



Meet Manager Simon Deeley Promoter Ben Harvey



City of Liverpool SC

Present the Long Course Open

Splash “N” Dash

50m sprints

Sunday 21st May 2023

Liverpool Aquatics Centre

Licenced at Level 3 No: 3NW230627



The City of Liverpool



The City of Liverpool

Meet Manager Simon Deeley Promoter Ben Harvey

SPLASH “N” DASH 50m Sprints

Programme, Rules & Entry Form

All Ages, All 50 Metre Races, All Strokes. 14yrs and over skins event.

1. Affiliated to the SE North West Region and held under ASA Laws & FINA Technical Rules of Swimming.
2. Entry into this gala is at the discretion of the gala secretary.
3. Late entries may be accepted.
4. **All Swimmers aged 14 and over are encouraged to enter the Skins Event and the fastest eight 200IM male and female entry times will qualify to compete on the day.**
5. **Closing Date is 9AM Monday 1st May 2023.**
6. Competition will be held at Liverpool Aquatics Centre

Please return all your entry forms and fees to:

colscgalasecretary@gmail.com



PLEASE NOTE THE FOLLOWING : WE HAVE 378 SEATS AVAILABLE AT THE LIVERPOOL AQUATICS CENTRE. NO STANDING IS ALLOWED AS THE PASSAGEWAY IS A FIRE EXIT. ONCE ALL THE SEATS HAVE BEEN TAKEN THE BALCONEY WILL BE CLOSED FOR ENTRY. ONLY IF SOMEONE LEAVES CAN WE LET ANYONE ELSE ON.


Order of Events

Session 1

Warm up			
Date	21/05/2023	Start	
<u>Event No</u>	<u>Sex</u>	<u>Age Group</u>	<u>Event</u>
101	Boys	14yr &Ov	50m Back
102	Girls	14yr &Ov	50m Back
103	Boys	12/13yrs	50m Free
104	Girls	12/13yrs	50m Free
105	Boys	9/11yrs	50m Fly
106	Girls	9/11yrs	50m Fly
107	Boys	14yr &Ov	50m Br/s
108	Girls	14yr &Ov	50m Br/s
109	Boys	12/13yrs	50m Back
110	Girls	12/13yrs	50m Back
111	Boys	9/11yrs	50m Free
112	Girls	9/11yrs	50m Free

Session 2

Warm up TBC			
Date	21/05/2023	Start	
<u>Event No</u>	<u>Sex</u>	<u>Age group</u>	<u>Event</u>
201	Boys	12/13yrs	50m Br/s
202	Girls	12/13yrs	50m Br/s
203	Boys	14yr &Ov	50m Fly
204	Girls	14yr &Ov	50m Fly
205	Boys	9/11yrs	50m Back
206	Girls	9/11yrs	50m Back
207	Boys	12/13yrs	50m Fly
208	Girls	12/13yrs	50m Fly
209	Boys	14yr &Ov	50m Free
210	Girls	14yr &Ov	50m Free
211	Boys	9/11yrs	50m Br/s
212	Girls	9/11yrs	50m Br/s

113*	Boys	14yr &Ov	Skins 
114*	Girls	14yr &Ov	

Please note that due to time constraints on the gala and to ensure the smooth running of the event, we are unable to make official presentations using the presentation podium. Swimmers will be able to pick up their medals from a table placed at the finish end of the pool, on the window side.

Aims and Purpose Of The Competition.

- 1, To bring all swimmers in the area together to compete in a friendly enjoyable environment.
- 2, To give swimmers the opportunity to gain personal best times.
- 3, All events will be inclusive there will not be separate events for swimmers with disabilities.
- 4, Individual clubs may use their swimmer's times for team selection for their team competitions.
- 5, This event is licensed at level 3 all times achieved will be entered onto the ASA Rankings system, which means swimmers will be able to use the times for Open, County and Regional Meets.

Competition Rules.

