



Richmond Dales ASC
The Iain Young 'Back to Pool' Gala
19th & 20th September 2026



**This is a Level 3 Short Course Gala Licensed by Swim England – Licence Number:
It is subject to Swim England Laws and Regulations and Swim England Technical Rules of Racing.**

1. This Gala is to be held at the Neptune Centre, Ormesby Road, Middlesbrough TS3 7RP on Saturday 19th and Sunday 20th September 2026. The pool length is 25 metres of variable depth with 8 lanes and anti-wave lane ropes. A separate swim down facility is available.
2. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only. A secondary strobe starting unit will be available.
3. Age Groups/Events will be:

9 years and over:	50m, 100m, 200m all strokes, including 100m IM and 200m IM
11 years and over:	50m, 100m, 200m all strokes, 400m freestyle and 100m IM, 200m IM and 400m IM <i>(400 Freestyle and 400IM events will be restricted to 4 heats each)</i>

All events will be Heat Declared Winners.

4. Richmond Dales ASC complies with Swim England's Transgender and Non-Binary Competition policy. The Female category at this event is for birth sex females only. By entering the Female category, a swimmer confirms that their birth sex is female.
5. Any swimmer accepted must have times that have been ratified by the relevant Club Coach for each event. Swimmers not in compliance with the aforementioned requirement will be disqualified from all events and invalidated from all presentations.
6. Ages are as at 20th September 2026.

Entry Fees: £8.00 individual Sportsystems entries and paper entries

(where there is more than one swimmer competing from a Club, entries must be submitted electronically)

7. Poolside passes are £25.00 each, which includes lunch and start sheets (programmes will only be available online). All swimmers must be accompanied poolside by either a Coach or Team Manager. Coaches and Team Managers will not be permitted on poolside without a Poolside Pass. All Coaches and Team Managers/Chaperones must be DBS checked and meet Swim England standards (you will be asked to confirm this on your Summary Sheet).
8. Richmond Dales ASC will NOT be responsible for any unaccompanied swimmers at the Gala. Swimmers are the responsibility of the Club to which they are affiliated and must be supervised by a responsible adult possessing a Poolside Pass and the relevant poolside accreditations (as per paragraph 6).
9. Entries should be submitted to competitions@rdasc.org.uk, using the Sportsystems Entries Manager V2 file, provided by the Competitions Secretary or available online on the RDASC website. This is a 'first come, first served' Gala. Entries open at 8am on Thursday 30th July 2026 and will close once the Gala is full or at 7pm on Thursday 3rd September 2026. RDASC reserve the right to fill any empty lanes with their own swimmers.

Entries received prior to 0800hrs on Thursday 30th July 2026 will be returned, and you will be asked to resubmit at the entry opening time.

10. A list of accepted entries will be available prior to the Gala. Please check your entries to ensure they are correct and notify us of any errors. RDASC reserves the right to limit entry numbers of each event to manage the session times.

