



Ellesmere Port Amateur Swimming Club

(Affiliated to ASA North West Region)

Annual Gala

The annual gala is an opportunity for all swimmers in the club to compete for medals within the club environment. Swimmers will score points for their squad (Otters, Penguins or Sharks) for all annual gala swims, points go toward the Annual Gala Team Trophy. Annual gala events will have medals for 1st, 2nd and 3rd and ribbons for remaining swimmers.

With limited space and time constraints, the number of competitors and events has to be limited. The following rules are to be adopted.

- Individual events are to be restricted to:-
 - Under 10 – Each age group - 1length events for each of 4 strokes (F.S., Brst, Back & Fly) + 4 x 1 width IM.
 - 10 & Over – Each age group - 2length events for each of 4 strokes (F.S., Brst, Back & Fly) + 4 x 1L IM.
 - Age Groups may be grouped if insufficient swimmers for 6 lanes.
- Squads team Freestyle Cannon, made up of best swimmers 3 boys and 3 girls for each squad.

Eligibility:-

- Membership of club
- Sign up for and participate in time trials for events they are wishing to swim in.
- Swimmers not taking part in time trials will not be eligible for the annual gala, with the exception of:
 - Swimmers on holiday on night of trials if notified before trials.
 - Students/pupils studying away/out of area
 - Swimmers attending Wirral Metro on night of trials
 - Swimmers sick or injured at date of time trials (you may be asked to produce sick note / evidence)Who may write to the committee requesting to be considered for a place.
- Swimmers who have not taken part in time trials cannot displace swimmers who have taken part in time trials.
- Fastest swimmers, up to 6 maximum in any age group will participate in the annual gala, up to 3 reserves may be nominated, all entries awarded by results of time trials.