

**INVITATIONAL SHORT COURSE TIME TRIALS**  
**SUNDAY 8<sup>th</sup> JANUARY 2023, Bedale Leisure Centre**  
**THIS EVENT IS LICENSED AT LEVEL 4 (TBC)**

The gala has been designed for those who have not yet achieved county times for their sprint distances and to include the youngsters who narrowly miss out on such an opportunity. The gala is to be licensed to level 4 to allow times to be used at open and county level competition.

We would welcome a fast response confirming your club's attendance at the gala so we can ensure the gala runs at capacity to make it a success.

Greg Ient (Head Coach) Northallerton ASC

| Sunday 8th January - 1.30pm Warm Up, 2:30 Start.<br>Expected Finish Time 5pm (TBC based on entries) |           |          |              |  |     |           |          |              |
|-----------------------------------------------------------------------------------------------------|-----------|----------|--------------|--|-----|-----------|----------|--------------|
| #                                                                                                   | Age Group | Distance | Stroke       |  | #   | Age Group | Distance | Stroke       |
| 101                                                                                                 | Open      | 400m     | Freestyle    |  | 109 | Open      | 25m      | Butterfly    |
| 102                                                                                                 | Open      | 100m     | IM           |  | 110 | Open      | 50m      | Freestyle    |
| 103                                                                                                 | Open      | 25m      | Backstroke   |  | 111 | Open      | 100m     | Backstroke   |
| 104                                                                                                 | Open      | 50m      | Breaststroke |  | 112 | Open      | 25m      | Breaststroke |
| 105                                                                                                 | Open      | 100m     | Butterfly    |  | 113 | Open      | 50m      | Butterfly    |
| 106                                                                                                 | Open      | 25m      | Freestyle    |  | 114 | Open      | 100m     | Freestyle    |
| 107                                                                                                 | Open      | 50m      | Backstroke   |  | 115 | Open      | 200m     | IM           |
| 108                                                                                                 | Open      | 100m     | Breaststroke |  | 116 | Open      | 200m     | Freestyle    |

All races held under Swim England Laws and Swim England Technical Rules with full Colorado Electronic timing

**Ages at 31st December 2023**      **Entry Fees: £4.00 per individual entry**

This is a time trials meet, as such there will be no medal presentations

**Closing date for entries: Midnight 5th January 2023**

**NASC Members should use the online entry system, details provided on email**

**SPECTATOR TICKETS - <https://nasc.co.uk/spectator-nasc-jan-23/>**

### Gala Conditions

1. Meet to be held at Bedale Leisure Centre – the Pool length is 25m of variable depth with 4 lanes & anti-wave lane ropes;
2. This meet is an Invitational meet with only 4 Clubs allowed to attend. This will be at the discretion of meet organisers. Swimmers who have qualified for Home Nation or British Nationals should be excluded from this event.
3. Colorado GEN 7 Electronic Timing will be in operation with scoreboard display. Times displayed are for information only
4. An external strobe light is available for hearing impaired swimmers upon request
5. Age groups/Events will all be Heat Declared Winner. There will be no medal presentations due to this being a time trials meet
6. Ages are as at 31st December 2023 (for rankings purposes only)
7. Entry fees: £4.00 for Sports Systems entries. Coach passes cost £0
- a. Due to the competition running during NASC training hours, NASC swimmers will receive a discounted entry fee for the meet.
8. Coaches will not be permitted on poolside without the necessary pass
9. Entries must be submitted on the official entry file. Entries should be returned by the entry **closing date:**  
**Midnight 5th January 2023**
10. Payment to be made by BACS by the entry deadline provided. Details on the summary page attached.
11. Northallerton ASC will **NOT** be responsible for any unaccompanied swimmers on the poolside. The responsibility falls on the club entering the swimmer, who should appoint an individual to be on the poolside i.e. an adult with a coach's pass
12. Heats will be seeded according to submitted entry times
13. For safety reasons only swimmers who can perform a Swim England competitive start may perform a shallow racing dive from the starting blocks. Where possible, over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool
14. Admission for spectators will be; Adult £3.00. <https://nasc.co.uk/spectator-nasc-jan-23/>
15. No entry cards will be issued. Coaches or Team Managers should advise the recorders of any missing swimmers by 7pm Saturday 9th July. Seeded heat start lists will be produced prior to the start time of the session. Complying with this condition will keep the number of empty lanes to a minimum
16. Poolside entries, £5.00, may be permitted if the meet has not been over-subscribed
17. Should the competition become oversubscribed, swimmers will be excluded from fastest times first, within each age group.
18. Coaches/Team managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the competitive marshals in time for the start of their race may not be allowed to compete
19. Anyone found damaging or misusing property or equipment at the host venue may be disqualified from any further involvement in the competition and may be subject to further action from the Pool Management
20. Neither Northallerton ASC nor BedaleLeisure Centre (Hambleton District Council) can be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers in the changing rooms and not to leave belongings unattended in the changing area or on poolside
21. Anyone wishing to use photographic equipment within the pool area must register at beforehand
22. The Lead Referee will be: Kevin Rand
23. Any points not covered here will be at the discretion of the meet organiser. Greg Ient ([greg@nasc.co.uk](mailto:greg@nasc.co.uk))



### SUMMARY SHEET

Total Number Female Event Entries \_\_\_\_\_ x £4.00      £ \_\_\_\_\_  
This should agree with the SPORTSYS reports produced and submitted

Total Number Male Event Entries \_\_\_\_\_ x £4.00      £ \_\_\_\_\_  
This should agree with the SPORTSYS reports produced and submitted

Total Entries      £ \_\_\_\_\_

Coaches/Chaperones Passes      x £0      £ \_\_\_\_\_

Total Amount      £ \_\_\_\_\_

WE WOULD BE GRATEFUL FOR DETAILS OF ANY OF YOUR QUALIFIED LICENSED  
OFFICIALS WHO CAN ASSIST AT THE GALA. THANK YOU.

Please email electronic entries to [nasc@nasc.co.uk](mailto:nasc@nasc.co.uk) before midnight 5th January

Payment to be made electronically:

Northallerton S/C

Nat West

Sort code- 54-10-41

Account number 05805341

### DECLARATION

All entrants are eligible competitors and are registered members of the club named below. All  
entrants accept the Promoters Conditions.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Club Official \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

Email \_\_\_\_\_