11. **Clubs will be invoiced for payment after the closing date** and payment must be made in full prior to the Meet date. Payment is to be made by BACS transfer to Richmond Dales ASC, Sort Code: 54-30-43, Account Number: 02230798. Please include a Club reference (abbreviations accepted) followed by **IYB2P26** eg RDASC IYB2P26. Clubs entering more than one swimmer must use a Sportsystems Electronic Entry File. Please complete and return the Summary Sheet along with Sportsystems Entry file.
12. Entry times will be converted from 50m pool times by use of ASA conversion tables.
13. Refunds will only be given if:
 - The withdrawal is before the Gala has closed, which may be prior to the advertised closing date if the Gala is full.
 - The withdrawal is after the Gala has closed and is on medical grounds, subject to submission of an appropriate medical certificate. In such cases, the swimmer will be withdrawn from all other events.
14. Poolside entries will be at the discretion of the Meet Organiser and will be £8.00 each entry.
15. Heats will be seeded according to submitted entry times.
16. Presentations will be made to the first three in age groups 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs and over. Medals will be awarded to Classified disability swimmers in each age group according to the GB multi classification points system.
17. Swimmers will only be permitted to swim for one Club during the Gala.
18. 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 Gala. Swimmers are requested to remain in the water until asked to leave the pool.
19. Disability competitors:
 - Swimmers with a disability will swim under IPC Rules.
 - Qualifying times for disability competitors are not required, however entry times will be submitted for the purpose of seeding the heats.
 - Poolside passes/Coach passes will attract the advertised fee. All Coaches, Chaperones and Personal Care Attendants must confirm to the Swim England Child Protection Procedures and hold a current DBS certificate.
 - The competition format will be based on disability inclusion within the able-bodied programme. As such, there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability swimmers will also be included within the results for their age group.
20. Admission for spectators will be £8.00 per day (cash payment). Seating is limited and will be on a first come first served basis. The Meet programmes will only be available online. Children under 12 years old and accompanied by an adult will be admitted for free.
21. Entry cards will not be issued. Coaches or Team Managers should advise the recorders of any missing swimmers by 8pm the evening before the swim, or 12 noon before the afternoon session, using the withdrawal form available on the RDASC website. Seeded heat lists will be produced prior to the start time of the session. Complying with this condition will reduce the number of empty lanes.
22. Coaches/Team Managers are responsible for ensuring competitors report FIRST to the marshalling area at the required time. Swimmers failing to report to the Competition Marshals in time for the start of their race may not be allowed to compete.
23. 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.
24. Neither Richmond Dales ASC nor the Neptune Centre can be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers provided in the changing rooms and not leave belongings unattended in the changing area or on poolside.
25. Anyone wishing to use photographic equipment within the pool area is to comply with Swim England Photography Guidance.
26. The Lead Referee prior to the gala will be John Flynn who is contactable at flynnjohn01@gmail.com
27. RDASC will confirm nearer the time whether there will be a swimwear shop available at the event.
28. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the

competition, managing the Meet and the submission of results to British Swimming Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party, such as a Club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

29. Any points not covered in these Meet Conditions will be at the discretion of the Meet Organisers.

Meet Promoter

Karen Crozier & Ruth Kneller

Email: galas@rdasc.org.uk

Meet Secretary

Email: competitions@rdasc.org.uk



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PAPER ENTRY FORM

Affiliated Club:		SE Number:	
First Name:		Surname:	
Date of Birth:		Gender:	
Contact Telephone Number:			
Contact Email Address:			
Club Treasurer Name and Email Address:			
Please confirm that this entry is approved (and the timings have been ratified) by your Coach:	YES	NO	
Please give the name of the Coach/Team Manager who will accompany you poolside and be responsible for you during the competition (in compliance with Section 7 of the Meet Conditions):			

Event	Entry Time	Event	Entry Time
50M Freestyle		100M Butterfly	
100M Freestyle		200M Butterfly	
200M Freestyle		50M Breaststroke	
400M Freestyle 11yrs/Over		100M Breaststroke	
50M Backstroke		200M Breaststroke	
100M Backstroke		100M Individual Medley	
200M Backstroke		200M Individual Medley	
50M Butterfly		400M Individual Medley 11yrs/Over	

Number of Events Entered:		Total for events @ £8.00	£
No. Poolside Passes @ £25.00		Total for poolside passes @£25.00	£
Please confirm DBS checked		TOTAL	£

Please email paper entries to: competitions@rdasc.org.uk

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Account Name:	Richmond Dales ASC
Account Number:	02230798
Bank Sort Code:	54-30-43

Paper Entries can be posted to:

Ruth Kneller
4 Greta Place
Middleton-in-Teesdale
DL12 ORD

Please sign below to confirm that you agree with the Promoter's Meet Conditions:

Name: _____ Signature: _____ Date: _____

(signed by Parent/Guardian/Swimmer 18+)



