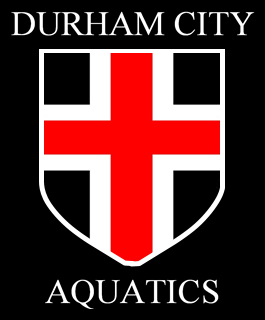
**Durham City Aquatics**

**Not the Valentine Gala 2023**

Saturday 18 and Sunday 19 March 2023

At Freeman’s Quay, Walkergate, Durham, DH1 1SQ

Level 3 - License No.: 3NE230263

**Programme of Events**

|  |  |  |  |  |  |  |  |  |  |
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| **Session 1: Saturday 18 March**  **Warm Up 08:00; Start 09:00** | | | | | **Session 3 Sunday 19 March**  **Warm Up 08:00; Start 09:00** | | | | |
| 101 | Girls | Open | 200m | Freestyle | 301 | Boys | Open | 200m | Freestyle |
| 102 | Boys | Open | 200m | Backstroke | 302 | Girls | Open | 200m | Backstroke |
| 103 | Girls | Open | 100m | Breaststroke | 303 | Boys | Open | 100m | Breaststroke |
| 104 | Boys | Open | 100m | Individual Medley | 304 | Girls | Open | 100m | Individual Medley |
| 105 | Girls | Open | 50m | Backstroke | 305 | Boys | Open | 50m | Backstroke |
| 106 | Boys | Open | 50m | Butterfly | 306 | Girls | Open | 50m | Butterfly |
| 107 | Girls | 11/over | 400m | Individual Medley | 307 | Boys | 11/over | 400m | Individual Medley |
| 108 | Boys | 11/over | 400m | Freestyle | 308 | Girls | 11/over | 400m | Freestyle |
| **Session 2: Saturday 18 March**  **Warm Up TBC; Start TBC** | | | | | **Session 4 Sunday 19 March**  **Warm Up TBC; Start TBC** | | | | |
| 201 | Boys | Open | 200m | Individual Medley | 401 | Girls | Open | 200m | Individual Medley |
| 202 | Girls | 11/over | 200m | Butterfly | 402 | Boys | 11/over | 200m | Butterfly |
| 203 | Boys | Open | 100m | Butterfly | 403 | Girls | Open | 100m | Butterfly |
| 204 | Girls | Open | 100m | Backstroke | 404 | Boys | Open | 100m | Backstroke |
| 205 | Boys | Open | 200m | Breaststroke | 405 | Girls | Open | 200m | Breaststroke |
| 206 | Girls | Open | 50m | Breaststroke | 406 | Boys | Open | 50m | Breaststroke |
| 207 | Boys | Open | 50m | Freestyle | 407 | Girls | Open | 50m | Freestyle |
| 208 | Girls | Open | 100m | Freestyle | 408 | Boys | Open | 100m | Freestyle |
| 209 | Mixed | 11/over | 800m | Freestyle | 409 | Mixed | 11/over | 1500m | Freestyle |

**This is a first come first served Gala; entries are accepted from 08:00 on Friday 10 February 2023; the deadline for entries is 23:59 on Monday 6 March 2023.**

