**PSC Distance Gala 24th February 2019**

 **L3 Licence No: 3NW190372**

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| Date: | Sunday 24th February 2019 |
| Venue: | Darwen Leisure Centre, The Green, Darwen. BB3 1PW |
| Facilities: | This a fabulous 25m pool complex with 8 lanes, anti-wave lane ropes and electronic Daktronics timing in operation with scoreboard display. There is onsite parking, which is limited; however, there are numerous local parking facilities in the vicinity of the pool. |
| Age: | Ages are as at midnight on the 24th February 2019 |
| The Meet: | The meet will be held under ASA Laws and Technical Rules and is licensed by the ASA to a level 3 standard. The programme will operate on a start sheet system and will cover 1500m Freestyle for boys and 800m Freestyle events for girls and 400 IM.Entries will be seeded on a slowest to fastest time basis for all age groups within an event. If a 50m (long course) time is to be used this must be converted to 25m (short course) times using ASA Equivalent Performance Tables or Sportsystem Equivalent Times Converter electronic programme.**Entry times should normally have been achieved in the twelve months prior to the event**, converted to short course. It is not essential that entry times have been achieved at a previous licensed open meet, **however, any submitted times must have been achieved at an agreed club time trial / timed event and endorsed by the club coaches. If submitting times approved by a coach you MUST have the coaches signature on the entry form otherwise the entry form will be rejected.**All events will be heat declared winners within the prescribed age limits.  |
| Withdrawals: | Withdrawals must be made by either:* e-mail (**pscgalasecretary@gmail.com**) or text (07597634286) by 8pm the evening before competition.
* in person at the designated desk on the day using a withdrawal form.

Coaches, team managers and parents may withdraw a swimmer from an event on the day of competition provided the appropriate withdrawal form has been completed.**Note: The time limit for withdrawals on the day is 1 hour before the start of a session.**  |
| Awards: | Awards will be made for the first place participant in each individual age group.* Girls 10 yrs, 11 yrs, 12 yrs, 13 yrs & 14 yrs, 15 yrs and over.
* Boys: 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and over.

All races will be spearheaded. No formal presentations will be made for the individual events, where all awards can be collected from the designated table. |
| Entries: | Cost per entry is £6.00 (electronic entry) or £6.50 for paper entries. Clubs should make their entries collectively and send payment with 1 cheque per club only (make cheques payable to ‘**Preston Swimming Club’**) Refund cheques will only be payable to the entered Club.All clubs are encouraged to enter using the Sportsystem electronic entries. This is available on request from **pscgalasecretary@gmail.com** |
| Closing Date & acceptance criteria: | In order to manage any potential oversubscription to the meet, we are operating on **‘First Come First Served**’ basis. It is hoped that by doing this we can accommodate as many entries as possible.The window for applications will open at:**1pm Monday 14th Jan 2019.**With the final closing date for entries being:**6.30pm: Friday 8th Feb 2019.**All accepted and rejected entries will be posted on the web-site. **Can you please ensure you check these entries and ensure any queries / errors are raised immediately** as we will not be in a position to correct errors / add swimmers on the day. |
| Coaches: | Passes for coaches are free. Note all poolside helpers must have full CRB clearance. |
| Website: | **www.swimpreston.co.uk**  |
| Cheques: | Must be made payable to Preston Swimming Club. |

**Copies of all entries & forms together with cheques are to be posted to**:-

As well as submitting entries electronically please complete and return the club entry summary form along with your payment to:

PSC Gala Secretary

16 The Evergreens

Cottam

Preston

PR4 OLQ

**PAPER ENTRY FORM FOR: PSC L3 Distance Meet 2019**

**CLOSING DATE FOR ENTRIES: 8th February 2019**

**LATE ENTRIES CANNOT BE ACCEPTED.**

|  |  |  |  |
| --- | --- | --- | --- |
| **ASA Registration No** | **First Name** | **Initial** | **Surname** |
|  |  |  |  |  |  |  |  |  |  |
| **Date of Birth** | **Male/Female** | **Club** | **PSC Swimmers Only:** |
|  |  |  |  |  | **SQUAD:** |
| **Age as at : 24th February 2019** | **Tel Number / Email Address** |
|  |  |
|   |
| **Event** | **Entry Time** | **Date Achieved** | **Signature of Coach if using time trial** |
| **1500m Freestyle** |  |  |  |
| **800m Freestyle** |  |  |  |
| **400m Individual Medley** |  |  |  |

**Total Number of Entries @ £ 6.00 per event (electronic entry via a club secretary and for PSC Swimmers**

 **Or £6.50 if sending an individual paper entry in**

**Total Amount Paid £**……………………………………………..

**Total amount of cheque =**

**Payable to Preston Swimming Club**

Signed: …… ………………………………………………………..…………… Date: ……………………………………………………………

 **PSC Distance Gala - 24th February 2019**

 (**License No: xxxx**)

**Club Competition Secretary Electronic Entries Submission Form:**

|  |
| --- |
| Contact Details |
| Name of Club |  |
| Contact Name |  |
| Email |  |
| Tel No |  |
| Address |  |

|  |
| --- |
| Entry Details |
|  | Number | Fee | Cost |
| Boys Entries |  | @£6.00 | £ |
| Girls Entries |  | @£6.00 | £ |
| Total Entries |  |  |  |
| Coaches' Passes |  |  | £ |
| Total cheque included | £ |

* Email your electronic entry files to **pscgalasecretary@gmail.com** **by the closing date**
* In addition to the above point please send this form, a printed report of your electronic entry and your cheque (payable to Preston Swimming Club) by the closing date where possible to:

 PSC Gala Secretary, 16 The Evergreens, Cottam, Preston, PR4 0LQ

**Officials:**

Do you have any qualified officials who would be available to help at any of the sessions? If so please include below.

|  |  |
| --- | --- |
| Name | Level(Judge,T/K, Starter) |
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|  |  |
|  |  |
|  |  |
|  |  |
|  |  |

**Closing Date: 8th Feb 2019**

**THE 3rd PSC DISTANCE OPEN MEET**

Qualifying Times

Swimmers must not be faster than the following times:

|  |
| --- |
| **BOYS Qualifying Times** |
| STROKE | DISTANCE | 10 YRS | 11 YRS | 12 YRS | 13 YRS | 14 YRS | 15+ YRS |
| **Freestyle** | **1500m** | **19.12.11** | **19.12.11** | **19.12.11** | **18.12.24** | **17.34.43** | **17.00.79** |
| **IM** | **400m** | **5:25.93** | **5:19.24** | **5:13.30** | **5:01.28** | **4:51.45** | **4:45.05** |
| **GIRLS Qualifying Times** |
| STROKE | DISTANCE | 10 YRS | 11 YRS | 12 YRS | 13 YRS | 14 YRS | 15+ YRS |
| **Freestyle** | **800m** | **10.02.03** | **10.02.03** | **10.02.03** | **9.41.25** | **9.29.14** | **9.21.12** |
| **IM** | **400m** | **5:26.95** | **5:23.18** | **5:18.15** | **5:14.19** | **5:09.76** | **5:02.18** |

**Programme of Events 24th February 2019**

|  |  |
| --- | --- |
| Event 101 | Boys 1500M Freestyle |
| Event 102 | Girls 800M Freestyle |
| Event 103 | Boys 400 IM |
| Event 104  | Girls 400 IM  |