Beverley Barracudas

**Swimming Club**

(Affiliated to ASA NER Region)

Spring Equinox Extravaganza

**A/B/C Short Course Sprints Gala**

**No A Grade cut offs**

Under ASA Laws & ASA Technical Rules

**Licence Number Applied For**

(For entry into Regional and County Championships)

**Sunday 17th March 2024**

Beverley Leisure Centre, Beverley

# Events

All age groups – 50m all strokes

10 yrs and over – 100m all strokes

9 & 10 years – 100m individual medley

11 yrs and over – 200m individual medley

**Awards**

9/10 Medals 1st – 6th 11yrs & Over 1st - 3rd

Top Boy & Girl in each age group

Top Club

**Entries**

£6.00 per individual entry

Accepted on a first come first served basis

SPECTATORS TICKETS SOLD ON THE DAY

Age as at midnight on 17th March 2024

**Closing Date: Midnight Monday 6th February 2024**

**General Information**

### Organisation

* The gala will be held under ASA Laws and Technical Rules of Swimming.
* Ages as at 17th March 2024
* Over the top starts will be used at the discretion of the Lead Referee and Meet Management.
* Integrated heats will be seeded according to entry times.
* All events are heat declared winners.

**Venue**

* Beverley Leisure Centre, Flemingate, Beverley, HU17 0LT.

**Pool**

* 25m, 8 Lane Pool with anti-wave ropes.
* Large scoreboard and electronic timing used throughout the meet.

Timing

* Electronic timing will be used throughout the meet.

**Session Times**

* Sunday Morning Warm Up – 8:00am Start – 9:00am
* Sunday Afternoon Warm Up – 1:00pm Start – 2:00pm

**Individual Events**

* All ages graded – 50m, 100m, IM 100m, IM 200m all strokes.
* No A grade cut offs
* All swimmers will be graded after the swim into A ,B or C
* All events are heat declared winners

###### Promoter: Wayne Smith

**Awards**

* Age groups 9, 10 years old: medals 1st – 6th
* Age groups 11yrs and Over medals 1st – 3rd

**Coaches Passes**

* Coaches Passes cost £12.00, this includes; admissions to all sessions, a programme and a buffet lunch with refreshments.

**Entry Procedures and Fees**

* All entries are £6.00 per individual event and to be submitted using the online entry forms provided.
* Entries open: 1st December 2023.
* Entries will be accepted on a first come first serve basis. It may be necessary to close entries prior to the official closing date;
* Poolside entries may be accepted at the discretion of the Promoter;
* Complete entry forms online at: <http://www.openmeets.co.uk/entry_sys> If you have queries, please contact Cris Lewis at: [entrymanagement@openmeets.co.uk](mailto:entrymanagement@openmeets.co.uk)

E-Mail: [louise@estateplans.co.uk](mailto:louise@estateplans.co.uk)

If paying via BACS, please email Louise Coulter above.

Beverley Barracudas bank account details are:

Sort code: 40-32-06

Account Number: 91254316

If paying by cheque, these should be made payable to:

Beverley Barracudas Swimming Club.

**ENTRY CLOSING DATE: MIDNIGHT Monday 6th February 2023**

**Entry Cards**

* This meet is cardless. All entry withdrawal forms must be presented to the recorders desk within 10mins of the start of warm-ups for each session.

**Spectators**

* Admission for spectators will be:
* Adults: £5 per session or £8 full day pass.
* Children/OAP’s £3 per session or £5 full day pass.
* All spectators tickets are purchased on the day
* Will be on a first come first served basis.

**Photography**

* Anyone wishing to engage in zoom or close range photography must register on entry.

### Swim shop

* There will be a swim shop in the Leisure Centre for the duration of the meet.

**Footwear**

* All meet participants must observe the safety precautions at Beverley Leisure Centre and must wear footwear when leaving poolside.

**Further Information**

Visit our website and click on meets [www.beverleybarracudas.com](http://www.beverleybarracudas.com).

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| Girls A Grade (not faster than) | | | | | | | |
| **Age:** | **9** | **10** | **11** | **12** | **13** | **14** | **15+** |
| 50m Freestyle | None | None | None | None | None | None | None |
| 100m Freestyle | - | - | - | - | - | - | - |
| 50m Breaststroke | None | None | None | None | None | None | None |
| 100m Breaststroke | - | - | - | - | - | - | - |
| 50m Butterfly | None | None | None | None | None | None | None |
| 100m Butterfly | - | - | - | - | - | - | - |
| 50m Backstroke | None | None | None | None | None | None | None |
| 100m Backstroke | - | - | - | - | - | - | - |
| 100m IM | None | None | None | None | None | None | None |
| 200m IM | - | - | - | - | - | - | - |

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| **Girls B Grade** (not faster than) | | | | | | | |
| **Age:** | **9** | **10** | **11** | **12** | **13** | **14** | **15+** |
| 50m Freestyle | None | 39.60 | 36.50 | 35.10 | 34.10 | 33.10 | 32.40 |
| 100m Freestyle | - | 1:30.50 | 1:23.10 | 1:16.90 | 1:13.80 | 1:12.00 | 1:10.80 |
| 50m Breaststroke | None | 51.30 | 47.00 | 44.50 | 42.90 | 41.70 | 40.80 |
| 100m Breaststroke | - | 1:54.30 | 1:44.50 | 1:37.50 | 1:33.80 | 1:28.80 | 1:26.50 |
| 50m Butterfly | None | 44.00 | 40.40 | 38.70 | 37.00 | 36.20 | 35.30 |
| 100m Butterfly | - | 1:42.00 | 1:33.00 | 1:28.70 | 1:22.30 | 1:18.20 | 1:15.70 |
| 50m Backstroke | None | 45.20 | 41.20 | 39.80 | 38.30 | 37.80 | 37.40 |
| 100m Backstroke | - | 1:40.00 | 1:32.00 | 1:27.10 | 1:22.50 | 1:18.50 | 1:16.60 |
| 100m IM | None | 1:40.80 | 1:32.10 | 1:28.10 | 1:25.20 | 1:23.50 | 1:20.60 |
| 200m IM | - | - | 3:17.00 | 3:06.90 | 2:58.50 | 2:52.00 | 2:47.60 |

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| **Girls C Grade** (not faster than) | | | | | | | |
| **Age:** | **9** | **10** | **11** | **12** | **13** | **14** | **15+** |
| 50m Freestyle | None | 44.60 | 41.00 | 39.50 | 38.50 | 37.00 | 36.00 |
| 100m Freestyle | - | 1:41.00 | 1:31.00 | 1:26.00 | 1:21.00 | 1:18.00 | 1:14.50 |
| 50m Breaststroke | None | 57.70 | 52.70 | 50.00 | 48.10 | 46.80 | 45.70 |
| 100m Breaststroke | - | 2:08.00 | 1:59.00 | 1:52.00 | 1:47.00 | 1:41.00 | 1:36.50 |
| 50m Butterfly | None | 49.50 | 45.50 | 43.50 | 41.60 | 40.70 | 39.80 |
| 100m Butterfly | - | 1:55.00 | 1:46.00 | 1:39.50 | 1:31.50 | 1:27.00 | 1:20.50 |
| 50m Backstroke | None | 50.70 | 46.00 | 44.60 | 43.00 | 42.60 | 41.90 |
| 100m Backstroke | - | 1:56.00 | 1:44.00 | 1:38.00 | 1:32.50 | 1:25.00 | 1:20.00 |
| 100m IM | None | 1:53.40 | 1:43.50 | 1:38.00 | 1:35.00 | 1:33.50 | 1:30.00 |
| 200m IM | - | - | 3:40.00 | 3:30.00 | 3:15.00 | 3:08.00 | 3:00.00 |

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| **Boys C Grade** (not faster than) | | | | | | | |
| **Age:** | **9** | **10** | **11** | **12** | **13** | **14** | **15+** |
| 50m Freestyle | None | 43.80 | 40.60 | 38.00 | 36.60 | 35.00 | 33.60 |
| 100m Freestyle | - | 1:44.00 | 1:35.00 | 1:26.00 | 1:17.50 | 1:13.00 | 1:09.00 |
| 50m Breaststroke | None | 56.60 | 52.60 | 48.70 | 45.50 | 43.50 | 41.50 |
| 100m Breaststroke | - | 2:13.00 | 159.00 | 1:50.50 | 1:40.00 | 1:33.50 | 1:29.00 |
| 50m Butterfly | None | 49.50 | 45.50 | 42.40 | 40.50 | 38.00 | 36.60 |
| 100m Butterfly | - | 2:00.00 | 1:46.50 | 1:37.50 | 1:29.10 | 1:23.50 | 1:19.00 |
| 50m Backstroke | None | 52.00 | 47.00 | 44.10 | 41.40 | 40.00 | 37.00 |
| 100m Backstroke | - | 1:58.50 | 1:47.50 | 1:38.50 | 1:28.50 | 1:22.50 | 1:18.00 |
| 100m IM | None | 1:52.00 | 1:44.50 | 1:37.00 | 1:31.80 | 1:27.80 | 1:23.00 |
| 200m IM | - | - | 3:55.00 | 3:30.80 | 3:13.10 | 2:59.00 | 2:51.20 |

