



Garstang Medals Gala Conditions

Saturday 6th June 2026

Licence No. Tbc

Venue

Palatine Leisure Centre
207 St. Anne's Road, Blackpool, FY4 2AP

Meet

The meet is licensed at level 3 and shall be run under Swim England Laws and Technical Rules and the promoters' conditions. The competition is open to all swimmers who are at least 9 years old on the day of the meet and who are registered competitive members of Swim England (Club Compete).

The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.

Age Groups

The Age Groups will be 9, 10, 11, 12, 13, 14, 15 and Over as at midnight on 6th June 2026.

Pool

The competition shall be held in an 8 lane 25m pool with anti-wave lane ropes. Electronic timing shall be in operation.

A strobe light is available for the use of swimmers with a hearing impediment.

Events and Entries

Events are 50m, 100m, all strokes and 200m I.M. **There will also be a club Freestyle relay event made up of 1 swimmer from each of the following categories of any sex; 10 and under, 12 and under, 14 and Under and Open. This will be a FREE event to win the Gator's Head Trophy and one entry per club will be accepted. Entry via the Club Summary Entry Form.**

Entries to be submitted electronically using the Sportssystem software.

Information pack will be available on the club website www.garstangasc.org.uk

Entries shall be accepted on a first come first served basis from up to and including the closing date, **Thursday 1st May 2026 at 7pm or when the gala capacity has been reached whichever occurs first.**

Entries will only be accepted from **7:00 pm Wednesday 19th March 2026** and must be accompanied by the summary entry form. **NO ENTRIES WILL BE ACCEPTED PRIOR TO THIS DATE.** Accepted entries will be posted on the club website after the closing date or when the meet is full.

Entries will be seeded on a slowest to fastest time basis for all age groups within an event.

Entry times should normally have been achieved in the twelve months prior to the event and converted to short course. It is not essential however, that entry times have been achieved

at a previous licensed open meet. Coaches' time will be permitted but we ask that these are valid and accurate times and endorsed by the club coaches.

As event organisers, we rely on integrity and accurate times being entered to ensure fairness to all swimmers. Your cooperation in this matter would be greatly appreciated. Entries that do not meet the attached Qualifying Times for that event will be rejected.

Disability Swimmers

Classified disability swimmers are permitted to enter without the requirement of having achieved a consideration time.

Fees and Payment

The entry fee shall be £7.50 per event.

However, clubs providing qualified officials will receive a retrospective rebate after the gala of £0.50 per event per full day official*.

i.e. a club providing 2 qualified officials for the day would receive a rebate after the event of £1.00 per event (***N.B. per event not per swimmer***).

*Maximum rebate will be £1.50 per event but if you can provide more officials, we would be grateful. If we fill all positions then, like entries, it will be on a first come first served basis and officials will be added to a waiting list in that order.

Poolside Passes are £15 per coach/ team manager for the day. This includes meet programme, heat start lists, poolside refreshments, snacks, and a light lunch. Coaches must be a member of the club competing, hold a coach's pass issued by Garstang Gators ASC and comply with the relevant SE Child Safeguarding Procedures and have an up-to-date DBS certificate. **No one will be allowed on poolside without a Poolside Pass. No swimmer is to be on poolside without a coach / team manager / club pool side helper. If this is not possible then an agreement should be made with a different club to look after the child**

Payment for entries and coaches passes must be made by cheque to 'Garstang ASC', or by transfer to the club bank account.

The Competition

Over the top starts will be operation which will include backstroke. The heats shall be swum all ages seeded together.

Each event will be on "Heat Declared Winner" basis. Spot prizes will be awarded to the winner of randomly selected heats (regardless of any disqualifications).

Awards

Two sets of medals will be handed out in all individual events, sex and age groups.

The fastest three swimmers in each event and each age group will win Gold, Silver and Bronze. There will also be a secondary set of coloured medals presented from 8th-10th place to encourage less experienced swimmers. (If less than 8 swimmers in an age group only one set of medals will be presented)

The Gator's Head trophy will be presented to the fastest relay squad as determined by heats.

Data Protection

Meet entries shall be managed on a computer. Your consent to the holding of personal information for the purposes of the Meet shall be treated as being given by the submission of your entries, as shall your consent for such details to be published both during and after the meet.

Consideration Times

There are consideration times (upper limit) for this Meet. Submitted times must be slower than the upper limit time.

25m pool times or converted 50m times should be submitted.

The requirement of having achieved a consideration time relies significantly on the integrity of coaches, swimmers, and parents to submit correct truthful information. No refunds for mistakes. Random checks may be made against the current SE rankings database for times achieved since 1 June 2025. Swimmers found to have a current rankings time as at the opening date for entries (19th March 2026) faster than the upper consideration time will be rejected from those events.

Photography

No photography is permitted in the pool hall. No mobile phones will be permitted on poolside or in the changing room. There will be an official photographer on duty during the event.

For Education Assessment Filming, please email secretary@garstang.org.uk before 1st June 2026.

Spectators

Price of entry will be £10 per person for the full day, £6 per session and under 12s with a parent are free. Entrance is cash only.

Administration of the Meet

There will be two sessions.

Withdrawals must be made on an official withdrawal form to be submitted one hour before the start of the session, or by email before **Thursday 4th June 2026** to

galasecretary@garstangasc.org .

Competitors are responsible for presenting themselves to the clerks of the course in the Sports Hall nine heats prior to the one in which they are competing. It is the swimmer's responsibility to be at the start in time for their race.

Full copies of results and club performance summaries will be emailed to each competing club after the conclusion of the meet.

Conditions not covered in these competition rules shall be dealt with in accordance with the laws of the sport and at the discretion of the promoter.

