GARSTANG AMATEUR SWIMMING CLUB

**CLUB CHAMPIONSHIPS**

Saturday 14th December 2019

PALATINE LEISURE CENTRE

Warm Up at 14.00pm

**RULES & INFORMATION**

THIS IS AN ASA LEVEL 4

 The competition will be held under ASA Laws and ASA Technical Rules.

1. All entrants must be members of Garstang ASC as their first club, and an amateur as defined by ASA Law.

2. Age Groups are 6yrs/under, 7yrs, 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & Over.

3. Age groups will be as at 31st December 2019.

4. Events as per programme of events.

5. There are no cut off times for this gala.

6. Entries for the event will be accepted from Monday 28th October 2019 to 24th November 2019. **No late entries shall be accepted.**

7. All events will be heat declared winners. Heats will be arranged according to submitted entry times and not in age order.

8. Competitors are eligible to enter only events in their own age group and will only be eligible for an award in their own age group. **Any entrant over 9 years can enter the open 100m freestyle event, only one set of awards will be given to the fastest 6 swimmers.**

9. Overhead starts maybe used in all events including backstroke events.

10. Competitors must report to the Competitors Stewards at the start of each event. Any competitor not reporting on time may be excluded from the event.

11. Awards will be presented to the first 6 swimmers in each age group at the Club awards ceremony in 2020.

12. No outdoor shoes are to be worn on the poolside, footwear must be worn outside the pool area.

13 No glass containers are permitted on the poolside.

14. You are advised not to leave clothes or equipment unattended as the organisers and the pool management will not accept liability for loss or damage. Any lost property should be taken to the announcer’s table.

15. Only photography authorised by the pool operator and promoter will be permitted within the pool hall. No other photography (including mobile phones and tablets) is permitted within the pool hall and changing room area. Any person not complying with this will be asked to leave the complex.

16. The promoters reserve the right to refuse admission to any competitor or spectator.

17. Any matter not covered in the above will be at the discretion of the organisers.

18. Any queries should be directed to the meet organisers.

19. A set of results will be made available on the Clubs website.