

**ULVERSTON AMATEUR SWIMMING CLUB**  
Affiliated to the ASA North West Region  
**SHORT COURSE LEVEL 3 LICENSED No. 3NW190449**  
**GRADED AGE GROUP MEET**

Promoted by Ulverston Amateur Swimming Club  
under ASA Laws and ASA Technical Rules of Swimming

DATE: Saturday 23<sup>rd</sup> March 2019

VENUE: KENDAL LEISURE CENTRE, BURTON ROAD, KENDAL. LA9 7HX

The pool is 25 metres long with 6 lanes and ranges in depth from 0.9 metres (3 feet) to 1.7 metres (5 feet 7 inches). It has Anti-Turbulence ropes and Electronic Timing

THE MEET: All Events are 9 & over

Events will be seeded on submitted times.  
All events will be Heat Declared Winner

**Ages at 23<sup>rd</sup> March 2019**

No 8 Year olds can swim, swimmers should be at least 9 years old as at date of competition and all swimmers should be registered as CAT 2 with ASA

EVENTS: **THERE ARE UPPER ENTRY TIME LIMITS ONLY**

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

AWARDS: Prizes will be awarded to the first 6 in each age group and gender consisting of 9, 10, 11, 12,13, 14&Over

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

At a cost of £4.50 per event

Closing date for entries is midnight  
**Saturday 2<sup>nd</sup> March 2019 (Or sooner if full)**

**POOLSIDE ENTRIES WILL NOT BE ALLOWED**

Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry. You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the UASC website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).

UASC reserves the right to restrict entries in interests of safety, time constraints and to ensure the smooth running of the competition. Full reimbursement of fees shall be made to unsuccessful applicants.

Accepted entries reports will be issued to each competing club one week after the closing date.

Any matters not covered in these conditions or supplementary information will be at the discretion of the Competition Organiser.

Entries to be submitted electronically using the Sportssystem software Entry File and emailed to: [opengala@uasc.me.uk](mailto:opengala@uasc.me.uk)

### UPPER ENTRY LIMIT TIMES

Stroke	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs +
<b>Boys (B)</b>						
50 free	33.00	31.00	29.00	28.00	27.00	25.0
100 free	1.20.00	1.18.00	1.05.00	1.04.00	1.01.00	59.00
50 fly	34.00	33.00	32.00	31.00	30.00	29.00
100 fly	1.30.00	1.26.00	1.16.00	1.12.00	1.07.00	1.05.00
50 breast	42.00	41.00	38.00	36.00	34.00	33.00
100 breast	1.40.00	1.37.00	1.28.00	1.22.00	1.18.00	1.16.00
50 back	36.00	34.00	33.00	32.00	32.00	30.00
100 back	1.30.00	1.26.00	1.16.00	1.12.00	1.08.00	1.06.00
100 IM	1.25.80	1.17.40	1.14.20	1.10.70	1.02.30	1.00.20

Stroke	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs +
<b>Girls (G)</b>						
50 free	33.0	31.00	29.00	28.00	27.00	26.00
100 free	1.20.00	1.18.00	1.07.00	1.05.00	1.03.00	1.02.00
50 fly	34.00	33.00	33.00	32.00	31.00	30.00
100 fly	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.10.00
50 breast	42.00	41.00	39.00	37.00	36.00	35.00
100 breast	1.40.00	1.37.00	1.28.00	1.24.00	1.22.00	1.21.00
50 back	36.00	34.00	33.00	32.00	31.00	31.00
100 back	1.30.00	1.26.00	1.16.00	1.13.00	1.11.00	1.09.00
100 IM	1.25.80	1.18.20	1.13.30	1.07.03	1.06.60	1.05.80



## PROGRAMME of EVENTS

**Saturday 23<sup>rd</sup> March 2019**

No		Age	Event	
1	G	9 & Over	100m I.M.	<b>Session 1</b> <b>Warm up – 8.30am – 9.25am</b> <b>Start 9.30 am</b>
2	B	9 & Over	100m I.M.	
3	G	9 & Over	50m Breaststroke	
4	B	9 & Over	50m Breaststroke	
5	G	9 & Over	100 Backstroke	
6	B	9 & Over	100 Backstroke	
7	G	9 & Over	50m Freestyle	
8	B	9 & Over	50m Freestyle	
9	G	9 & Over	100m Butterfly	
10	B	9 & Over	100m Butterfly	
No		Age	Event	
11	G	9 & Over	100m Breaststroke	<b>Session 2</b> <b>Warm up – TBA pm</b> <b>Start TBA pm</b>
12	B	9 & Over	100m Breaststroke	
13	G	9 & Over	50 Backstroke	
14	B	9 & Over	50 Backstroke	
15	G	9 & Over	100 Freestyle	
16	B	9 & Over	100 Freestyle	
17	G	9 & Over	50m Butterfly	
18	B	9 & Over	50m Butterfly	

# COACHES POOLSIDE PASSES

Coaches' passes to include programme, Heat sheets and entry onto poolside **£6**  
Poolside refreshments Included (**Lunch is Not included with Coaches Pass**).

**Lunch will be included for Officials & Helpers supporting the Meet.**

Payment for entries and coaches passes must be made by transfer to the club bank account or cheque to UASC, details available on request.

**Please note that in the interests of safety and to control the number of people on poolside, passes are required and entry to the poolside will not be permitted without them.**

**Also, in the interests of child welfare, all coaches on poolside must have a VALID DBS REGISTRATION NUMBER.**

**Requests for passes must be made by email by 2<sup>nd</sup> March 2019**

Please indicate:

Name of pass holder  
Position in club  
Name of club

## SUMMARY FORM

(TO BE FILLED IN AND ENCLOSED IF PAYING BY CHEQUE)

CLUB NAME .....

NAME OF COMPETITION SECRETARY .....

ADDRESS : .....

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Tel No: .....

Email: .....

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**TOTAL ENTRIES FOR MEET:** No. = ..... @ £4.50 Each = £.....

**COACH POOLSIDE PASSES:** No. = ..... @ £6.00 Each = £.....

**TOTAL AMOUNT PAYABLE:** £.....  
(Cheque payable to U.A.S.C)

