KENDAL AMATEUR SWIMMING CLUB

PRESENT THE

Kendal Mint Open Gala 2016

HELD UNDER ASA LAWS & ASA TECHNICAL RULES OF SWIMMING

Kendal Leisure Centre
Burton Road, Kendal, Cumbria LA9 7HX

Saturday 2 July 2016
3NW161080

Session 1 - warm-up at 9:00 am

Session 2 – warm-up to be confirmed

Promoted by Kendal Amateur Swimming Club Committee

General Conditions

1. The Kendal Mint Open Gala will be held on Saturday July 2nd 2016 and shall be run in accordance with ASA Laws and Technical Rules.
2. This competition will be licensed at Level 3.
3. 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
4. The competition format will be based on disability inclusion within the able bodied programme.
5. All swimmers will be seeded in the heats according to their entry times.
6. Disability competitors will be included within the results for their age group.
7. There will be no separate disability results.
8. The competition shall include the following age groups for each sex:
9. 9, 10, 11, 12, 13, 14, 15 years and over
10. The event schedule is shown in Section 3 below.
11. Upper limit times will apply i.e. a swimmer who has achieved a time faster than the upper limit for any event prior to the closing date cannot enter that event (see Section 4 below).
12. All individual events will be swum as 'Heat Declared Winner' in mixed age groups, seeded by entry time. All heats shall be spearheaded.
13. Spot prizes will be awarded to the winner of randomly selected heats.
14. Age Groups will be separated for results and awards purposes.
15. Medals (places 1 to 3) will be awarded for all events for each age group.
16. The entry fee will be £4 per individual event.
17. Entries shall be accepted on a first come first served basis up to and including the closing date or when the gala capacity has been reached whichever occurs first.
18. Poolside passes will be available at a cost of £6.00 each, this includes poolside refreshments and snacks. Only pass holders, swimmers and officials will be allowed on poolside.
19. Age on the day will be as of July 2nd 2016.
20. 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.
21. Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.
22. Payment for entries and coaches passes must be made by cheque to Kendal ASC, or by transfer to the club bank account, details available on request.
23. Spectator entry shall be by spectator pass. Entry fees £3 per individual session. The promoter reserves the right to refuse admission to any spectator, coach or swimmer.
24. Information pack will be available on the club website www.kendalasc.org.uk
25. Meet entries shall be managed on a computer. Your consent to the holding of personal information for the purposes of the Meet shall be treated as being given by the submission of your entries, as shall your consent for such details to be published both during and after the meet.

Meet Procedures

1. Entries to be submitted electronically using the Sportsystem software.
2. Entries shall reach the Competition Organiser no later than Saturday 18th June 2016 accompanied by the appropriate fee.
3. 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.
4. 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.
5. Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
6. Any swimmer who has previously withdrawn can be reinstated before the closing deadline.
7. Heat Start Lists will be made available as soon as possible after the commencement of the warm-up of each session.
8. Coaches must be a member of the club competing, hold a coaches pass issued by Kendal ASC and comply with the relevant ASA Child Safeguarding Procedures and have an up to date CRB certificate.

The Events

HEAT DECLARED WINNER

Session 1 - Warm-up will commence at 9.00am

Event 1	9 years/over	Girls	200	IM
Event 2	9 years/over	Boys	100	IM
Event 3	9 years/over	Girls	50	Backstroke
Event 4	9 years/over	Boys	50	Breaststroke
Event 5	9 years/over	Girls	100	Butterfly
Event 6	9 years/over	Boys	100	Freestyle
Event 7	9 years/over	Girls	50	Freestyle
Event 8	9 years/over	Boys	50	Butterfly
Event 9	9 years/over	Girls	100	Breaststroke
Event 10	9 years/over	Boys	100	Backstroke

Session 2 - Warm-up time to be confirmed

Event 11	9 years/over	Boys	200	IM
Event 12	9 years/over	Girls	100	IM
Event 13	9 years/over	Boys	50	Backstroke
Event 14	9 years/over	Girls	50	Breaststroke
Event 15	9 years/over	Boys	100	Butterfly
Event 16	9 years/over	Girls	100	Freestyle
Event 17	9 years/over	Boys	50	Freestyle
Event 18	9 years/over	Girls	50	Butterfly
Event 19	9 years/over	Boys	100	Breaststroke
Event 20	9 years/over	Girls	100	Backstroke

Upper Limit Times

	9 year		10 year		11 year		12 year		13 year		14 years		15 years and over	
	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls	Boys	Girls
50m Freestyle	33.00	33.00	31.00	31.00	29.00	29.00	28.00	28.00	27.00`	27.00	25.00	26.00	24.00	25.00
100m Freestyle	1.20.00	1.20.00	1.18.00	1.18.00	1.05.00	1.07.00	1.04.00	1.05.00	1.01.00	1.03.00	59.00`	1.02.00	55.00	59.00
50m Breaststroke	42.00	42.00	41.00	41.00	38.00	39.00	36.00	37.00	34.00	36.00	33.00	35.00	32.00	34.00
100m Breaststroke	1:40.00	1:40.00	1:37.00	1:37.00	1:28.00	1:28.00	1.22.00	1.24.00	1.18.00	1.22.00	1.16.00	1.21.00	1.10.00	1.18.00
50m Butterfly	34.00	34.00	33.00	33.00	32.00	33.00	31.00	32.00	30.00`	31.00	29.00	30.00	26.00	28.00
100m Butterfly	1:30.00	1:30.00	1:26.00	1:26.00	1:16.00	1:16.00	1.12.00	1.13.00	1.07.00	1.11.00	1.05.00	1.10.00	59.00	1.07.00
50m Backstroke	36.00	36.00	34.00	34.00	33.00	33.00	32.00	32.00	32.00`	31.00	30.00	31.00	28.00	30.00
100m Backstroke	1.30.00	1.30.00	1.26.00	1.26.00	1.16.00	1.16.00	1.12.00	1.13.00	1.08.00	1.11.00	1.06.00	1.09.00	1.02.00	1.08.00
100 IM	1.25.80	1.22.70	1.17.40	1.18.20	1.14.20	1.13.30	1.10.70	1.07.03	1.02.30	1.06.60	1.00.20	1.05.80	59.20	1.04.80
200 IM	3.08.00	3.08.00	2.58.00	2.58.00	2.40.00	2.42.00	2.33.00	2.35.00	2.25.00	2.31.00	2.20.00	2.28.00	2.15.00	2.25.00
	9 year		10 year		11 year		12 year		13 year		14 years		15 years and over	

Entry pack will be available at www.kendalasc.org.uk

Any queries please contact - competition@kendalasc.org.uk