leisure & Culture Park, Longview Drive, Huyton, L36 6EG, on Saturday 17<sup>th</sup> May 2014. Closing date for entries is Friday 2<sup>nd</sup> May 2014.
2. Age on the day will be as of midnight 17<sup>th</sup> May 2014
3. Entry fees - each event £4.50 for electronic entries £5.00 for paper entries. Electronic entries can be made using the Sports Systems meet file which can be obtained by e-mailing [external\\_events@prescotswimmingclub.org](mailto:external_events@prescotswimmingclub.org) or downloading from the Prescot SC website.
4. Coaches' passes are available at £8.00 each. It is mandatory that all coaches comply with the relevant ASA Child Safeguarding procedures and have an up to date CRB certificate/DBS registration.
5. Times (25m Pool Size or converted to 25m) required for all events. Competitor age is at midnight 17<sup>th</sup> May 2014. Please check the correct age group is entered relative to the swimmers date of birth.
6. As a level 3 meet there are upper time limits, swimmers must have not swim faster than the times listed in the upper qualifying times in this entry pack.
7. Details on the entry forms should be as per the swimmers ASA Category 2 Membership Registration and as shown on the ASA Membership Database. Please check that your swimmers (including 9yr olds) are Category 2 registered, and their ASA ID number is correct. Entries sent without fee, with entries incorrectly made out or declaration not signed may not be accepted. **No refunds for entries incorrectly submitted.** Entries should preferably be sent electronically by an authorised club official or a single entry by post for each club.
8. Overhead starts will be used, with the exception of backstroke events. All events are heat declared.
9. Withdrawals must be made on an official withdrawal form. To help the event run smoothly withdrawals must be made no later than 40 minutes before the start of each session.
10. Competitors are responsible for presenting themselves to the marshals in good time for the event in which they are competing. It is the swimmers' responsibility to be at the start in time for the race.
11. Restriction of entries. The promoter reserves the right to restrict entries in the interest of safety, time constraints and to ensure the smooth running of the competition. Where this rule is invoked the swimmers with the fastest submitted times in each age group shall take precedence. Events chosen for restriction will be at the discretion of the promoter. A refund will be given to competitors whose entry is denied where this condition has been exercised. Poolside entries will be taken at the discretion of the promoter.
12. Anything not covered within these meet rules to be at the discretion of the meet organiser/promoter.
13. Knowsley Leisure and Culture Park has a large main foyer with seating and café area. There are two 25m pools. The competition will be run in the eight lane 25m pool of graduated depth with spectator viewing gallery to seat 314. Anti-wave lane ropes and turn boards will be used. The 25m four lane teaching pool of variable depth will be used as a warm-up/swim down facility only. Each Club will be responsible for providing a Coach to supervise their own Club swimmers while in the warm up/swim down pool. Spectator entry for whole day £6:00 (£3:50 per Session)
14. 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place medals will be awarded in the following age groups;  
9, 10, 11, 12, 13, 14, 15 & Over  
An award will be presented for top Girl/Boy and top visiting Team with the most gala points.  
Points will be awarded as follows  
1<sup>st</sup> = 6pts, 2<sup>nd</sup> = 5pts, 3<sup>rd</sup> = 4pts, 4<sup>th</sup> = 3pts, 5<sup>th</sup> = 2pts, 6<sup>th</sup> = 1pt  
In the event of a tie positions will be determined by the most 1<sup>st</sup>, 2<sup>nd</sup> positions etc.  
Swimmers are to collect their awards as the competition proceeds.

**Session 1 Warm-up: 08.00 Start: 09.00****Session 2 Warm-up: TBC**

Boys	Event 101	9/ov	200m	Ind. Medley		Girls	Event 201	9/ov	200m	Ind. Medley
Girls	Event 102	9/ov	100m	Ind. Medley		Boys	Event 202	9/ov	100m	Ind. Medley
Boys	Event 103	9/ov	50m	Butterfly		Girls	Event 203	9/ov	50m	Butterfly
Girls	Event 104	9/ov	50m	Freestyle		Boys	Event 204	9/ov	50m	Freestyle
Boys	Event 105	9/ov	100m	Breaststroke		Girls	Event 205	9/ov	100m	Breaststroke
Girls	Event 106	9/ov	100m	Backstroke		Boys	Event 206	9/ov	100m	Backstroke
Boys	Event 107	9/ov	50m	Backstroke		Girls	Event 207	9/ov	50m	Backstroke
Girls	Event 108	9/ov	50m	Breaststroke		Boys	Event 208	9/ov	50m	Breaststroke
Boys	Event 109	9/ov	100m	Freestyle		Girls	Event 209	9/ov	100m	Freestyle
Girls	Event 110	9/ov	100m	Butterfly		Boys	Event 210	9/ov	100m	Butterfly

