

ULVERSTON AMATEUR SWIMMING CLUB  
Affiliated to the ASA North West Region  
SHORT COURSE LEVEL 4 LICENSE No.  
CLUB CHAMPIONSHIPS 2017  
Promoted by Ulverston Amateur Swimming Club  
Under ASA Laws and ASA Technical Rules of Swimming

DATES: 12<sup>th</sup> Feb, 2<sup>nd</sup> Apr, 23<sup>rd</sup> Apr, 4<sup>th</sup> Jun, 17<sup>th</sup> Jun, 10<sup>th</sup> Sep, 1<sup>st</sup> Oct, 12<sup>th</sup> Nov, 19<sup>th</sup> Nov 2017

VENUE: ULVERSTON SWIMMING POOL, PRIORY ROAD, ULVERSTON

The pool is 25 metre long with 4 lanes and ranges in depth from 0.9 meters (3 feet) to 1.7 meters (5 feet 7 inches). It has Anti-Turbulence ropes

THE MEET: 8 & under: 25m Back, Free, Breast & Fly  
9 & over: 50m Breast, Fly, Free, Back  
100m Fly, Breast, Back, Free & IM  
200m Free, Back, IM, Fly, Breast  
400m Free, 400m IM  
11 & over: 800m and 1500m Free

Events will be seeded on submitted times

All events will be Heat Declared Winner, with Finals for age groups below in.

100 IM Final for Doug Owen Trophy (11 & Under)

200 IM Final for Daniel McFarlane Trophy (12 & Over)

**Ages at 31<sup>st</sup> December 2017 in line with Cumbria Age Groups**

**All swimmers aged 9 and over need to be registered Category 2 with ASA**

EVENTS: Results will be declared with multiple age groups as indicated in Awards below

AWARDS: Points will be awarded to the first 6 in each age group consisting of 8 & under 9, 10-11, 12-13, 14-16, 17 & over. **Points will be awarded for sessions 1 to 8**  
**NO Points will be awarded for Session 9**

ENTRIES: **ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS**

ENTRIES: **Closing date for entries is midnight Monday of the week of each meet**

**POOLSIDE ENTRIES WILL NOT BE ALLOWED.**

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.

All entries to be made via Entry Sheet located at the pool, which will be available 2 weeks prior to The entry deadline. Or via the attached entry form below by email.

UASC notice board, Ulverston Leisure Centre Priory Road Ulverston Cumbria LA12 9HT  
Email Contact : gary@udmc.co.uk



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## PROGRAM of EVENTS

| <b>Sunday 12<sup>th</sup> Feb 2017 – 4NW170574</b> |   |           |                  |     |
|--|---|-----------|------------------|-----|
| No   |   | Age       | Event            |     |
| 1  | G | 8 & under | 25 Backstroke    | HDW |
| 2  | B | 8 & under | 25 Backstroke    | HDW |
| 3  | G | 9 & over  | 200 Freestyle    | HDW |
| 4  | B | 9 & over  | 200 Freestyle    | HDW |
| 5  | G | 8 & under | 25 Breaststroke  | HDW |
| 6  | B | 8 & under | 25 Breaststroke  | HDW |
| 7  | G | 9 & over  | 100 Butterfly    | HDW |
| 8  | B | 9 & over  | 100 Butterfly    | HDW |
| 9  | G | 9 & over  | 50 Backstroke    | HDW |
| 10   | B | 9 & over  | 50 Backstroke    | HDW |
| <b>Sunday 2<sup>nd</sup> Apr 2017 - 4NW170575</b>  |   |           |                  |     |
| No   |   | Age       | Event            |     |
| 11   | B | 8 & under | 25 Butterfly     | HDW |
| 12   | G | 8 & under | 25 Butterfly     | HDW |
| 13   | B | 9 & over  | 200 Backstroke   | HDW |
| 14   | G | 9 & over  | 200 Backstroke   | HDW |
| 15   | B | 8 & under | 25 Freestyle     | HDW |
| 16   | G | 8 & under | 25 Freestyle     | HDW |
| 17   | B | 9 & over  | 100 Breaststroke | HDW |
| 18   | G | 9 & over  | 100 Breaststroke | HDW |
| <b>Sunday 23<sup>rd</sup> Apr 2017 - 4NW170576</b> |   |           |                  |     |
| No   |   | Age       | Event            |     |
| 19   | G | 8 & under | 25 Breaststroke  | HDW |
| 20   | B | 8 & under | 25 Breaststroke  | HDW |
| 21   | G | 9 & over  | 400 Freestyle    | HDW |
| 22   | B | 9 & over  | 400 Freestyle    | HDW |
| 23   | G | 8 & under | 25 Freestyle     | HDW |
| 24   | B | 8 & under | 25 Freestyle     | HDW |
| 25   | G | 9 & over  | 50 Freestyle     | HDW |
| 26   | B | 9 & over  | 50 Freestyle     | HDW |

