

Wear Valley Amateur Swimming Club

CHRISTMAS STOCKING GALA

Affiliated to the Northumberland & Durham A.S.A.

(Under FINA Rules & ASA Guidance & ASA Law)

DATE 6th/7th December 2008

**Venue: - Woodhouse Close, Leisure Complex,
Bishop Auckland, Co. Durham**

SATURDAY 6th December

Session 1 (a.m.)

Warm-up 8:10am (Start 9:15am)

1. Boy's open 400m I.M.
2. Girl's open 200m Butterfly
3. Boy's open 50m Butterfly
4. Girl's open 50m Backstroke
5. Boy's open 200m Breaststroke
6. Girl's open 100m Breaststroke
7. Boy's open 100m Backstroke
8. Girl's open 200m Freestyle

Session 2 (p.m.)

Warm-up 1:10pm (Start 2:15pm)

9. Girl's open 400m Freestyle
10. Boy's open 200m I.M.
11. Girl's open 50m Freestyle
12. Boy's open 50m Breaststroke
13. Girl's open 200m Backstroke
14. Boy's open 100m Butterfly
15. Girl's open 100m Freestyle
16. Boy's open 100m I.M.

SUNDAY 7th December

Session 3 (a.m.)

Warm-up 8:10am (Start 9:15am)

17. Girl's open 400m I.M.
18. Boy's open 200m Butterfly
19. Girl's open 50m Butterfly
20. Boy's open 50m Backstroke
21. Girl's open 200m Breaststroke
22. Boy's open 100m Breaststroke
23. Girl's open 100m Backstroke
24. Boy's open 200m Freestyle

Session 4 (p.m.)

Warm-up 1:10pm (Start 2:15pm)

25. Boy's open 400m Freestyle
26. Girl's open 200m I.M.
27. Boy's open 50m Freestyle
28. Girl's open 50m Breaststroke
29. Boy's open 200m Backstroke
30. Girl's open 100m Butterfly
31. Boy's open 100m Freestyle
32. Girl's open 100m I.M.

- Electronic Timing
- Computer Recording
- 25m 6 Lane Anti-Wave Pool
- **Entry Fee:-** Individual swims-3.50 for disk entries
3.75 for paper entries

All swims are HDW
AGE GROUPS 9/10, 11/12, 13/14, 15/over

FURTHER INFORMATION FROM

Jacqui Teasdale, 1 Calder Close, Bishop Auckland, Co Durham DL14 0RT Tel: 01388 451881

E-mail JACQUITEASDALE@AOL.COM



CHRISTMAS STOCKING GALA 2008 MEET INFO.

1. This meet is held under FINA Rules & ASA Guidance & ASA Law.
2. The pool is 25m in length having 6 lanes fitted with anti-wave lane ropes using the Colorado Electronic Timing System.
3. All warm-ups will be split, having the morning warm-up starting @ 8:10 with the afternoon warm-up starting @ 1:10pm.
4. The meet is cardless. All withdrawals must be presented in the back room no later than 45 minutes before the commencement of each session.
5. Heats will be seeded by submitted entry times. The organizers reserve the right to limit entries if necessary to ensure completion within the scheduled timescale.
6. In the event of over subscription Wear Valley ASC reserves the right to adjust the lower cut off times.
7. All events are HDW with awards being made to the first 3 in each age group as stated on the program. Ages are as at 7th December 2008.
8. All heats except backstroke will use over the top starts.
9. All competitors must go through the marshalling process. If a competitor does not report to marshalling on time, the heat will proceed without the competitor concerned. **We will not call for individual swimmers.**
10. Presentations will take place during the running of the gala.
11. Poolside entries will be accepted at the discretion of WVASC. This will be announced on the day.
12. The order of events may be changed at the discretion of the meet organizer.
13. When swim down facilities are available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. Any swimmers found to be misbehaving or not utilising the swim down facility appropriately will be asked to leave the swim down pool.
14. For health & safety reasons any swimmer wearing body paint will not be allowed to enter the water.
15. Swimmers & spectators are advised to ensure the safety of their belongings as neither the competition organizers nor pool management can accept any responsibility for loss or damage. Any property lost or found should be handed to the organizer.
16. Please be aware that we share the premises with other users. This especially applies to changing room facilities. Anyone causing a nuisance in shared areas will be required to leave the premises immediately without any refund of entries.
17. Any swimmer or spectator found vandalizing Wood House Close Leisure Complex will be required to leave the premises without any refund of entries.



CHRISTMAS STOCKING GALA 2008

ENTRY FORM

Club

Tel. No

Competition Secretary

Address

Total No of Individual Entries _____

Total No of Team Entries _____

Indiv.entries entered on disk _____ @ 3.50 £ _____ or on Paper _____ @ 3.75 £ _____

Number of Coach Passes _____ @ 12.00 £ _____
(Includes: results, programme & meals)

Total to Pay £ _____

Please forward all entries and a S.A.E. together with a cheque made payable to WEAR VALLEY ASC to:-

Jacqui Teasdale, 1 Calder Close, Bishop Auckland, Co Durham DL14 0RT
Telephone: 01388 451881

CLOSING DATE FOR ENTRIES
6th November 2008