

ULVERSTON AMATEUR SWIMMING CLUB  
Affiliated to the ASA North West Region  
SHORT COURSE LEVEL 4 LICENSE No.  
CLUB CHAMPIONSHIPS 2019  
Promoted by Ulverston Amateur Swimming Club  
Under ASA Laws and ASA Technical Rules of Swimming

**DATES:** 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> February 2019. 13<sup>th</sup>, 15<sup>th</sup> September 2019. 29<sup>th</sup>, 30<sup>th</sup> November & 1<sup>st</sup> December 2019

**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:** 9 & over: 50m Breast, Fly, Free, Back  
100m Fly, Breast, Back, Free & IM  
200m Free, Back, IM, Fly, Breast  
400m Free, 400m IM

**10 & 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 2019**

**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 9, 10-11, 12-13, 14-16, 17 & over. **Points will be awarded for all sessions**

**ENTRIES:** **ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS UASC reserve the Right to reject entries to keep each session within the permitted pool times.**

Gala entries can be made via the club's calendar event for each session.

Via the following link. <https://www.uasc.me.uk/wordpress/calendar/>

Accepted Entries will be issued on the Sunday the week before the session, a draft session programme will be made available via the UASC Website 2019 results link.

**QUALIFYING**

**TIMES:** Upper / Lower Qualifying times are not required to enter Club Champs

**ENTRIES:** **Closing date for entries is midnight Thursday the week before each session**

**POOLSIDE ENTRIES WILL NOT BE ALLOWED.**



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Entries to this meet will be held on computer and consent, as required by **GDPR 2018 & Data protection Act 1984**, to the holding and processing of personal information on computer to undertake the sessions, will be deemed to have been given by the submission of the entry form.

By Submitting the entry form, you give permission for UASC to publish gala entry programmes, and results to [www.uasc.me.uk](http://www.uasc.me.uk) and pass on session results to ASA Rankings in line with the level 4 North West Region licensing requirements.

## PROGRAM of EVENTS

Friday 1 <sup>st</sup> February 2019 - 4NW				
No		Age	Event	
1	G	9 & over	200 Freestyle	HDW
2	B	9 & over	200 Freestyle	HDW
3	G	9 & over	50 Butterfly	HDW
4	B	9 & over	50 Butterfly	HDW
5	G	9 & over	100 Breaststroke	HDW
6	B	9 & over	100 Breaststroke	HDW
<b>Session 1</b> <b>Registration 6:15 - 6:30</b> <b>Warm up – 6:45pm – 7:10pm</b>  <b>Start 7:15pm</b>				
Saturday 2 <sup>nd</sup> February 2019 - 4NW				
No		Age	Event	
7	B	9 & over	100 Backstroke	HDW
8	G	9 & over	100 Backstroke	HDW
9	B	9 & over	50 Freestyle	HDW
10	G	9 & over	50 Freestyle	HDW
11	B	9 & over	200 Breaststroke	HDW
12	G	9 & over	200 Breaststroke	HDW
<b>Session 2</b> <b>Registration 3:30 - 3:45</b> <b>Warm up – 4:00pm – 4:25pm</b>  <b>Start 4:30pm</b>				
Sunday 3 <sup>rd</sup> February - 4NW				
No		Age	Event	
13	G	9 & over	100 IM	HDW & F
14	B	9 & over	100 IM	HDW & F
15	G	9 & over	50 Breaststroke	HDW
16	B	9 & over	50 Breaststroke	HDW
17	G	9 & over	200 Butterfly	HDW
18	B	9 & over	200 Butterfly	HDW
19	G	11 & under	100 IM Final	FINAL
20	B	11 & under	100 IM Final	FINAL
<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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## PROGRAM of EVENTS Continued

<b>Friday 13<sup>th</sup> September 2019 - 4NW</b>					
No		Age	Event		<b>Session 5</b> <b>Registration 6:15 - 6:30</b> <b>Warm up – 6:45pm – 7:10pm</b> <b>Start 7:15pm</b>
21	B	10 & over	800 Freestyle	HDW	
22	G	10 & over	800 Freestyle	HDW	
<b>Sunday 15<sup>th</sup> September 2019 - 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>
23	B	10 & over	1500 Freestyle	HDW	
24	G	10 & over	1500 Freestyle	HDW	
<b>Friday 29<sup>th</sup> November 2019 - 4NW</b>					
No		Age	Event		<b>Session 7</b> <b>Registration 6:15 - 6:30</b> <b>Warm up – 6:45pm – 7:10pm</b>  <b>Start 7:15pm</b>
25	B	9 & over	400 IM	HDW	
26	G	9 & over	400 IM	HDW	
27	B	9 & over	200 Backstroke	HDW	
28	G	9 & over	200 Backstroke	HDW	
<b>Saturday 30<sup>th</sup> November 2019 - 4NW</b>					
No		Age	Event		<b>Session 8</b> <b>Registration 3:30 - 3:45</b> <b>Warm up – 4:00pm – 4:25pm</b>  <b>Start 4:30pm</b>
29	G	9 & over	100 Butterfly	HDW	
30	B	9 & over	100 Butterfly	HDW	
31	G	9 & over	50 Backstroke	HDW	
32	B	9 & over	50 Backstroke	HDW	
33	G	9 & over	400 Freestyle	HDW	
34	B	9 & over	400 Freestyle	HDW	
<b>Sunday 1<sup>st</sup> December 2019 - 4NW</b>					
No		Age	Event		<b>Session 9</b> <b>Registration 4:30 - 4:45</b> <b>Warm up – 5:00pm – 5:25pm</b>  <b>Start 5:30pm</b>
35	G	9 & over	200 IM	HDW & F	
36	B	9 & over	200 IM	HDW & F	
37	G	9 & over	100 Freestyle	HDW	
38	B	9 & over	100 Freestyle	HDW	
39	G	12 & over	200 IM	FINAL	
40	B	12 & over	200 IM	FINAL	

