



## **29<sup>th</sup> Copeland Graded Gala**

Saturday, June 6<sup>th</sup>, 2026  
Level 3 Licenced Gala – (Applied For)  
Copeland Pool And Fitness Centre  
Cleator Moor Rd, Whitehaven CA28 8RW

### **1. General Conditions**

- 1.1 The Copeland Graded Gala will be held on **Saturday, June 6<sup>th</sup> 2026** and shall be run in accordance with ASA Laws and Technical Rules.
- 1.2 The competition shall include the following age groups for each sex:  
**9, 10, 11, 12, 13, 14 years and over**
- 1.3 Age group categories will be set as age on the day will be as of **June 6<sup>th</sup> 2026**.
- 1.4 The entry fee will be **£5.50** per individual event.
- 1.5 The closing date for entries will be **Saturday, May 23<sup>rd</sup> 2026**.
- 1.6 This competition will be licensed at **Level 3**.
- 1.7 All entries to be submitted online. [Link to Entries](#)
- 1.8 Entries to the meet will be held on computer and consent, as required by the Data Protection Act 2018, to the holding of personal information on computer will be deemed to have been given by the submission of an entry.  
You agree that we may publish your Personal Information as part of the results of the competition. Your information will only be shared in relation to your participation in the event, e.g. the list of entrants, results and event reports and may be shared on the Copeland ASA website, social media pages or in emails sent by the organiser. We may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licences or for publishing results either for the event alone or combined with or compared to other events. Information may include but not be limited to name, club affiliation, race times, age category and para swimming classification(s).
- 1.9 By attending this gala all people are required to abide by the Swim England Code of conduct. Actions outside this will not be tolerated.
- 1.10 Competition format:
  - The competition format will be based on disability inclusion within the able-bodied programme.
  - All swimmers will be seeded in the heats according to their entry times.
  - Para swimmers will be included within the results for their age group.
  - There will be no separate results for para swimmers.

- Personal Care Attendants/Coaches will be permitted for all para swimmers and they must conform to the Swim England child protection procedures.

- 1.11 The competition schedule is shown in Section 3 below.
- 1.12 Upper limit times will apply to all individual events i.e. a swimmer who has achieved a time faster than the upper limit for any event prior to the closing date cannot enter that event (see Section 6 below). These times will be based on SC times or Long course converted times from the previous 12 months.
- 1.13 All individual events will be swum as 'Heat Declared Winner' in mixed age groups, seeded by entry time. All heats shall be spearheaded.
- 1.14 Age Groups will be separated for results and awards purposes.
- 1.15 Results will be published in time order.
- 1.16 Late entries may be accepted but poolside or improved entries will not be accepted.
- 1.17 Coaches passes will be available at a cost of £6.00 each. Only pass holders, swimmers and officials will be allowed on poolside. It is the responsibility of the clubs attending to ensure that they comply with the Swim England Team Manager, Coach and Chaperone Policy. Coaches passes will be available through the Swim England North West Poolside Accreditation process. [Link](#)
- 1.18 Copeland ASC reserves the right to restrict entries in the interests of safety, time constraints and to ensure the smooth running of the competition. Entries will be limited by the entry software to a "first come, first served basis".
- 1.19 Any matters not covered in these conditions or any supplementary information will be at the discretion of the Competition Organiser.
- 1.20 Competition organiser:  
Andy Sutton  
Email – [copelandchair5@gmail.com](mailto:copelandchair5@gmail.com)  
Phone – 07828033285

## 2. Meet Procedures

- 2.1 Entries shall reach the Competition Organiser no later than **Saturday, May 23<sup>rd</sup> 2026** accompanied by the appropriate fee. Late entries may be accepted at the discretion of the Competition Organiser.
- 2.2 All entries to be submitted online using the link provided to the Swim England Entry System. [Link to Entries](#)
- 2.3 Clubs will be advised of the entries stored by the meet management software as soon as possible after the closing date for the competition. It is the responsibility of each club to check the accuracy of the entries to allow any necessary corrections to be made. The final gala programmes will be produced as a result of any corrections that are received.
- 2.4 A withdrawal system will be in operation. This means that a swimmer will be assumed to be competing in the events in which they have entered unless they have informed the Competition Manager of their withdrawal from any/all events. The closing deadline for withdrawals will be the start of the warm-up for each session.

