

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: 25<sup>th</sup> Feb, 25<sup>th</sup> Mar, 22<sup>nd</sup> Apr, 20<sup>th</sup> May, 3<sup>rd</sup> Jun, 24<sup>th</sup> Jun, 9<sup>th</sup> Sep, 14<sup>th</sup> Oct, 11<sup>th</sup> Nov, 18<sup>th</sup> Nov 2018

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 2018**

**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 9**  
**NO Points will be awarded for Session 10**

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

ENTRIES: **Closing date for entries is midnight Tuesday 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 : [opengala@uasc.me.uk](mailto:opengala@uasc.me.uk)



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## PROGRAM of EVENTS

Sunday 25 <sup>th</sup> Feb 2018 - 4NW				
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>Session 1</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>				
Sunday 25 <sup>th</sup> Mar 2018 - 4NW				
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>Session 2</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>				
Sunday 22 <sup>nd</sup> Apr 2018 - 4NW				
No		Age	Event	
19	G	8 & under	25 Breaststroke	HDW
20	B	8 & under	25 Breaststroke	HDW
21	G	9 & over	50 Butterfly	HDW
22	B	9 & over	50 Butterfly	HDW
23	G	8 & under	25 Freestyle	HDW
24	B	8 & under	25 Freestyle	HDW
25	G	9 & over	400 Freestyle	HDW
26	B	9 & over	400 Freestyle	HDW
<b>Session 3</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>				



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<b>Sunday 20<sup>th</sup> May 2018 - 4NW</b>					
No		Age	Event		<b>Session 4</b> <b>Registration 5:30 - 5:45</b> <b>Warm up – 6:00pm – 5:25pm</b> <b>Start 6:30pm</b>
27	B	11 & over	1500 Freestyle	HDW	
28	G	11 & over	1500 Freestyle	HDW	
<b>Sunday 3<sup>rd</sup> Jun 2018 - 4NW</b>					
No		Age	Event		<b>Session 5</b> <b>Registration 5:30 - 5:45</b> <b>Warm up – 6:00pm – 5:25pm</b> <b>Start 6:30pm</b>
29	B	11 & over	800 Freestyle	HDW	
30	G	11 & over	800 Freestyle	HDW	
<b>Sunday 24<sup>th</sup> Jun 2018 - 4NW</b>					
No		Age	Event		<b>Session 6</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>
31	B	8 & under	25 Breaststroke	HDW	
32	G	8 & under	25 Breaststroke	HDW	
33	B	9 & Over	200 Butterfly	HDW	
34	G	9 & Over	200 Butterfly	HDW	
35	B	8 & under	25 Freestyle	HDW	
36	G	8 & under	25 Freestyle	HDW	
37	B	9 & over	100 Freestyle	HDW	
38	G	9 & over	100 Freestyle	HDW	
<b>Sunday 09<sup>th</sup> Sep 2018 - 4NW</b>					
No		Age	Event		<b>Session 7</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>
39	G	9 & over	200 IM	HDW & F	
40	B	9 & over	200 IM	HDW & F	
41	G	8 & under	25 Backstroke	HDW	
42	B	8 & under	25 Backstroke	HDW	
43	G	9 & over	100 Backstroke	HDW	
44	B	9 & over	100 Backstroke	HDW	
45	G	8 & under	25 Butterfly	HDW	
46	B	8 & under	25 Butterfly	HDW	
47	G	9 & over	50 Freestyle	HDW	
48	B	9 & over	50 Freestyle	HDW	
49	G	12 & over	200 IM	Final	
50	B	12 & over	200 IM	Final	
<b>Sunday 14<sup>th</sup> Oct 2018 - 4NW</b>					
No		Age	Event		<b>Session 8</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>
51	G	9 & Over	100 IM	HDW & F	
52	B	9 & Over	100 IM	HDW & F	
53	G	8 & under	25 Freestyle	HDW	
54	B	8 & under	25 Freestyle	HDW	
55	G	9 & over	200 Breaststroke	HDW	
56	B	9 & over	200 Breaststroke	HDW	
57	G	8 & under	25 Breaststroke	HDW	
58	B	8 & under	25 Breaststroke	HDW	
59	G	11 & under	100 IM	Final	
60	B	11 & under	100 IM	Final	



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<b>Sunday 11th Nov 2018 - 4NW</b>				
No		Age	Event	
61	B	8 & under	25 Butterfly	HDW
62	G	8 & under	25 Butterfly	HDW
63	B	9 & over	50 Breaststroke	HDW
64	G	9 & over	50 Breaststroke	HDW
65	B	8 & under	25 Backstroke	HDW
66	G	8 & under	25 Backstroke	HDW
67	B	9 & over	400 IM	HDW
68	G	9 & over	400 IM	HDW
<b>Session 9</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>				
<b>Sunday 18th Nov 2018 - 4NW</b>				
69	B	9 & over	100 IM	HDW
70	G	9 & over	100 IM	HDW
71	B	9 & over	50 Backstroke	HDW
72	G	9 & over	50 Backstroke	HDW
73	B	9 & over	50 Breaststroke	HDW
74	G	9 & over	50 Breaststroke	HDW
75	B	9 & over	50 Butterfly	HDW
76	G	9 & over	50 Butterfly	HDW
77	B	9 & over	50 Freestyle	HDW
78	G	9 & over	50 Freestyle	HDW
<b>Session 10</b> <b>NO POINTS ARE AWARDED FOR THIS SESSION</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b> <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 .....

