



Springboard

Gala 2019



Saturday 9th March 2019

Diss Leisure Centre, Victoria Road

Warm up 5:00pm

Under ASA Laws & Technical Rules

Conditions

1. The closing date for entry is Friday 15th February 2019
2. The gala will take place at Diss Leisure Centre, Victoria Road, Diss IP22 4JG
3. The entry fee is £3.00 for each event
4. Competitors age as of 9th March 2019
Swimmers must be SLOWER than the cut off times to be eligible.
5. Clubs must submit entries using Sportsystems Entry Manager, submitting all entries by email to chair@dissottters.co.uk no later than the deadline. Payment to be by BACS to the Club Account or club cheque (1 per club).
6. Entries must have been completed correctly, submitted by the specified date and accepted by the promoters for an entry to be valid. The promoters reserve the right to restrict the number of entries if necessary; this will be done by rejecting the faster swimmers first.
7. A list of provisional entries will be published on the Diss Otters Swimming Club's website after the close date. Clubs will then need to check these and notify the organisers of any errors.
8. It is the responsibility of the club to advise the gala organisers if they have swimmers not swimming either by email prior to the meet or by completing a withdrawal form on the night. Forms must be returned to the timing desk no later than 20 minutes before the start of the first race. Forms to do so will be provided. This will prevent the gala running with empty lanes. No refund will be given for any withdrawals. Any deviations from this condition may only be at the discretion of the Lead referee and/or promoter.
9. The time allocated for the warm up at the start of each gala may be extended to prevent overcrowding in the pool. This will lead to the advertised start time being changed.
10. All heats will be seeded according to the submitted entry times (not by age).
11. Results will be declared by the following age groups: 8yrs, 9yrs, 10yrs, 11/OV. All results will be Heat Declared Winners.
12. Awards will be distributed to the top 3 competitors in each age group.
13. The promoters reserve the right to refuse admission to any competitor, coach or spectator. Anything not covered in the above rules will be at the discretion of the promoters and/or lead referees, who also reserve the right to make any changes that may be considered necessary for the smooth, effective and safe running of the meet.

Schedule of Events

1	Boys 100m Individual Medley	2	Girls 100m Individual Medley
3	Boys 25m Freestyle	4	Girls 25m Freestyle
5	Boys 50m Freestyle	6	Girls 50m Freestyle
7	Boys 25m Butterfly	8	Girls 25m Butterfly
9	Boys 50m Butterfly	10	Girls 50m Butterfly
11	Boys 25m Breaststroke	12	Girls 25m Breaststroke
13	Boys 50m Breaststroke	14	Girls 50m Breaststroke
15	Boys 25m Backstroke	16	Girls 25m Backstroke
17	Boys 50m Backstroke	18	Girls 50m Backstroke

Individual Entry Form

Please fill in all details using BLOCK CAPITALS. The deadline for entry is Friday 15th February 2019

Swimmers Name:..... Club:

DOB:..... ASA Number.....

Stroke	Boys	Girls	ENTRY TIME
Important note: Swimmers must be SLOWER than these times to enter			
25m Freestyle	21.00	21.00	
50m Freestyle	42.48	41.08	
25m Breaststroke	29.00	29.00	
50m Breaststroke	50.20	55.99	
25m Butterfly	24.00	24.00	
50m Butterfly	57.81	54.81	
25m Backstroke	25.00	25.00	
50m Backstroke	49.08	48.08	
100m Individual Medley	1:47.00	1:47.00	

Total number of events entered	_____ X £3.00
Total	

I certify that the above information is correct, and I have read the rules and conditions. Please return the completed form as appropriate to the promoter Juliet Grimes, Email: chair@dissotters.co.uk or post to The Red House, Grove Road, Brockdish, Norfolk IP21 4JP together with the Entry Fee of £3.00 per event via BACS Account: 90065455 Sort: 20-26-34 Name: Diss Otters Swimming Club Ref: SPRING/club name or Cheques made payable to Diss Otters Swimming Club. **CLOSING DATE FOR ENTRIES IS FRIDAY 15TH FEBRUARY.**

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Request for officials

Assistance is always required to make such events possible, therefore if you can help in any way on the day please complete the slip below and return to us.

Name: Club:

Phone Number: E-Mail Address:

Please circle as appropriate: *Referee / Starter / JL2 / JL1 / Timekeeper / Other*

Signed: Date: