



PSC Summer Spectacular 8th & 9th June 2019
L3 Open Gala Licence No: 3NW190373

Date:	Saturday 8 th and Sunday 9 th June 2019
Venue:	Darwen Leisure Centre, The Green, Darwen. BB3 1PW
Facilities:	<p>This a fabulous 25m pool complex with 8 lanes, anti-wave lane ropes and electronic Daktronics timing in operation with scoreboard display. The Leisure Centre has on site café facilities.</p> <p>There is onsite parking, which is limited; however, there are numerous local parking facilities near the pool.</p>
Age:	Ages are as at midnight on the 9 th June 2019
The Meet:	<p>The meet will be held under ASA Laws and Technical Rules and is licensed by the ASA to a level 3 standard.</p> <p>The programme will operate on a start sheet system and will cover 50m, 100m, 200m events plus 400m Freestyle event.</p> <p>Entries will be seeded on a slowest to fastest time basis for all age groups within an event.</p> <p>Please read the entry times carefully and ensure your entry time is within the upper and lower qualifying time limits. Entries that do not meet the qualifying time for that event will be rejected. As event organisers we rely on accurate times being entered on the application forms, to be fair to all swimmers. Your cooperation in this matter would be greatly appreciated</p> <p>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 Sportssystem Equivalent Times Converter electronic programme.</p> <p>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 <u>MUST</u> have the coaches signature on the entry form otherwise the entry form will be rejected.</p> <p>All events will be heat declared winners within the prescribed age limits.</p> <p>There will be spot prizes drawn at random for swimmers throughout the competition.</p>
Withdrawals:	<p>Withdrawals must be made by either:</p> <ul style="list-style-type: none">e-mail (pscgalasecretary@gmail.com) or text (07597634286) by 8pm the evening before competition. Please state the



	<p>swimmer's name, club and events they wish to be withdrawn from</p> <ul style="list-style-type: none">• in person at the designated desk on the day using a withdrawal form. <p>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.</p> <p>Note: The time limit for withdrawals on the day is 1 hour before the start of a session.</p>
Awards:	<p>Awards will be made for the first three placed participants in each individual age group:</p> <ul style="list-style-type: none">• Girls: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs & 14 yrs, 15 yrs and over.• Boys: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and over. <p>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.</p> <p>Points accrued by swimmers throughout the event will lead to a 'Top Visiting Club' award. There will be a formal presentation at the end of session 4 for the top visiting club.</p>
Entries:	<p>Cost per entry is £5.50 (electronic entry) or £6.00 for paper entries. Clubs should make their entries collectively and send payment with 1 cheque per club only.</p> <p>(make cheques payable to 'Preston Swimming Club') Refund cheques will only be payable to the entered Club.</p> <p>All clubs are encouraged to enter using the Sportssystem electronic entries. This is available on the PSC Open Meets page of the Preston Swimming Club website www.swimpreston.co.uk</p>



Closing Date & acceptance criteria:	<p>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.</p> <p>The window for applications will open at: 1pm Friday 19th April 2019.</p> <p>With the final closing date for entries being: 6.30pm: 17th May 2019.</p> <p>Late entries will NOT be accepted and no poolside entries will be accepted at this meet.</p> <p>All accepted and rejected entries will be posted on the web-site by the end of May 2019. 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.</p>
Coaches:	<p>Passes for coaches are £20.00 for the whole weekend and a pass is required for any poolside staff / helpers. Note all poolside helpers must have full CRB clearance.</p> <p>The coach's pass will include entrance to the pool, programme, start sheets, lunch and snacks at programmed breaks. Please purchase coach passes by completing the application form.</p> <p>No one will be allowed on poolside without a pass.</p>
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 0LQ

Electronic entry forms should be returned direct to <mailto:pscgalasecretary@gmail.com>

This is a cardless meet. Entry confirmations will be posted / emailed to clubs as soon as entries are processed.



PAPER ENTRY FORM FOR: PSC L3 Summer Spectacular

CLOSING DATE FOR ENTRIES: 7pm 17th May 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 : 9 th June 2019					Tel Number / Email Address								
Event					Entry Time within the last 12 months				Date Achieved		Signature of Coach if using time trial		
50m Freestyle													
100m Freestyle													
200m Freestyle													
400m Freestyle													
50m Backstroke													
100m Backstroke													
200m Backstroke													
50m Breaststroke													
100m Breaststroke													
200m Breaststroke													
50m Butterfly													
100m Butterfly													
200m Butterfly													
200m Individual Medley													

Total Number of Entries @ £ 5.50 per event (electronic entry via a club secretary and for PSC Swimmers)
or £6.00 if sending an individual paper entry in from another club

Total Amount Paid £.....

