



**PSC Christmas Countdown 2018**  
**L3 Open Gala**                      **Licence No: 3NW182357**

Date:	Saturday 1 <sup>st</sup> and Sunday 2 <sup>nd</sup> December 2018
Venue:	Darwen Leisure Centre, The Green, Darwen. BB3 1PW
Facilities:	<p>This is 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 in the vicinity of the pool.</p>
Age:	Ages are as at midnight on the 2 <sup>nd</sup> December 2018.
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><b>Please read the entry times carefully and ensure your entry time is within the upper and lower qualifying time limits.</b> 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><b>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.</b></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>



<p>Withdrawals:</p>	<p>Withdrawals must be made by either:</p> <ul style="list-style-type: none"><li>• e-mail (<a href="mailto:psccgalasecretary@gmail.com">psccgalasecretary@gmail.com</a>) or text (07597634286) by 8pm the evening before competition. Please state the swimmer's name, club and events they wish to be withdrawn from</li><li>• in person at the designated desk on the day using a withdrawal form.</li></ul> <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>Please note that there will be no refunds for any withdrawals once the accepted list has been displayed on the website.</p> <p><b>Note: The time limit for withdrawals on the day is 1 hour before the start of a session.</b></p>
<p>Awards:</p>	<p>Awards will be made for the first three placed participants in each individual age group:</p> <ul style="list-style-type: none"><li>• Girls: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and over.</li><li>• Boys: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs, 15 yrs and over.</li></ul> <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>
<p>Entries:</p>	<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 '<b>Preston Swimming Club</b>') Refund cheques will only be payable to the entered Club.</p> <p>All clubs are encouraged to enter using the Sportsystem electronic entries. This will be emailed to local clubs but is also available by sending an email request to <a href="mailto:psccgalasecretary@gmail.com">psccgalasecretary@gmail.com</a> .</p>



Closing Date & acceptance criteria:	<p>In order to manage any potential oversubscription to the meet, we are operating on '<b>First Come First Served</b>' 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: <b>1pm Friday 12<sup>th</sup> October 2018.</b></p> <p>With the final closing date for entries being: <b>7pm Friday 9<sup>th</sup> November 2018.</b></p> <p><b>Late entries will NOT be accepted and no poolside entries will be accepted at this meet.</b></p> <p>All accepted and rejected entries will be posted on the web-site by Friday 16<sup>th</sup> November 2018. <b>Can you please ensure you check these entries and ensure any queries / errors are raised immediately</b> 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, coffee, tea 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:	<b><a href="http://www.swimpreston.co.uk">www.swimpreston.co.uk</a></b>
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  
Lancs  
PR4 0LQ

Electronic entry forms should be returned direct to [pscgalasecretary@gmail.com](mailto:pscgalasecretary@gmail.com)

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



PAPER ENTRY FORM FOR: [PSC L3 Christmas Countdown 2018](#)

**CLOSING DATE FOR ENTRIES: 7pm 9<sup>th</sup> November 2018  
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 : 2 <sup>nd</sup> December 2018						Tel Number / Email Address		
Event						Entry Time	Date Achieved	Office Use
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

Total Amount Paid £.....

Total amount of cheque =  
Payable to **Preston Swimming Club**

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



**PSC Christmas Countdown 1<sup>st</sup> and 2<sup>nd</sup> December 2018**

**(Licence No: 3NW182357)**

**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 [pscgalsecretary@gmail.com](mailto:pscgalsecretary@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.

	Level	Sessions Available
--	-------	--------------------



Name	(Judge, T/K, Starter)	1	2	3	4

**Closing Date: 9<sup>th</sup> November 2018**

### Programme of Events

<b>Session 1</b>	<b>Saturday 1<sup>st</sup> December 2018</b> <b>Warm up: 8am      Start: 9am</b>
<b>Event 101</b>	Girls 11 & Over 400m Freestyle
<b>Event 102</b>	Boys 9 & Over 50m Fly
<b>Event 103</b>	Girls 9 & Over 200m Backstroke
<b>Event 104</b>	Boys 9 & Over 100m Freestyle
<b>Event 105</b>	Girls 9 & Over 50m Backstroke
<b>Event 106</b>	Boys 9 & Over 100m Breaststroke
<b>Event 107</b>	Girls 10 & Over 200m Butterfly