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| **Boys B Grade** (not faster than) | | | | | | | |
| **Age:** | **9** | **10** | **11** | **12** | **13** | **14** | **15+** |
| 50m Freestyle | None | 39.14 | 36.20 | 34.00 | 32.50 | 31.30 | 30.00 |
| 100m Freestyle | - | 1:30.30 | 1:23.40 | 1:16.40 | 1:10.50 | 1:07.20 | 1:03.90 |
| 50m Breaststroke | None | 50.30 | 46.90 | 43.40 | 40.60 | 38.80 | 37.00 |
| 100m Breaststroke | - | 1:56.30 | 1:45.80 | 1:37.00 | 1:29.90 | 1:24.80 | 1:21.00 |
| 50m Butterfly | None | 43.90 | 40.40 | 37.50 | 35.70 | 34.00 | 32.50 |
| 100m Butterfly | - | 1:43.40 | 1:33.7 | 1:26.20 | 1:19.20 | 1:14.80 | 1:11.00 |
| 50m Backstroke | None | 46.20 | 42.00 | 39.20 | 37.10 | 35.70 | 33.10 |
| 100m Backstroke | - | 1:42.80 | 1:33.50 | 1:26.10 | 1:19.90 | 1:14.90 | 1:11.50 |
| 100m IM | None | 1:39.70 | 1:33.00 | 1:27.00 | 1:21.60 | 1:18.00 | 1:14.50 |
| 200m IM | - | - | 3:22.30 | 3:06.80 | 2:53.30 | 2:43.40 | 2:35.80 |

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| Boys A Grade (not faster than) | | | | | | | |
| **Age:** | **9** | **10** | **11** | **12** | **13** | **14** | **15+** |
| 50m Freestyle | None | None | None | None | None | None | None |
| 100m Freestyle | - | - | - | - | - | - | - |
| 50m Breaststroke | None | None | None | None | None | None | None |
| 100m Breaststroke | - | - | - | - | - | - | - |
| 50m Butterfly | None | None | None | None | None | None | None |
| 100m Butterfly | - | - | - | - | - | - | - |
| 50m Backstroke | None | None | None | None | None | None | None |
| 100m Backstroke | - | - | - | - | - | - | - |
| 100m IM | None | None | None | None | None | None | None |
| 200m IM | - |  |  |  |  |  |  |

**Schedule of Events**

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| Session Times | |
| **Session 1 – Morning** | |
| Warm-up - Girls: 8:00am - 8:25am, Boys: 8:25am - 8:50am, First Heat 9:00am | |
| 101 | Girls 11 – 12 years 200m Individual Medley |
| 102 | Boys 9 – 10 years 100m Individual Medley |
| 103 | Girls 13 years and over 200m Individual Medley |
| 104 | Boys 9 – 12 years 50m Backstroke |
| 105 | Girls 10 – 12 years 100m Butterfly |
| 106 | Boys 13 years and over 50m Breaststroke |
| 107 | Girls 13 years and over 100m Freestyle |
| 108 | Boys 9 years 50m Breaststroke |
| 109 | Boys 10 – 12 years 100m Breaststroke |
| 110 | Girls 10 – 12 years 50m Freestyle |
| 111 | Boys 13 years and over 100m Butterfly |
| 112 | Girls 13 years and over 50m Backstroke |
| 113 | Boys 9 – 12 years 50m Butterfly |
| 114 | Girls 10 – 12 years 100m Backstroke |
| 115 | Boys 13 years and over 50m Freestyle |
| 116 | Girls 13 years and over 100m Breaststroke |
| 117 | Boys 9 years 50m Freestyle |
| 118 | Boys 10 – 12 years 100m Freestyle |
| 119 | Girls 10 – 12 years 50m Breaststroke |
| 120 | Boys 13 years and over 100m Backstroke |
| 121 | Girls 13 years and over 50m Butterfly |

