

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 15th March 2026

Beverley Leisure Centre, Beverley

Events

All age groups –
50m & 100m all strokes
100m individual medley and
200m individual medley

Awards

9/10 Medals 1st – 6th 11yrs & Over 1st - 3rd
Top Boy & Girl in each age group (based on A grade points)
Top Visiting Club

Entries

£7.00 per individual entry
Accepted on a first come first served basis

SPECTATORS TICKETS SOLD ON THE DAY

Age as at midnight on 15th March 2026

Entries open: 6th December 2026

Closing Date: Midnight 5th February 2026 or when full

General Information

Organisation

- The gala will be held under ASA Laws and Technical Rules of Swimming.
- Ages as at 15th March 2026
- 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: Lee Beddows

Awards

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

Coaches Passes

- Coaches Passes cost £15.00, this includes; admissions to all sessions, a programme and a buffet lunch with refreshments.

Entry Procedures and Fees

- All entries are £7.00 per individual event and to be submitted using the online entry forms provided.
- Entries open: 1st December 2025.
- 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

E-Mail: treasurer@beverleybarracudas.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

ENTRY CLOSING DATE: MIDNIGHT 6th February 2026

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: £6 per session or £9 full day pass.
- Children/OAP's £4 per session or £6 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

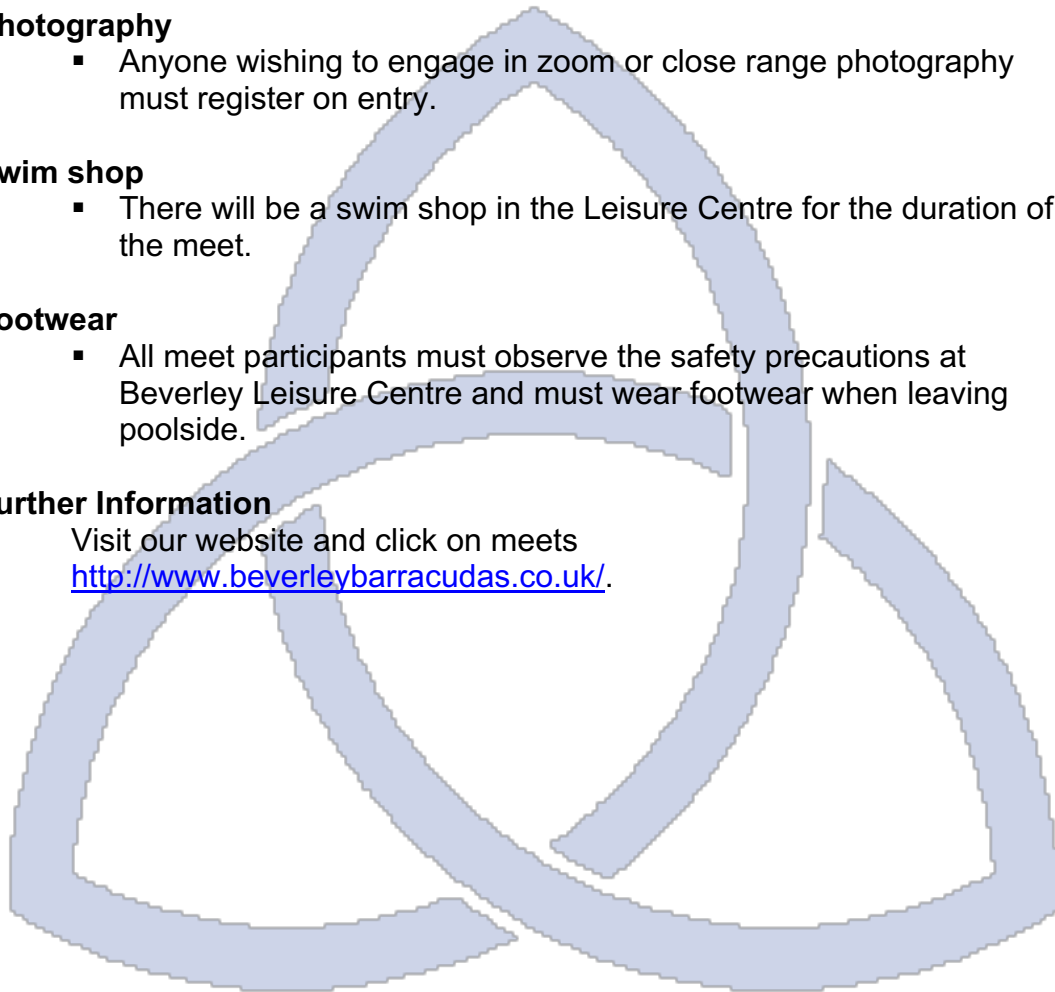
- There will be a swim shop in the Leisure Centre for the duration of the meet.

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
<http://www.beverleybarracudas.co.uk/>.



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	-	-	-	-	-	-	-

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	-	3:30.00	3:17.00	3:06.90	2:58.50	2:52.00	2:47.60

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	-	3:50.00	3:40.00	3:30.00	3:15.00	3:08.00	3:00.00

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	-						

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	-	3:40.00	3:22.30	3:06.80	2:53.30	2:43.40	2:35.80

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	1:59.00	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	-	4:10.00	3:55.00	3:30.80	3:13.10	2:59.00	2:51.20

Schedule of Events

<u>Session Times</u>	
Session 1 – Morning	
Warm-up - Girls: 8:00am - 8:25am, Boys: 8:25am - 8:50am, First Heat 9:00am	
101	Girls 200m Individual Medley Open
102	Open Male 100m Individual Medley Open
103	Girls 50m Freestyle Open
104	Open Male 50m Fly Open
105	Girls 100m Butterfly Open
106	Open Male 100m Breaststroke Open
107	Girls 50m Breaststroke Open
108	Open Male 50m Backstroke Open
109	Girls 100m Backstroke Open
110	Open Male 100m Freestyle Open
Session 2 – Afternoon	
Warm-up – Boys: 1:00pm - 1:25pm, Girls: 1:25pm - 1:50pm, First Heat 2:00pm	
201	Open Male 200m Individual Medley Open
202	Girls 100m Individual Medley Open
203	Open Male 50m Freestyle Open
204	Girls 50m Butterfly Open
205	Open Male 100m Butterfly Open
206	Girls 100m Breaststroke Open
207	Open Male 50m Breaststroke Open
208	Girls 50m Backstroke Open
209	Open Male 100m Backstroke Open
210	Girls 100m Freestyle Open

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.

<u>Name</u>	<u>Address</u>	<u>Contact No./Email</u>	<u>Qualification</u>

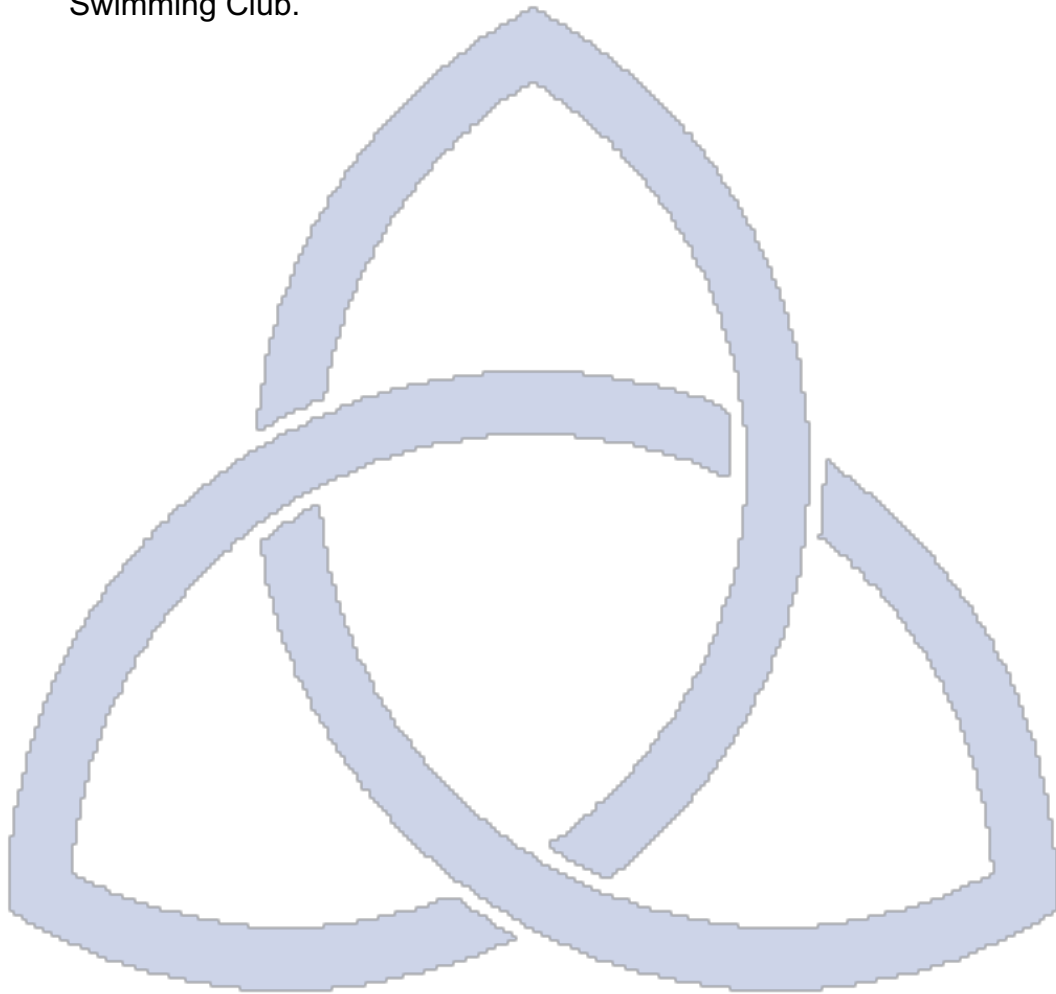
PROMOTER'S CONDITIONS

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. No mobile phones allowed in changing area.
5. The use of mobile telephonic devices on the poolside is prohibited.
6. The minimum age for each event will be as follows:
 - a. 50m & 100m all strokes 100 and 200 IM 9 years on day.
7. Age is the swimmer's age at midnight on 15th March 2026
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 for open meets.
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 open males and females although, at the Promoter's discretion, they may be swum combined.
14. The female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the Female category, a swimmer confirms that their birth sex is female.
15. The Promoter reserves the right to amend the running order of events to give swimmers appropriate recovery time wherever possible.
16. Entry times will be short course times for the event distance.

17. 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.
18. 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.
19. 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

20. Swimmers shall be placed in graduated time order, slowest to fastest. All heats will be spearheaded.
21. 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.
22. Competitors must report to their Team Manager.
23. Warm up will commence one hour prior to the start of each Gala session, i.e. 08:00 and 13:00.
24. All competitors must report to the Competition Steward 6 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.