<b>Session 3</b>	<b>Sunday 2<sup>nd</sup> December 2018</b> <b>Warm up: 8am      Start: 9am</b>
<b>Event 301</b>	Boys 11 & Over 400m Freestyle
<b>Event 302</b>	Girls 9 & Over 50m Butterfly
<b>Event 303</b>	Boys 9 & Over 200m Backstroke
<b>Event 304</b>	Girls 9 & Over 100m Freestyle
<b>Event 305</b>	Boys 9 & Over 50m Backstroke
<b>Event 306</b>	Girls 9 & Over 100m Breaststroke
<b>Event 307</b>	Boys 10 & Over 200m Butterfly

<b>Session 2</b>	<b>Saturday 1<sup>st</sup> December 2018</b> <b>Warm up: TBC</b>
<b>Event 201</b>	Boys 10 & Over 200m IM
<b>Event 202</b>	Girls 9 & Over 50m Breaststroke
<b>Event 203</b>	Boys 9 & Over 200m Freestyle

<b>Session 4</b>	<b>Sunday 2<sup>nd</sup> December 2018</b> <b>Warm up: TBC</b>
<b>Event 401</b>	Girls 10 & Over 200m IM
<b>Event 402</b>	Boys 9 & Over 50m Breaststroke
<b>Event 403</b>	Girls 9 & Over 200m Freestyle



**Event 204** Girls 9 & Over 100m Butterfly

**Event 205** Boys 9 & Over 50m Freestyle

**Event 206** Girls 9 & Over 100m Backstroke

**Event 207** Boys 9 & Over 200m Breaststroke

**Event 404** Boys 9 & Over 100m Butterfly

**Event 405** Girls 9 & Over 50m Freestyle

**Event 406** Boys 9 & Over 100m Backstroke

**Event 407** Girls 9 & Over 200m Breaststroke





## Christmas Countdown 2018 Qualifying Times

Licence Number: 3NW182357

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

	Boys Qualifying Times [25m short course]									Girls Qualifying Times [25m short course]							
	9	10	11	12	13	14	15+	QT	Distance	QT	9	10	11	12	13	14	15+
Free	33:00	32:00	30:00	29:00	28:00	26:00	24:00	Upper	50m	Upper	33:00	32:00	30:00	30:00	29:00	28:00	26:00
	45:00	41:00	39:00	36:00	35:00	34:00	33:00	Lower		Lower	45:00	41:00	39:00	36:00	35:00	34:00	33:00
	1:05.00	1:01.00	1:00.00	1:00.00	56:00	54:00	53:00	Upper	100m	Upper	1:05.00	1:02.00	1:01.00	1:00.00	59:00	58:00	57:00
	1:32.00	1:26.00	1:21.00	1:17.00	1:12.00	1:07.00	1:05.00	Lower		Lower	1:32.00	1:26.00	1:21.00	1:16.00	1:14.00	1:11.00	1:10.00
	2:29.00	2:22.00	2:11.00	2:10.00	2:02.00	1:57.00	1:55.00	Upper	200m	Upper	2:29.00	2:23.00	2:12.00	2:10.00	2:08.00	2:05.00	2:04.00
	3:25.00	3:19.00	3:00.00	2:50.00	2:34.00	2:25.00	2:20.00	Lower		Lower	3:17.00	3:11.00	2:55.00	2:44.00	2:36.00	2:33.00	2:31.00
			4:38.00	4:36.00	4:24.00	4:12.00	4:01.00	Upper	400m	Upper			4:40.00	4:39.00	4:31.00	4:24.00	4:20.00
		6:20.00	5:49.00	5:25.00	5:07.00	5:00.00	Lower	Lower				6:07.00	5:41.00	5:27.00	5:17.00	5:12.00	
Back	33:00	33:00	32:00	31:00	30:00	29:00	28:00	Upper	50m	Upper	34:00	34:00	33:00	32:00	31:00	30:00	29:00
	53:00	48:00	44:00	41:00	39:00	37:00	35:00	Lower		Lower	53:00	48:00	45:00	42:00	40:00	38:00	36:00
	1:10.00	1:07.00	1:07.00	1:06.00	1:03.00	1:00.00	59:00	Upper	100m	Upper	1:12.00	1:09.00	1:09.00	1:08.00	1:05.00	1:03.00	1:01.00
	1:45.00	1:36.00	1:29.00	1:27.00	1:20.00	1:15.00	1:12.00	Lower		Lower	1:45.00	1:36.00	1:31.00	1:25.00	1:21.00	1:19.00	1:17.00
	2:50.00	2:44.00	2:28.00	2:26.00	2:17.00	2:11.00	2:07.00	Upper	200m	Upper	2:49.00	2:43.00	2:28.00	2:26.00	2:21.00	2:17.00	2:15.00
	3:49.00	3:43.00	3:22.00	3:05.00	2:50.00	2:42.00	2:37.00	Lower		Lower	3:38.00	3:32.00	3:15.00	3:03.00	2:52.00	2:47.00	2:45.00
Bree	42:00	38:00	37:00	36:00	35:00	34:00	33:00	Upper	50m	Upper	42:00	38:00	37:00	36:00	35:00	34:00	34:00
	59:00	56:00	49:00	45:00	43:00	42:00	39:00	Lower		Lower	59:00	56:00	50:00	46:00	44:00	42:00	40:00
	1:21.00	1:18.00	1:18.00	1:17.00	1:13.00	1:09.00	1:07.00	Upper		Upper	1:21.00	1:18.00	1:18.00	1:17.00	1:15.00	1:14.00	1:12.00



Breast	1.56 .00	1.49. 00	1.40. 00	1.37 .00	1.29 .00	1.24 .00	1.22 .00	Lo we r	100m	Low er	1.56. 00	1.49. 00	1.44. 00	1.36. 00	1.32. 00	1.29. 00	1.27. 00	
	3.14 .00	3.08. 00	2.50. 00	2.48 .00	2.38 .00	2.29 .00	2.23 .00	Up per	200m	Upp er	3.15. 00	3.09. 00	2.51. 00	2.49. 00	2.40. 00	2.39. 00	2.37. 00	
	4.18 .00	4.12. 00	3.52. 00	3.31 .00	3.15 .00	3.03 .00	3.00 .00	Lo we r		Low er	4.10. 00	4.04. 00	3.44. 00	3.28. 00	3.16. 00	3.10. 00	3.07. 00	
Fly	33:0 0	33:0 0	32:0 0	31:0 0	29:0 0	28:0 0	27:0 0	Up per	50m	Upp er	34:0 0	34:0 0	33:0 0	32:0 0	31:0 0	30:0 0	29:0 0	
	50:0 0	46:0 0	42:0 0	40:0 0	38:0 0	36:0 0	34:0 0	Lo we r		Low er	50:0 0	46:0 0	43:0 0	41:0 0	39:0 0	37:0 0	35:0 0	
	1.11 .00	1.08. 00	1.08. 00	1.07 .00	1.03 .00	1.00 .00	59:0 0	Up per	100m	Upp er	1.12. 00	1.09. 00	1.09. 00	1.08. 00	1.05. 00	1.04. 00	1.03. 00	
	1.46 .00	1.37. 00	1.29. 00	1.27 .00	1.18 .00	1.13 .00	1.12 .00	Lo we r		Low er	1.46. 00	1.37. 00	1.32. 00	1.26. 00	1.22. 00	1.19. 00	1.17. 00	
			2.55. 00	2.32. 00	2.30 .00	2.21 .00	2.14 .00	2.06 .00	Up per	200m	Upp er		2.55. 00	2.35. 00	2.33. 00	2.25. 00	2.23. 00	2.19. 00
			3.52. 00	3.29. 00	3.15 .00	2.55 .00	2.43 .00	2.40 .00	Lo we r		Low er		3.47. 00	3.24. 00	3.08. 00	2.57. 00	2.51. 00	2.49. 00
IM		2.46. 00	2.31. 00	2.29 .00	2.20 .00	2.15 .00	2.05 .00	Up per	200m	Upp er		2.45. 00	2.32. 00	2.30. 00	2.24. 00	2.22. 00	2.18. 00	
		3.45. 00	3.26. 00	3.09 .00	2.54 .00	2.44 .00	2.42 .00	Lo we r		Low er		3.36. 00	3.17. 00	3.04. 00	2.55. 00	2.51. 00	2.49. 00	