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PROGRAMME OF EVENTS

SATURDAY 19th September (Session 1)	
Warm Up @ 8:00-8:55am / Start @ 9:00am	
Event 101	Open/Boy 9yrs/Over 200m Individual Medley
Event 102	Girls 11yrs/Over 400m Freestyle
Event 103	Open/Boy 9yrs/Over 100m Breaststroke
Event 104	Girls 9yrs/Over 100m Butterfly
Event 105	Open/Boy 9yrs/Over 50m Butterfly
Event 106	Girls 9yrs/Over 200m Backstroke
Event 107	Open/Boy 9yrs/Over 50m Backstroke
Event 108	Girls 9yrs/Over 100m Individual Medley
Event 109	Open/Boy 12yrs/Under - Skins
Event 110	Open/Boy 13yrs/Over - Skins
SATURDAY 19th September (Session 2)	
Warm Up @ TBC	
Event 201	Girls 9yrs/Over 200m Freestyle
Event 202	Open/Boy 11yrs/Over 400m Individual Medley
Event 203	Girls 9yrs/Over 100m Backstroke
Event 204	Open/Boy 9yrs/Over 200m Butterfly
Event 205	Girls 9yrs/Over 200m Breaststroke
Event 206	Open/Boy 9yrs/Over 100m Freestyle
Event 207	Girls 9yrs/Over 50m Freestyle
Event 208	Open/Boy 9yrs/Over 50m Breaststroke
SUNDAY 20th September (Session 3)	
Warm Up @ 8:00-8:55am / Start @ 9:00am	
Event 301	Girls 9yrs/Over 200m Individual Medley
Event 302	Open/Boy 11yrs/Over 400m Freestyle
Event 303	Girls 9yrs/Over 100m Breaststroke
Event 304	Open/Boy 9yrs/Over 100m Butterfly
Event 305	Girls 9yrs/Over 50m Butterfly
Event 306	Open/Boy 9yrs/Over 200m Backstroke
Event 307	Girls 9yrs/Over 50m Backstroke
Event 308	Open/Boy 9yrs/Over 100m Individual Medley
Event 309	Girls 12yrs/Under - Skins
Event 310	Girls 13yrs/Over - Skins
SUNDAY 20th September (Session 4)	
Warm Up @ TBC	
Event 401	Open/Boy 9yrs/Over 200m Freestyle
Event 402	Girls 11yrs/Over 400m Individual Medley
Event 403	Open/Boy 9yrs/Over 100m Backstroke
Event 404	Girls 9yrs/Over 200m Butterfly
Event 405	Open/Boy 9yrs/Over 200m Breaststroke
Event 406	Girls 9yrs/Over 100m Freestyle
Event 407	Open/Boy 9yrs/Over 50m Freestyle
Event 408	Girls 9yrs/Over 50m Breaststroke



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QUALIFYING TIMES – MUST NOT BE FASTER THAN

OPEN/BOYS							
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/Over
50m Free	34.0	31.0	28.0	26.0	25.0	24.0	23.0
100m Free	1:18.0	1:08.0	1:00.0	58.0	55.0	53.0	51.0
200m Free	2:44.0	2:27.0	2:11.0	2:05.0	2:00.0	1:56.0	1:53.0
400m Free			4:45.0	4:30.0	4:19.0	4:10.0	4:03.0
50m Breast	45.0	41.0	36.0	34.0	32.0	30.0	29.0
100m Breast	1:40.0	1:30.0	1:18.0	1:14.0	1:10.0	1:07.0	1:04.0
200m Breast	3:29.0	3:12.0	2:48.0	2:38.0	2:31.0	2:23.0	2:18.0
50m Fly	38.0	35.0	31.0	29.0	28.0	26.0	25.0
100m Fly	1:30.0	1:20.0	1:08.0	1:04.0	1:01.0	57.0	55.0
200m Fly	3:25.0	2:55.0	2:30.0	2:22.0	2:15.0	2:08.0	2:03.0
50m Back	39.0	36.0	32.0	30.0	28.0	27.0	26.0
100m Back	1:28.0	1:19.0	1:08.0	1:04.0	1:01.0	58.0	56.0
200m Back	3:01.0	2:45.0	2:26.0	2:18.0	2:12.0	2:06.0	2:02.0
200m IM	3:05.0	2:49.0	2:29.0	2:21.0	2:15.0	2:10.0	2:06.0
100m IM	1.29.5	1.22.4	1.18.2	1.13.9	1.09.8	1.06.5	1.02.0
400m IM			5:20.0	5:00.0	4:50.0	4:36.0	4:29.0