Entries should be submitted electronically and club summary entry and payment to:

Garstang ASC's email galasecretary@garstangasc.org

For BACS transfers please reference MG26 and name of your club

Bank Nat West

Sort Code 01-03-33

Account Name Garstang ASC

Account Number 28706986

Ref: Club Name MG26

Any queries about the meet please contact the promoter Mrs Julie Barber as above.

Medals Gala 2026 Club Entry Form:

Contact Details	
Name of Club	
Competition Secretary	
Email	
Tel No	
Address	

Entry Details	Number	Fee	Cost
Open/Male Entries		@ £7.50 per event	£
Female Entries		@ £7.50 per event	£
Coaches' Passes		@ £15 per pass	£
Total			£

Email the sports systems file (.sez) together with this club entry form to galasecretary@garstangasc.org.uk

Officials:

Do you have any qualified officials who would be available to help for the day? If so, please include below or contact Julie Barber directly at chair@garstangasc.org.uk

Name	J1, J2, J2S, Referee	Session 1	Session 2

OPENING DATE & TIME FOR ENTRIES: 7.00pm – Wednesday 19th March 2026

CLOSING DATE & TIME FOR ENTRIES: 7.00pm – Thursday 1st May 2026

Subject to not already being closed owing to first come, first serve.

Swim England Registration No							First Name		Initial	Surname
Date of Birth							Open/Male or Female	Club		
Age at Midnight: 6 th June 2026							Tel Number / Email Address			
Event							Event Number		Submitted time (MM.SS.SS)	
50m Freestyle										
100m Freestyle										
50m Backstroke										
100m Backstroke										
50m Breaststroke										
100m Breaststroke										
50m Butterfly										
100m Butterfly										
200m Butterfly										
200m Individual Medley										

Total Number of Entries

@ £7.50 per event

Total Amount Paid £

For Bacs Payment Ref MG26 and Swimmers surname if individual entry.

Signed.....

Date.....

Gator's Head Trophy Entry

Only 1 entry per club permitted.

4 x 50m Freestyle Relay

- 1 x 10 or Under
- 1 x 12 or Under
- 1 x 14 or Under
- 1 x Open

Name	Sex	Age on 6/6/26	Time

We understand with sickness, injury, etc that things can change. Any last minute changes must be made by 1.30pm on the day of the race and handed to Terence Logan. If you do need to and can change before then please email galasecretary@garstang.org.uk before 4th June 2026.

Event	Distance	Male / Open Qualifying Times (25m Short Course)							
		QT	9	10	11	12	13	14	15/Ov
Freestyle	50m	Upper	00:32.00	00:31.00	00:30.00	00:28.00	00:26.00	00:25.00	00:24.00
	100m	Upper	01:08.00	01:03.00	01:01.00	01:00.00	00:58.00	00:57.00	00:56.00
Backstroke	50m	Upper	00:37.00	00:34.00	00:32.00	00:31.00	00:29.00	00:28.00	00:27.00
	100m	Upper	01:15.00	01:10.00	01:07.00	01:06.00	01:03.00	01:00.00	00:59.00
Breaststroke	50m	Upper	00:42.00	00:39.00	00:37.00	00:36.00	00:34.00	00:32.00	00:30.00
	100m	Upper	01:25.00	01:20.00	01:18.00	01:17.00	01:13.00	01:09.00	01:07.00
Butterfly	50m	Upper	00:37.00	00:36.00	00:32.00	00:31.00	00:29.00	00:28.00	00:27.00
	100m	Upper	01:16.00	01:14.00	01:08.00	01:06.00	01:03.00	01:00.00	00:59.00
IM	200m	Upper	03:00.00	02:46.00	02:31.00	02:29.00	02:20.00	02:15.00	02:05.00

Event	Distance	Female Qualifying Times (25m Short Course)							
		QT	9	10	11	12	13	14	15/Ov
Freestyle	50m	Upper	00:32.00	00:31.00	00:30.00	00:29.00	00:28.00	00:27.00	00:26.00
	100m	Upper	01:08.00	01:03.00	01:02.00	01:01.00	00:59.00	00:57.00	00:56.00
Backstroke	50m	Upper	00:37.00	00:34.00	00:33.00	00:32.00	00:31.00	00:30.00	00:29.00
	100m	Upper	01:15.00	01:10.00	01:07.00	01:06.00	01:03.00	01:01.00	01:00.00
Breaststroke	50m	Upper	00:42.00	00:39.00	00:37.00	00:36.00	00:34.00	00:32.00	00:30.00
	100m	Upper	01:25.00	01:20.00	01:18.00	01:17.00	01:13.00	01:09.00	01:07.00
Butterfly	50m	Upper	00:37.00	00:36.00	00:33.00	00:32.00	00:31.00	00:30.00	00:29.00
	100m	Upper	01:16.00	01:14.00	01:08.00	01:06.00	01:03.00	01:01.00	01:00.00
IM	200m	Upper	03:00.00	02:46.00	02:31.00	02:29.00	02:25.00	02:20.00	02:10.00

Programme of Events

Garstang Medals Gala 2026

Warm Up: 8:00am Start 9:00am		
Session 1	Age	Event
Event 101	Mixed 9 & Over	50m Freestyle
Event 102	Mixed 9 & Over	100m Backstroke
Event 103	Mixed 9 & Over	50m Butterfly
Event 104	Mixed 9 & Over	100m Breaststroke
Event 105	Mixed 9 & Over	200m IM

Warm Up: 1:00pm Start 2:00pm		
Session 2	Age	Event
Event 201	Mixed 9 & Over	100m Freestyle
Event 202	Mixed 9 & Over	50m Backstroke
Event 203	Mixed 9 & Over	100m Butterfly
Event 204	Mixed 9 & Over	50m Breaststroke
Event 205	As Per Conditions	4 x 50m Freestyle Relay