Total amount of cheque =
Payable to Preston Swimming Club

Signed: Date:



PSC Summer Spectacular
8th and 9th June 2019
(License No: 3NW190373)

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		@£5.50	£
Girls Entries		@£5.50	£
Total Entries			
Coaches' Passes		@£20.00	£
Total cheque included			£

- Email your electronic entry files to psccgalasecretary@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)	Sessions Available			
		1	2	3	4

Closing Date: 17th May 2019



Programme of Events

Session 1	Saturday 8th June 2019 Warm Up 8:00am Start: 9:00am		Session 3 Sunday 9th June 2019 Warm Up 8:00am Start: 9:00am
Event 101	Girls 11 & Over 400m Freestyle		Event 301 Boys 11 & Over 400m Freestyle
Event 102	Boys 9 & Over 50m Butterfly		Event 302 Girls 9 & Over 50m Butterfly
Event 103	Girls 9 & Over 200m Backstroke		Event 303 Boys 9 & Over 200m Backstroke
Event 104	Boys 9 & Over 100m Freestyle		Event 304 Girls 9 & Over 100m Freestyle
Event 105	Girls 9 & Over 50m Backstroke		Event 305 Boys 9 & Over 50m Backstroke
Event 106	Boys 9 & Over 100m Breaststroke		Event 306 Girls 9 & Over 100m Breaststroke
Event 107	Girls 10 & Over 200m Butterfly		Event 307 Boys 10 & Over 200m Butterfly
Session 2	Saturday 8th June 2019 Warm Up TBC Start: TBC		Session 4 Sunday 9th June 2019 Warm Up TBC Start: TBC
Event 201	Boys 10 & Over 200 IM		Event 401 Girls 10 & Over 200 IM
Event 202	Girls 9 & Over 50m Breaststroke		Event 402 Boys 9 & Over 50m Breaststroke
Event 203	Boys 9 & Over 200m Freestyle		Event 403 Girls 9 & Over 200m Freestyle
Event 204	Girls 9 & Over 100m Butterfly		Event 404 Boys 9 & Over 100m Butterfly
Event 205	Boys 9 & Over 50m Freestyle		Event 405 Girls 9 & Over 50m Freestyle
Event 206	Girls 9 & Over 100m Backstroke		Event 406 Boys 9 & Over 100m Backstroke
Event 207	Boys 9 & Over 200m Breaststroke		Event 407 Girls 9 & Over 200m Breaststroke



Summer Spectacular 8th & 9th June 2019 Qualifying Times

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Please note that swimmers entering this competition must not have swum slower than the Lower Limit Entry Times