## Knowsley Sprint Gala

Licensed Level 3 Open Meet License No. 3NW4451

### Upper Qualifying Times

Girls UQT's					Boys UQT's				
	09	10	11	12/13/14 /15&Ov		09	10	11	12/13/14 /15&Ov
<b>50 Free</b>	<b>31</b>	<b>28</b>	<b>28</b>	<b>28</b>	<b>50 Free</b>	<b>30</b>	<b>27</b>	<b>25</b>	<b>25</b>
<b>100 Free</b>	<b>01:05</b>	<b>01:01</b>	<b>01:00</b>	<b>01:00</b>	<b>100 Free</b>	<b>01:04</b>	<b>58</b>	<b>56</b>	<b>56</b>
<b>50 Breast</b>	<b>39</b>	<b>37</b>	<b>34</b>	<b>34</b>	<b>50 Breast</b>	<b>40</b>	<b>36</b>	<b>31</b>	<b>31</b>
<b>100 Breast</b>	<b>01:22</b>	<b>01:17</b>	<b>01:16</b>	<b>01:16</b>	<b>100 Breast</b>	<b>01:21</b>	<b>01:14</b>	<b>01:11</b>	<b>01:11</b>
<b>50 Butterfly</b>	<b>34</b>	<b>32</b>	<b>30</b>	<b>30</b>	<b>50 fly</b>	<b>34</b>	<b>31</b>	<b>28</b>	<b>28</b>
<b>100 Butterfly</b>	<b>01:12</b>	<b>01:08</b>	<b>01:06</b>	<b>01:06</b>	<b>100 fly</b>	<b>01:10</b>	<b>01:04</b>	<b>01:02</b>	<b>01:02</b>
<b>50 Back</b>	<b>35</b>	<b>33.60</b>	<b>32</b>	<b>32</b>	<b>50 Back</b>	<b>35</b>	<b>32</b>	<b>29</b>	<b>29</b>
<b>100 Back</b>	<b>01:12</b>	<b>01:09</b>	<b>01:06</b>	<b>01:06</b>	<b>100 Back</b>	<b>01:10</b>	<b>01:05</b>	<b>01:03</b>	<b>01:03</b>
<b>200 Individual Medley</b>	<b>02:37</b>	<b>02:28</b>	<b>02:26</b>	<b>02:26</b>	<b>200 Individual Medley</b>	<b>02:34</b>	<b>02:22</b>	<b>02:18</b>	<b>02:18</b>
<b>100 Individual Medley</b>	<b>01:13</b>	<b>01:07</b>	<b>01:05</b>	<b>01:05</b>	<b>100 Individual Medley</b>	<b>01:10</b>	<b>01:03</b>	<b>01:01</b>	<b>01:01</b>

Swimmers **must not** have swum faster than the upper qualifying times prior to this event

# Individual Entry Form

**CLUB:** \_\_\_\_\_ **ASA Number :** \_\_\_\_\_

First Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Male/Female (Delete as appropriate) M / F

Telephone Number \_\_\_\_\_ E-mail \_\_\_\_\_

Date of Birth. \_\_\_\_\_ Age at 17/05/14: \_\_\_\_\_

(Times must be converted to 25m pool length)

	MALE Times		FEMALE Times
200m Individual Medley		200m Individual Medley	
50m Freestyle		50m Freestyle	
50m Backstroke		50m Backstroke	
50m Breaststroke		50m Breaststroke	
50m Butterfly		50m Butterfly	
100m Freestyle		100m Freestyle	
100m Backstroke		100m Backstroke	
100m Breaststroke		100m Breaststroke	
100m Butterfly		100m Butterfly	
100m Individual Medley		100m Individual Medley	

Entries: \_\_\_\_\_  
(£4.50 Electronic, £5.00 Paper)

Fee Enclosed: £ \_\_\_\_\_

**Closing Date: 2<sup>nd</sup> May 2014.**

## Knowsley Inaugural Sprint Gala 2014

Once completed please return to your Gala Secretary and posted to;

S Deeley,  
Prescot SC  
54 Holt Lane,  
Rainhill  
L35 8NB

Telephone 07971 434979

e-mail: [external\\_events@prescotswimmingclub.org](mailto:external_events@prescotswimmingclub.org)

Cheques should be made payable to "Prescot SC"

Entries will be accepted from individuals who should provide a contact telephone number and e-mail address.

## Coaches Pass Order Form

CLUB \_\_\_\_\_

COMPETITION SECRETARY \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_ POST CODE \_\_\_\_\_

TELEPHONE NUMBER \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

**NUMBER OF COACHES PASSES REQUIRED @ £8.00  
(RATIO 2:20 WITH MALE & FEMALE NEEDED  
FOR MIXED TEAMS)**

FEE ENCLOSED £ \_\_\_\_\_

**I CERTIFY THAT THE COACHES WHO ARE ATTENDING ON THE POOLSIDE  
FOR OUR CLUB HAVE AN UP TO DATE CRB/DBS CERTIFICATE.**

**Signed** \_\_\_\_\_ **Position** \_\_\_\_\_

## Knowsley Sprint gala Summary Sheet

Swimming Club	
Club Contact Name	
Position in Club	
Home Address	
Post Code	
Telephone Number	
Mobile No	
Email Address	

### Electronic Entries

@ £4.50 per Event =

### Paper Entries

@ £5.00 per Event =

### Team Staff & Chaperone Passes

@ £8.00 per Pass =

**Total** =