- 2.5 Any swimmer who has previously withdrawn can be reinstated before the closing deadline without penalty.
- 2.6 Any withdrawals after the closing deadline will result in heats being swum with empty lanes.
- 2.7 Refunds will only be given;
- Where entrants are denied entry by the gala organiser as per condition 1.18,
  - Where a competitor has to withdraw on proven medical grounds.
- 2.8 Heat Start Lists will be made available to clubs as soon as possible after the commencement of the warm-up of each session.
- 2.9 Swimmers must present themselves to the Competitors Stewards one event prior to the one in which they are competing.
- 2.10 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.
- 2.11 Time only swims will not be accepted for the meet.

### 3. The Events

Session 1 warm-up will commence at 9.00am for a 10.00am start.

Event 1	9 years/over	Male/Open	200m	Freestyle
Event 2	9 years/over	Female	200m	IM
Event 3	9 years/over	Male/Open	100m	Breaststroke
Event 4	9 years/over	Female	100m	Butterfly
Event 5	9 years/over	Male/Open	50m	Freestyle
Event 6	9 years/over	Female	100m	IM
Event 7	9 years/over	Male/Open	100m	Backstroke
Event 8	9 years/over	Female	100m	Freestyle

Session 2 warm-up will commence at 1.30pm for a 2.30pm start (to be confirmed on the day)

Event 9	9 years/over	Female	200m	Freestyle
Event 10	9 years/over	Male/Open	200m	IM
Event 11	9 years/over	Female	100m	Breaststroke
Event 12	9 years/over	Male/Open	100m	Butterfly
Event 13	9 years/over	Female	50m	Freestyle
Event 14	9 years/over	Male/Open	100m	IM
Event 15	9 years/over	Female	100m	Backstroke
Event 16	9 years/over	Male/Open	100m	Freestyle

### 4. Trophies and Medals for Individual events

4.1 Medals (places 1 to 3) and ribbons (places 4 to 6) will be awarded for all events for each age group.

### 5. Upper Limit Times

	9 year		10 year		11 year		12 year		13 year		14 years and over	
	Male/Open	Female	Male/Open	Female	Male/Open	Female	Male/Open	Female	Male/Open	Female	Male/Open	Female
100m IM	1:51.0	1:48.0	1:35.0	1:30.5	1:32.0	1:23.0	1:20.7	1:21.2	1:18.5	1:14.2	1:10.0	1:13.2
200m IM	3:37.1	3:37.1	3:27.0	3:24.0	3:18.0	2:55.0	2:55.0	2:49.0	2:48.0	2:38.0	2:28.5	2:37.8
50m Freestyle	42.0	40.8	36.4	35.2	35.5	32.0	31.1	31.4	30.0	30.2	27.7	29.2
100m Freestyle	1:44.0	1:35.0	1:24.0	1:23.0	1:20.0	1:11.8	1:10.5	1:11.7	1:05.0	1:05.0	1:00.5	1:04.0
200m Freestyle	3:11.0	3:11.0	3:08.4	3:07.0	2:53.0	2:37.0	2:35.5	2:33.0	2:24.0	2:22.0	2:12.0	2:21.5
100m Backstroke	1:47.0	1:46.0	1:36.1	1:32.6	1:29.5	1:22.4	1:17.1	1:18.0	1:15.1	1:13.0	1:08.0	1:11.3
100m Breaststroke	2:09.1	1:53.0	1:49.3	1:49.0	1:38.3	1:32.5	1:30.0	1:29.3	1:25.8	1:22.0	1:20.0	1:21.7
100m Butterfly	1:52.0	1:48.0	1:55.0	1:43.0	1:52.0	1:28.0	1:22.0	1:24.0	1:19.0	1:15.0	1:09.0	1:14.0