**Meet Conditions for the Durham City Aquatics (DCA) *Not the Valentine Gala* 2023:**

1. The meet will be swum under ASA Law & FINA Technical Rules and is licensed by Swim England NER as a Level 3 meet.
2. The pool length is 25m with 8 lanes & anti-wave lane ropes; the organisers reserve the right to reduce the number of lanes used should the number of available officials necessitate this.
3. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only.
4. The age groups are Boys/Girls: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs & over with age on 19 March 2023.
5. All events are heat declared winners.
6. Medals will be awarded to the top 3 boy / girl swimmers in each age group.
7. Results sheets will be sent to competing clubs after completion of the meet.
8. **This is a first come first served Gala** and the meet will close when the entry list is full or at 23:59 on Monday 6 March 2023, whichever is the sooner; **entries are accepted from 08:00 on Friday 10 February 2023**.
9. All events will be as per schedule of the meet with age groups combined; swimmers will be seeded according to entry times. Coach-approved estimated entry (e.g. training) times should be provided for swimmers who do not have an entry on the Swim England database; entries will be rejected if NO time is entered.
10. Entry times must not be faster than the accompanying Upper Limit Times.
11. Entry times should be converted to 25m pool times by use of SE conversion tables.
12. Entries are encouraged from disabled / para swimmers.
13. Sports System Entry fee is **£7.00** per event; paper entries £8.00. 800m and 1500m Freestyle events are **£9.00** each (£10.00 for paper entries).
14. Coach passes are **£24.00** which includes start lists and lunch on both days.
15. The Sports System Entry File should be submitted together with a completed Summary Sheet to:  
    [dcasc-galas@outlook.com](mailto:dcasc-galas@outlook.com). Payment should be made by Bank Transfer at the time of entry; payment details are specified on the Summary Sheet.
16. The meet organisers reserve the right to further limit the number of entries and/or the number of heats per event to ensure meet timings can be maintained.
17. DCA reserves the right to fill empty lanes with Durham City Swimmers.
18. Withdrawals must be notified no later than midday on Friday 17 March 2023.
19. No refunds will be issued for withdrawals after the closing date (which may be sooner than the advertised deadline of 6 March 2023 if the meet is full) other than for withdrawals on medical grounds supported by documentary evidence, e.g. doctor’s note, NHS COVID-19 Notification e-mail/text, etc. In this case, the swimmer will be withdrawn from all events.
20. For safety reasons only swimmers who can perform a competitive start may perform a shallow racing dive from the starting blocks.
21. Coaches/Team managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the marshals in time for the race start may not be allowed to compete.
22. Access to poolside will be restricted to swimmers, coaches, officials and authorised helpers in line with Swim England Child Protection Policy. Official passes shall be worn at all times on poolside.
23. No unaccompanied swimmers allowed.
24. All swimmers leaving poolside must have appropriate clothing and footwear.
25. Anyone wishing to use any type of image recording device must register at the entrance and comply with the current Swim England Wave Power Guidelines on Photography (copies can be found at [WavePower](http://www.swimming.org/swimengland/wavepower-child-safeguarding-for-clubs/)) and adhere to the rules and standard operating procedures of the venue.
26. Only the DCA official photographer is allowed on the poolside.
27. No person may, for commercial purposes, take photographs or use any video recording equipment at the event without written permission of the organisers.
28. Mobile phones or other (digital) recording devices are **not allowed to be used in the changing areas.**
29. 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.
30. Swimmers are advised to use lockers, DCA or Freemans Quay Management cannot be held responsible for loss or damage to spectators or swimmers equipment.
31. The pool opens for swimmers from 07:30; spectators / supporters are admitted from 08:00.
32. The Lead Official will be: Mr. Stephen Ward ([dca.steveward@gmail.com](mailto:dca.steveward@gmail.com)).
33. All competing Clubs are requested to provide officials to ensure the smooth running of the meet.
34. The referee’s decision is final.

Note that restrictions affecting the running of the gala (e.g. limits on number of competitors and/or spectators) may be imposed at short notice by (local) authorities to limit the spread of CoVid-19; clubs will be contacted at the earliest possible opportunity should this be the case.