- 1, The Sprint Championships will be held under ASA Law & Fina Technical Rules of Swimming. All swimmers must be Category 2, namely a "Competitive Swimmer", eligible to enter open meets and championships
- 2, Competition age will be age on day, 21st May 2023.
- 3, All events are 50m: Butterfly / Backstroke / Breaststroke / Freestyle and Skins
- 4, All events are heat declared winners
- 6, Entry Times should be 50m times or converted 25m times. Any swimmer who does not have a time may use a training time which has been confirmed by the club's coach.
- 7, Entry fee is £6 per event, £5 for the skins.
- 8, Competition Age Groups, 9yr,10yr,11yr,12yr,13yr,14yr,15yr and over.
 - 9, BACS payment is preferred for ALL entries using the following details:
Sort Code: 20-50-82 A/C No: 80262757 Reference: "Swimmers Name"
- 10, Cheques should be made payable to "City of Liverpool Swimming Club." Please do not send cash.
- 11, Closing date for entries is 9AM 1st May 2023.
- 12, Accepted entries will be posted on the Colsc website www.colsc.weebly.com or via entry checker – Link will be sent out when entries received.
- 13, Meet conditions, any points not covered in these conditions are at the discretion of the Promoter (Ben Harvey) and the COLSC event team.
- 14 Spectators Entry Fee - Adults £10 for the day Concessions £7. Under 5's free.
Spectators please note, If you choose to bring cooler boxes they must be of a size that will fit under your seat. Stairways and passageways must not be blocked.

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15, Before the day of the gala: if you are unable to attend the gala for any reason or if you wish to withdraw from an individual event or the whole gala, please call or text the telephone withdrawal number 07979518595 or complete a withdrawal form and send it to Ben Harvey or via email colscgalasecretary@gmail.com

If on the day of the gala you wish to withdraw please complete the attached withdrawal form and hand it to the competition control room which is at the end of the spectators gallery.

Competition Awards.

50m Event Awards

A medal will be awarded to the first three swimmers in each age group in each 50m event for both male and female.

50m Fly, 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

50m Bk/s 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

50m Br/s 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

50m Fr/s 9yr 10yr 11yr 12yr 13yr 14yr 15yr and over.

Skins Event Award.

Cash prizes to the top three males and females 1st= £25. 2nd =£15. 3rd =£10.

Skins Event

1. The opportunity to compete in the skins event will be offered to 8 male and 8 female swimmers aged 14 years and over, who have entered the fastest 200m I.M. time.
2. If less than 8 swimmers accept in either category wish to compete, we will invite swimmers 9th, 10th, 11th etc. into the event.
3. The skins competition is based on an individual medley, with all four strokes available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.
4. Races will take place 3 minutes apart as demonstrated below:
5. At the end of each race, the swimmer who finishes last or is disqualified will be eliminated from the competition.
6. Cash prizes will be awarded to the male and female swimmers finishing 1st, 2nd and 3rd.

<u>Male</u>			<u>Female</u>			
<u>Race Number</u>	<u>No Of Swimmers</u>	<u>Race start Time (Minutes)</u>		<u>Race Number</u>	<u>No Of Swimmers</u>	<u>Race Start Time (Minutes)</u>
1	8	0		1	8	1.5
2	7	3		2	7	4.5
3	6	6		3	6	7.5
4	5	9		4	5	10.5
5	4	12		5	4	13.5
6	3	15		6	3	16.5
7	2	18		7	2	19.5

Rules for Skins Events

- 1, The SKINS race distance will be 50m
2. Both the male and female events will begin with up to 8 male and 8 female swimmers
3. Male and female heats will be run alternately with 3 minutes between each gender's races.
- 4, The Eliminated swimmer will select the stroke for each race through a random process such as drawing slips from a hat. Each time, the slip will be returned to the hat prior to the next race selection.
5. Each start will be made according to ASA starting procedure. The starter will give the command 'Take your Marks' and will then attempt to give the starting signal on either the 1.5 minute time slot of the 3.0 minute time slot for each race.
6. If a swimmer is 'moving at the start' the heat will continue and the swimmer 'moving at the start' will be eliminated at the end of the race instead of the slowest swimmer in that particular race.
7. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the race re-started when it is safe to do so. Health and Safety of all the swimmers is very important and the race cannot be re-started until safe to do so. The swimmer who "false started" will be eliminated instead of the slowest swimmer in that race.
8. If a swimmer is disqualified for a stroke infringement then they will be eliminated and not the slowest swimmer in that race. Strokes will be in accordance with FINA laws and Technical Rules.
9. The referee will determine the slowest swimmer, who is to be eliminated in each round using either Automatic Officiating Equipment (AOE) or placing judges and will inform the slowest or disqualified swimmer of this following every race. To determine this, if AOE is used, the referee will determine whether it operated correctly. If the placing judges determine the slowest swimmer, they will make the referee aware of their decision. The referee will then inform the eliminated swimmer. If the Placing Judges disagree on the swimmer to be eliminated, the Referee will make the decision. If no clear decision can be reached (e.g. a dead heat) all swimmers will swim in the next heat, where two swimmers will be eliminated
10. The races proceed according to these rules with the races in each event being 3 minutes apart, until there is an overall male and female winner.
11. Swimmers will remain in their original assigned lanes throughout the event other than during the final, where the two middle lanes will be used.
12. At the end of each race, the Referee will enter on the swimmer's timecard the place attained in the event (i.e. 6th, 3rd, 5th etc).
13. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final in conjunction with the event team.