**Schedule of Events**

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| **Session 2 – Afternoon** | |
| Warm-up – Boys: 1:00pm - 1:25pm, Girls: 1:25pm - 1:50pm, First Heat 2:00pm | |
| 201 | Boys 11 – 12 years 200m Individual Medley |
| 202 | Girls 9 – 10 years 100m Individual Medley |
| 203 | Boys 13 years and over 200m Individual Medley |
| 204 | Girls 9 – 12 years 50m Backstroke |
| 205 | Boys 10 – 12 years 100m Butterfly |
| 206 | Girls 13 years and over 50m Breaststroke |
| 207 | Boys 13 years and over 100m Freestyle |
| 208 | Girls 9 years 50m Breaststroke |
| 209 | Girls 10 – 12 years 100m Breaststroke |
| 210 | Boys 10 – 12 years 50m Freestyle |
| 211 | Girls 13 years and over 100m Butterfly |
| 212 | Boys 13 years and over 50m Backstroke |
| 213 | Girls 9 – 12 years 50m Butterfly |
| 214 | Boys 10 – 12 years 100m Backstroke |
| 215 | Girls 13 years and over 50m Freestyle |
| 216 | Boys 13 years and over 100m Breaststroke |
| 217 | Girls 9 years 50m Freestyle |
| 218 | Girls 10 – 12 years 100m Freestyle |
| 219 | Boys 10 – 12 years 50m Breaststroke |
| 220 | Girls 13 years and over 100m Backstroke |
| 221 | Boys 13 years and over 50m Butterfly |

**Officials – We would appreciate your help**

We need many officials to run a successful meet. If you are willing to officiate at our A/B/C sprints gala, please send an email via of contact on the website . The Promoter will then contact the officials proposed nearer the date confirming when we require your help.

Any help you give is very much appreciated. Expenses and lunch will be provided for anyone willing to help for the day.

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| **Name** | **Address** | **Contact No./Email** | **Qualification** |
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**PROMOTER’S CONDITIONS**

# RULES OF ENTRY

**Prior to the Gala**

1. All competitors must be registered with the ASA.
2. The meet shall be run under ASA Laws and FINA technical rules of swimming.
3. The Referee’s decision is final at all times.
4. In accordance with ASA Child Protection policy, all photographic equipment including mobile phones with cameras must be registered at each gala session.
5. The use of mobile telephonic devices on the poolside is prohibited.
6. The minimum age for each event will be as follows:
   1. 50m all strokes and 100 IM: 9 and over.
   2. 50m & 100m all strokes and 200m IM: 11 and over.
7. Age is the swimmer’s age at midnight on 17th March 2024
8. All entries shall be submitted before the closing date of the Gala.
9. Poolside or late entries will be accepted at the discretion of the Promoter.
10. All entries to be submitted by each affiliated club’s Competition Secretary via an electronic system.
11. All events will be swum as heat declared winner.
12. Swimmers can only enter their age group events.
13. There shall be separate events for males and females although, at the Promoter’s discretion, they may be swum combined.
14. The Promoter reserves the right to amend the running order of events to give swimmers appropriate recovery time wherever possible.
15. Entry times will be short course times for the event distance.
16. Mobile phone contact details for all entered clubs to be provided to Beverley Barracudas Swimming Club when entries accepted to permit text messages and phone calls in the event of an emergency or inclement weather conditions.
17. In the unlikely event the gala is cancelled by Beverley Barracudas Swimming Club at short notice for any reason, Beverley Barracudas Swimming Club will contact all the clubs entered and full refunds for all entered swimmers will be given.
18. No refunds will be given if, for any reason, a competing club does not attend and the gala has not been cancelled by Beverley Barracudas Swimming Club.

**The Day of the Gala**

1. Swimmers shall be placed in graduated time order, slowest to fastest. All heats will be spearheaded.
2. A list of heat and lane assignments will be posted. It is the swimmers responsibility to check the heat sheet and be at the staging area on time.
3. Competitors must report to their Team Manager.
4. Warm up will commence one hour prior to the start of each Gala session, i.e. 08:00 and 13:00.
5. All competitors must report to the Competition Steward two events before their race or, if they are in the first race of the session, report to the Competition Steward five minutes before the published start time for the session/gala.

**Awards**

* Awards will be presented to the fastest three swimmers in each event in all age groups and to those finishing between 4th and 6th in the 9 and 10 year old age groups.
* Swimmers must collect their awards from the trophy table, after the results for each event have been announced / published.