**Any points not covered here will be at the discretion of the meet organisers.**

**Any queries should be directed to: Marc Dubbeldam at** [dcasc-galas@outlook.com](mailto:dcasc-galas@outlook.com)**.**

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| **Durham City Aquatics *Not the Valentine Gala* 2023**  Upper Limit Times  Swimmers must NOT have swam faster than the times below | | | | | | | | | | | | |
| Girls 25m Qualifying times | | | | | |  | Boys 25m Qualifying times | | | | | |
| 10 & under | 11 | 12 | 13 | 14 | 15 & over |  | 10 & under | 11 | 12 | 13 | 14 | 15 & over |
| 34.0 | 31.5 | 30.0 | 29.0 | 28.0 | 27.0 | 50m Free | 34.0 | 31.0 | 29.0 | 27.0 | 25.5 | 24.0 |
| 1:12.0 | 1:07.0 | 1:04.0 | 1:02.0 | 1:00.0 | 58.0 | 100m Free | 1:12.0 | 1:06.0 | 1:02.0 | 58.0 | 55.0 | 52.0 |
| 2:34.0 | 2:24.0 | 2:18.0 | 2:14.0 | 2:10.0 | 2:06.0 | 200m Free | 2:34.0 | 2:22.0 | 2:14.0 | 2:06.0 | 2:00.0 | 1:54.0 |
| N/A | 5:01.0 | 4:49.0 | 4:41.0 | 4:33.0 | 4:25.0 | 400m Free | N/A | 5:00.0 | 4:44.0 | 4:28.0 | 4:16.0 | 4:04.0 |
| N/A | 10:00.0 | 9:30.0 | 9:15.0 | 9:00.0 | 8:45.0 | 800m Free | N/A | 10:00.0 | 9:20.0 | 8:50.0 | 8:30.0 | 8:15.0 |
| N/A | 19:30.0 | 18:30.0 | 18:00.0 | 17:30.0 | 17:00.0 | 1500m Free | N/A | 19:30.0 | 18:10.0 | 17:10.0 | 16:30.0 | 16:00.0 |
| 39.0 | 36.5 | 34.5 | 33.0 | 31.5 | 30.0 | 50m Back | 38.0 | 34.5 | 32.0 | 30.0 | 28.5 | 27.0 |
| 1:22.0 | 1:17.0 | 1:13.0 | 1:10.0 | 1:07.0 | 1:04.0 | 100m Back | 1:20.0 | 1:13.0 | 1:08.0 | 1:04.0 | 1:01.0 | 58.0 |
| 2:54.0 | 2:44.0 | 2:36.0 | 2:30.0 | 2:24.0 | 2:18.0 | 200m Back | 2:50.0 | 2:36.0 | 2:26.0 | 2:18.0 | 2:12.0 | 2:06.0 |
| 44.0 | 41.5 | 39.0 | 37.0 | 35.5 | 34.0 | 50m Breast | 43.0 | 39.5 | 36.5 | 34.0 | 32.0 | 30.0 |
| 1:33.0 | 1:28.0 | 1:23.0 | 1:19.0 | 1:16.0 | 1:13.0 | 100m Breast | 1:32.0 | 1:25.0 | 1:19.0 | 1:14.0 | 1:10.0 | 1:06.0 |
| 3:18.0 | 3:08.0 | 2:58.0 | 2:50.0 | 2:44.0 | 2:38.0 | 200m Breast | 3:16.0 | 3:02.0 | 2:50.0 | 2:40.0 | 2:32.0 | 2:24.0 |
| 37.0 | 34.5 | 32.5 | 31.0 | 29.5 | 28.0 | 50m Fly | 39.0 | 35.5 | 32.5 | 30.0 | 28.0 | 26.0 |
| 1:20.0 | 1:15.0 | 1:11.0 | 1:08.0 | 1:05.0 | 1:02.0 | 100m Fly | 1:23.0 | 1:16.0 | 1:10.0 | 1:05.0 | 1:01.0 | 57.0 |
| N/A | 2:45.0 | 2:37.0 | 2:31.0 | 2:25.0 | 2:19.0 | 200m Fly | N/A | 2:47.0 | 2:35.0 | 2:25.0 | 2:17.0 | 2:09.0 |
| 1.27.0 | 1.20.0 | 1.15.0 | 1.11.0 | 1.08.0 | 1.05.0 | 100m IM | 1.22.0 | 1.15.0 | 1.10.0 | 1.06.0 | 1.03.0 | 1.00.0 |
| 3:04.0 | 2:50.0 | 2:40.0 | 2:32.0 | 2:26.0 | 2:20.0 | 200m IM | 2:54.0 | 2:40.0 | 2:30.0 | 2:22.0 | 2:16.0 | 2:10.0 |
| N/A | 6:00.0 | 5:40.0 | 5:24.0 | 5:12.0 | 5:00.0 | 400m IM | N/A | 5:40.0 | 5:20.0 | 5:04.0 | 4:52.0 | 4:40.0 |
| This is an Age on Day Gala - entry times from 1st January 2021. | | | | | | | | | | | | |