Splash N Dash 50m Sprints Entry Form


Name of Swimmer															
Age Group As at 21st May 2023															
Date of Birth															
ASA Registration Number															
Swimmer With Disabilities Classification, Place a tick in the appropriate box / boxes		1	2	3	4	5	6	7	8	9	10	11	12	13	14
	S														
	SB														
	SM														
Swimming Club															
Contact Number															
Email Address															
Male	£6 Per Event							Female							
Entry Times								50 Butterfly							Entry Times
	50 Backstroke														
	50 Breaststroke														
	50 Freestyle														
	200IM for SKINS £5														

Individual entry Form to colscgalasecretary@gmail.com

Meet Entries Secretary: **Ben Harvey**
 Mobile Number: **07979518595**
 Email: colscgalasecretary@gmail.com

City of Liverpool SC 2023 Splash “N” Dash. Application for Team Staff / Team Managers / Coaches’ / Chaperone’s / Helper’s / Personal Care Attendants Pass.

Please note: This letter / application form must be completed and returned along with your club’s entries, without this, no team staff / coaches’ passes will be given out to your club.

Swimming Club	
Club Secretary, please print your name	
I / We would like to purchase a total of	 Team Staff Passes as listed below at a price of £10.00 per pass
I have enclosed a	I enclosed a Cheque to the value of £_____ to cover this payment, made payable to “City of Liverpool SC”

I have listed all the swimming clubs staff below:

Coaches	1.	2.	3.
	4.	5.	6.
Team Managers	1.	2.	3.
	4.	5.	6.
Chaperones	1.	2.	3.
	4.	5.	6.
Helper’s	1.	2.	3.
	4.	5.	6.
Personal Care Attendants	1.	2.	3.
	4.	5.	6.

As Club Secretary, I confirm that all the individuals listed above have been CRB checked and are current members of _____ Swimming Club.

Signed _____ Secretary

Splash “N” Dash

EVENT WITHDRAWAL FORM

Swimmers, Parents, Coaches and Clubs, to ensure we run a smooth event, we require you to let us know if any of your swimmers wish the withdraw from an event or the whole competition in plenty of time so we can delete them off the computer system and stop races taking place with empty lanes.

Any competitor wishing to withdraw from an event or the whole competition must inform a gala official via either:

- i. Completing the form below and passing it to Ben Harvey, Meet Entries Secretary at least a week in advance of the swim taking place
- ii. Passing the form in on the day of the competition, no later than the start of the warm up period
- iii. Texting, stating the swimmers name and the event you want them to withdraw from on 07979518595
- iv. Text or Leave a message on answer machine on 07979518595
- v. Emailing any day or time but no later than Friday evening at 8.00pm
- vi. On the day of the competition, text on 07979518595

Swimming First Name:	
Swimmers Last Name:	
Swimmers Age Group:	
Disability Classification:	

Event No:	Competitor No:	Race Distance:	Stroke:
		50m	
		50m	
		50m	
		50m	
		Skins Competition	

Name(Print)		Signed	
Date		Time of Delivery	
Received By		Time Received	

Upper qualifying Times.

Entry times cannot be faster than these times shown below.

Boys

	9	10	11	12	13	14	15&0
Fly	32.7	31.6	30.5	29.4	28.3	27.2	26.1
Back	35.7	34.2	33.5	31.4	30.3	28.2	27.1
Breast	42.7	40.6	38.5	36.4	35.3	33.2	31.0
Free	33.1	30.0	28.9	27.0	25.9	24.6	23.3

Girls

	9	10	11	12	13	14	15&0
Fly	36.1	35.0	33.9	32.8	31.7	29	28.0
Back	36.7	35.6	34.5	33.4	32.3	31.2	30.1
Breast	43.2	41.7	39.5	37.4	35.6	33.6	32.0
Free	35.7	33.6	31.7	29.2	28.2	27.1	26.0