**Session 1**  
**Registration 4:30 - 4:45**  
**Warm up – 5:00pm – 5:25pm**  
  
**Start 5:30pm**

**Session 2**  
**Registration 4:30 - 4:45**  
**Warm up – 5:00pm – 5:25pm**  
  
**Start 5:30pm**

**Session 3**  
**Registration 4:30 - 4:45**  
**Warm up – 5:00pm – 5:25pm**  
  
**Start 5:30pm**



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**Sunday 4<sup>th</sup> Jun 2017 - 4NW170577**

| No |   | Age       | Event          |     | <b>Session 4</b><br><b>Registration 4:30 - 4:45</b><br><b>Warm up – 5:00pm – 5:25pm</b><br><b>Start 5:30pm</b> |
|----|---|-----------|----------------|-----|--|
| 27 | B | 11 & over | 1500 Freestyle | HDW |  |
| 28 | G | 11 & over | 800 Freestyle  | HDW |  |

**Saturday 17<sup>th</sup> Jun 2017 - 4NW170578**

| No |   | Age       | Event           |     | <b>Session 5</b><br><b>Registration 4:30 - 4:45</b><br><b>Warm up – 5:00pm – 5:25pm</b><br><br><b>Start 5:30pm</b> |
|----|---|-----------|-----------------|-----|--|
| 29 | B | 8 & under | 25 Breaststroke | HDW |  |
| 30 | G | 8 & under | 25 Breaststroke | HDW |  |
| 31 | B | 9 & Over  | 100 Freestyle   | HDW |  |
| 32 | G | 9 & Over  | 100 Freestyle   | HDW |  |
| 33 | B | 8 & under | 25 Butterfly    | HDW |  |
| 34 | G | 8 & under | 25 Butterfly    | HDW |  |
| 35 | B | 9 & over  | 200 Butterfly   | HDW |  |
| 36 | G | 9 & over  | 200 Butterfly   | HDW |  |

**Sunday 10<sup>th</sup> Sept 2017 - 4NW170579**

| No |   | Age       | Event          |         | <b>Session 6</b><br><b>Registration 4:30 - 4:45</b><br><b>Warm up – 5:00pm – 5:25pm</b><br><br><b>Start 5:30pm</b> |
|----|---|-----------|----------------|---------|--|
| 37 | G | 9 & over  | 200 IM         | HDW & F |  |
| 38 | B | 9 & over  | 200 IM         | HDW & F |  |
| 39 | G | 8 & under | 25 Backstroke  | HDW     |  |
| 40 | B | 8 & under | 25 Backstroke  | HDW     |  |
| 41 | G | 9 & over  | 100 Backstroke | HDW     |  |
| 42 | B | 9 & over  | 100 Backstroke | HDW     |  |
| 43 | G | 9 & over  | 50 Butterfly   | HDW     |  |
| 44 | B | 9 & over  | 50 Butterfly   | HDW     |  |
| 45 | G | 12 & over | 200 IM         | Final   |  |
| 46 | B | 12 & over | 200 IM         | Final   |  |