GIRLS							
	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs/Over
50m Free	34.0	32.0	30.0	29.0	28.0	27.0	26.0
100m Free	1:20.0	1:10.0	1:05.0	1:02.0	59.0	58.0	57.0
200m Free	2:44.0	2:28.0	2:19.0	2:12.0	2:07.0	2:05.0	2:04.0
400m Free			5:00.0	4:43.0	4:34.0	4:35.0	4:27.0
50m Breast	45.0	41.0	39.0	37.0	35.0	34.0	33.0
100m Breast	1:40.0	1:30.0	1:24.0	1:19.0	1:14.0	1:11.0	1:09.0
200m Breast	3:31.0	3:12.0	2:59.0	2:49.0	2:39.0	2:32.0	2:31.0
50m Fly	39.0	35.0	34.0	32.0	30.0	29.0	28.0
100m Fly	1:30.0	1:20.0	1:14.0	1:09.0	1:05.0	1:03.0	1:01.0
200m Fly	3:27.0	2:58.0	2:42.0	2:30.0	2:22.0	2:17.0	2:14.0
50m Back	39.0	37.0	35.0	33.0	31.0	30.0	29.0
100m Back	1:29.0	1:20.0	1:14.0	1:10.0	1:06.0	1:03.0	1:00.0
200m Back	3:02.0	2:47.0	2:35.0	2:27.0	2:20.0	2:17.0	2:14.0
100m IM	1.30.7	1.20.8	1.18.0	1.14.3	1.11.7	1.10.8	1.08.8
200m IM	3:07.0	2:50.0	2:39.0	2:30.0	2:24.0	2:21.0	2:19.0
400m IM			5:40.0	5:20.0	5:06.0	5:00.0	4:50.0



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SKINS EVENT

1. This 'Skins Event' will be a continuous **competition commencing with 6 competitors** and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race a warning signal being given 10 seconds prior to the start of each round.
2. Skins competitions will be held for:
 - (a) Girls 12yrs/Under
 - (b) Girls 13yrs/Over
 - Events (a) and (b) will swim concurrently
 - Under 12 competition starts first, with a separation of approximately 90 seconds
 - (c) Open/boys 12yrs/Under
 - (d) Open/Boys 13yrs/Over
 - Events (c) and (d) will swim concurrently
 - Under 12 competition starts first, with a separation of approximately 90 seconds
3. **The prizes for each event will be:**

1st - £30	2nd - £25	3rd - £20	4th - £15	5th & 6th - £10
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4. The competitors for each Event shall be the first six swimmers in the relevant age groups in the 200IM determined by the published results from the qualifying events. (Should a withdrawal or non-appearance occur, there will be no replacement of swimmer, swims WILL take place until the required number of swimmers need to be reduced to keep rotation of races correct)
5. Lanes will be allocated based on 'spearheading' in accordance with FINA swimming rule SW312 – the fastest swimmer occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race.
6. The stroke for each individual race will be by random draw from a choice of Freestyle, Breaststroke, Butterfly and Backstroke. The draw for the stroke to be contested in the first round will be undertaken by a Referee.
7. Draws for subsequent rounds will be by the swimmer eliminated from the previous round. If more than one swimmer is eliminated in a round, the draw will be by the first swimmer eliminated, or by decision of the Referee if eliminated at the same time.
8. The first race in each Event will commence in accordance with ASA Swimming Rules governing the Start of the selected stroke. Each race shall be over a distance of 50m.
9. Subsequent rounds will start at the starting end of the pool, following an interval of 3 minutes from the previous Start. A verbal warning will be given 10 seconds prior to the Starting signal being sounded. No verbal commands will be given. Competitors' feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. For Backstroke rounds competitors will start in the water with both hands holding the starting grips. For forward starts swimmers are required to have at least one foot at the front

of the Starting Platform.

10. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification – any competitor so eliminated will receive any prize money won to that time including the round in which eliminated.
11. The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case an eliminated competitor remains in the competition.
12. Apart from the first round, times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE), manual timing or Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.
13. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated and the accumulated prize money for the positions divided equally between the relevant swimmers.
14. Should for any reason the competition has to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
15. In the case of a dead heat in the final race, it will be re-swum as an additional round in accordance with the Event conditions, referee to draw stroke. Determination of the result following a subsequent dead heat maybe determined by any means agreed by the affected swimmers, e.g. further swim off or dividing prize money.