	Boys Qualifying Times [25m short course]							QT	Distance	QT	Girls Qualifying Times [25m short course]						
	9	10	11	12	13	14	15+				9	10	11	12	13	14	15+
Free	33:00	32:00	30:00	29:00	28:00	26:00	24:00	Upp	50m	Upp	33:00	32:00	30:00	29:00	28:00	27:00	26:00
	46:00	43:00	41:00	37:00	36:00	34:00	33:00	Low		Low	46:00	42:00	40:00	37:00	36:00	35:00	34:00
	1.12.00	1.08.00	1.04.00	1.01.00	58.00	56.00	53.00	Upp	100m	Upp	1.12.00	1.10.00	1.04.00	1.03.00	1:01:00	1:00:00	58:00
	1.35.00	1.30.00	1.22.00	1.17.00	1.12.00	1.07.00	1.05.00	Low		Low	1.32.00	1.29.00	1.23.00	1.17.00	1.15.00	1.11.00	1.10.00
	2.35.00	2.30.00	2.15.00	2.11.00	2.05.00	2:03.00	2:00.00	Upp	200m	Upp	2.35.00	2.31.00	2:22.00	2.15.00	2.10.00	2.09.00	2.07.00
	3.29.00	3.19.00	3.00.00	2.50.00	2.36.00	2.27.00	2.22.00	Low		Low	3.25.00	3.20.00	3:05.00	2.50.00	2.38.00	2.35.00	2.33.00
			4.38.00	4.36.00	4.24.00	4.12.00	4.15.00	Upp	400m	Upp			4.45.00	4.40.00	4.35.00	4.30.00	4.25.00
			6.25.00	5.49.00	5.27.00	5.15.00	5.10.00	Low		Low			6.20.00	5.48.00	5.35.00	5.28.00	5.23.00
Back	33:00	33:00	32:00	31:00	30:00	29:00	28:00	Upp	50m	Upp	36:00	34:00	33:00	32:00	31:00	30:00	29:00
	53:00	48:00	45:00	42:00	40:00	38:00	36:00	Low		Low	53:00	48:00	46:00	43:00	41:00	39:00	38:00
	1.15.00	1.10.00	1.08.00	1.06.00	1.03.00	1.00.00	59:00	Upp	100m	Upp	1.25.00	1.20.00	1.15.00	1.12.00	1.10.00	1.05.00	1.01.00
	1.48.00	1.38.00	1.35.00	1.27.00	1.20.00	1.15.00	1.12.00	Low		Low	1.48.00	1.38.00	1.33.00	1.27.00	1.25.00	1.23.00	1.18.00
	3:00.00	2.48.00	2.35.00	2.30.00	2.20.00	2.15.00	2.10.00	Upp	200m	Upp	3:00.00	2.48.00	2.39.00	2.30.00	2.23.00	2.20.00	2.15.00
	3.53.00	3.43.00	3.22.00	3.05.00	2.50.00	2.42.00	2.37.00	Low		Low	3.50.00	3.40.00	3.25.00	3.05.00	2.54.00	2.50.00	2.45.00
Breast	42:00	38:00	37:00	36:00	35:00	34:00	33:00	Upp	50m	Upp	42:00	38:00	37:00	36:00	35:00	34:00	34:00
	59:00	56:00	51.00	47:00	45:00	42:00	39:00	Low		Low	59:00	56:00	52:00	48:00	45:00	43:00	40:00
	1.21.00	1.18.00	1.18.00	1.17.00	1.13.00	1.09.00	1.07.00	Upp	100m	Upp	1.30.00	1.27.00	1.20.00	1.17.00	1.15.00	1.14.00	1.12.00
	1.58.00	1.50.00	1.42.00	1.37.00	1.29.00	1.24.00	1.22.00	Low		Low	1.58.00	1.50.00	1.44.00	1.40.00	1.36.00	1.30.00	1.27.00
	3.20.00	3.12.00	2.57.00	2.52.00	2.40.00	2.26.00	2.21.00	Upp	200m	Upp	3.20.00	3.12.00	2.57.00	2.52.00	2.45.00	2.40.00	2.36.00
	4.25.00	4.05.00	3.50.00	3.29.00	3.20.00	3.04.00	3.00.00	Low		Low	4.25.00	4.05.00	3.50.00	3.29.00	3.24.00	3.15.00	3.10.00
Fly	34:00	33:00	32:00	31:00	29:00	28:00	27:00	Upp	50m	Upp	34:00	34:00	33:00	32:00	31:00	30:00	28:00
	50:00	48:00	46:00	43:00	40:00	38:00	35:00	Low		Low	51:00	48:00	46:00	44:00	41:00	40:00	37:00
	1.20.00	1.16.00	1.14.00	1.12.00	1.07.00	1.04.00	59:00	Upp	100m	Upp	1.20.00	1.16.00	1.14.00	1.12.00	1.10.00	1.06.00	1.03.00
	1.50.00	1.37.00	1.33.00	1.28.00	1.18.00	1.13.00	1.12.00	Low		Low	1.50.00	1.38.00	1.35.00	1.28.00	1.23.00	1.19.00	1.17.00
		3:10.00	2.55.00	2.35.00	2.30.00	2.20.00	2.10.00	Upp	200m	Upp		2.55.00	2.35.00	2.33.00	2.25.00	2.23.00	2.19.00
		4:25.00	3.48.00	3.30.00	3:15.00	3:00.00	2.50.00	Low		Low		3.51.00	3.28.00	3.15.00	2.58.00	2.51.00	2.49.00
IM		2:55.00	2.31.00	2.29.00	2.20.00	2.15.00	2.05.00	Upp	200m	Upp		2:55.00	2.42.00	2.33.00	2.28.00	2.24.00	2.18.00
		3.30.00	3.20.00	3.07.00	2.54.00	2.44.00	2.42.00	Low		Low		3.30.00	3.20.00	3.07.00	2.54.00	2.51.00	2.49.00