**Sunday 1st Oct 2017 - 4NW170580**

| No |   | Age        | Event            |         | <b>Session 7</b><br><b>Registration 4:30 - 4:45</b><br><b>Warm up – 5:00pm – 5:25pm</b><br><br><b>Start 5:30pm</b> |
|----|---|------------|------------------|---------|--|
| 47 | G | 9 & Over   | 100 IM           | HDW & F |  |
| 48 | B | 9 & Over   | 100 IM           | HDW & F |  |
| 49 | G | 8 & under  | 25 Backstroke    | HDW     |  |
| 50 | B | 8 & under  | 25 Backstroke    | HDW     |  |
| 51 | G | 9 & over   | 200 Breaststroke | HDW     |  |
| 52 | B | 9 & over   | 200 Breaststroke | HDW     |  |
| 53 | G | 11 & under | 100 IM           | Final   |  |
| 54 | B | 11 & under | 100 IM           | Final   |  |



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| Sunday 12 <sup>th</sup> Nov 2017 - 4NW170581  |   |           |                 |     |
|---|---|-----------|-----------------|-----|
| No  |   | Age       | Event           |     |
| 55  | B | 8 & under | 25 Butterfly    | HDW |
| 56  | G | 8 & under | 25 Butterfly    | HDW |
| 57  | B | 9 & over  | 400 IM          | HDW |
| 58  | G | 9 & over  | 400 IM          | HDW |
| 59  | B | 8 & under | 25 Freestyle    | HDW |
| 60  | G | 8 & under | 25 Freestyle    | HDW |
| 61  | B | 9 & over  | 50 Breaststroke | HDW |
| 62  | G | 9 & over  | 50 Breaststroke | HDW |
| <b>Session 8</b><br><b>Registration 4:30 - 4:45</b><br><b>Warm up – 5:00pm – 5:25pm</b><br><br><b>Start 5:30pm</b>  |   |           |                 |     |
| Sunday 19 <sup>th</sup> Nov 2017 - 4NW170582  |   |           |                 |     |
| 63  | B | 9 & over  | 100 IM          | HDW |
| 64  | G | 9 & over  | 100 IM          | HDW |
| 65  | B | 9 & over  | 50 Backstroke   | HDW |
| 66  | G | 9 & over  | 50 Backstroke   | HDW |
| 67  | B | 9 & over  | 50 Breaststroke | HDW |
| 68  | G | 9 & over  | 50 Breaststroke | HDW |
| 69  | B | 9 & over  | 50 Butterfly    | HDW |
| 70  | G | 9 & over  | 50 Butterfly    | HDW |
| 71  | B | 9 & over  | 50 Freestyle    | HDW |
| 72  | G | 9 & over  | 50 Freestyle    | HDW |
| <b>Session 9</b><br><b>NO POINTS ARE AWARDED FOR THIS SESSION</b><br><b>Registration 4:30 - 4:45</b><br><b>Warm up – 5:00pm – 5:25pm</b><br><br><b>Start 5:30pm</b><br><b>THIS SESSION IS FOR TIME ONLY</b> |   |           |                 |     |



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## **GALA ENTRY FORM**

**Entry DETAILS:**

Meet Date(s) .....

|                        |  |         |  |               |
|------------------------|--|---------|--|---------------|
| Name:                  |  |         |  |               |
| Date of Birth:         |  | ASA No: |  | Male / Female |
| Parents name:          |  |         |  |               |
| Parents email address: |  |         |  |               |

Please enter your child's Personal Best (**PB**) time within the past 12 months next to the events you wish to enter

|            |  |             |  |             |  |
|------------|--|-------------|--|-------------|--|
| 25m Free   |  | 25m Back    |  | 25m Fly     |  |
| 25m breast |  | 100m free   |  | 200m free   |  |
| 50m free   |  | 800m free   |  | 1500m free  |  |
| 400m free  |  | 100m back   |  | 200m back   |  |
| 50m back   |  | 100m breast |  | 200m breast |  |
| 50m breast |  | 100m fly    |  | 200m fly    |  |
| 50m fly    |  | 200m IM     |  | 400m IM     |  |
| 100m IM    |  |             |  |             |  |

ASA requirements

### **SUBMITTED ENTRY TIMES SHORT COURSE**

**Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered in this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the meet conditions.**

Signature .....

