



April Fool Gala  
14<sup>th</sup>/15<sup>th</sup> March 2026  
Richmond Dales ASC

This is a Level 3 Long 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 John Charles Aquatic Centre, Leeds LS11 5DJ. The pool length is 50m of variable depth with 10 lanes and anti-wave lane ropes. A secondary strobe may not be available. A separate swim down facility is available.
2. Omega (Quantum) Timing will be in operation with a matrix scoreboard display. Times displayed are for information only.
3. Age Groups/Events will be:

9 years and over:	50m and 100m, 200m all strokes and 200IM
11 years and over:	400 freestyle and 400IM
12 years and over:	800m and 1500m freestyle (mixed events)

All events will be Heat Declared Winners.
4. There will a minimum of 3 heats for the 800m and 1500m mixed freestyle events (***additional heats may be added dependent upon session timings and at the discretion of the Meet Promoter***). Once the 3 heats (30 places) are filled for each event, the next 3 swimmers will be notified as reserves. Should withdrawals occur these swimmers will be notified as soon as is reasonably possible.  
Should a Club take entries from below to over 30 swimmers, RDASC reserve the right to conduct a draw to select swimmers from that Club and order reserves. Similarly, should the selection for reserve swimmers be from one Club a draw will be made.  
NB: RDASC reserves the right to reduce the number of heats in the 400m Freestyle and IM, where the number of entries significantly impacts on the session time.
5. Any swimmer accepted must have times which fall within the upper and lower qualifying times for this Meet. These times must be 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. A copy of the qualifying times can be found on the RDASC website at [www.rdas.org.uk](http://www.rdas.org.uk)
6. 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.
7. **Coaches must confirm the attendance of their Club's 800m/1500m swimmers by 1800hrs the evening before the Meet using the online re-entry form (see RDASC website for further details).** This will allow the reservists to be informed and allocated swims. **No Confirmation – No Swim.**
8. Ages are as at **15th March 2025**.
9. Entry Fees: £8.50 for all 400m and under races and £10.00 for 800m and 1500m races. Prices are for all paper and electronic entries.

10. Poolside passes cost £25.00 each, which includes start sheets and Lunch. Coaches and Team Managers will not be permitted on poolside without a Poolside Pass. All Coaches and Team Managers must be CRB/DBS checked to access poolside (you will be asked to confirm this on your Summary Sheet).
11. 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.
12. Entries should be submitted using the Sportsystems Entry file, provided by the Competitions Secretary or available online on the RDASC website. This is a '**first come, first served**' Gala. Entries open at 0800hrs on Friday 16<sup>th</sup> January 2026 and will close once the Gala is full or at 1900hrs on Friday 27<sup>th</sup> February 2026. **Entries received prior to 0800hrs on Friday 16<sup>th</sup> January 2026 will be returned and you will be asked to resubmit at the entry opening time.**
13. Payment must be made in full once your clubs entry has been accepted. Non payment of the entry fees will result in the swims being rejected from the gala. 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 **AFG26** eg RDASC AFG26. Clubs entering more than one swimmer must use a Sportsystem Electronic Entry File. Individual entries will not be accepted. Please complete and return the Summary Sheet along with Sportsystems Entry file.
14. Entry times should be converted from 25m pool times by use of official conversion tables.

NB – The Sportsystems Entry File will automatically convert SC times downloaded from Rankings to LC times.

15. 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.

16. Poolside entries will be at the discretion of the Meet Organiser and will be £8.00 per swim
17. Heats will be seeded according to submitted entry times.
18. Presentations will be made to the first three in each age group: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16yrs and over. Medals will be awarded to Classified disability swimmers in each age group according to the GB multi classification points system.
19. Swimmers will only be permitted to swim for one Club during the Gala.
20. For safety reasons, only swimmers who have achieved the Swim England Competitive Start Award can 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.
21. 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.

22. Admission for spectators will be £8.00 per day. The Meet programme will only be available online. Children under 12 years old and accompanied by an adult will be admitted for free.
23. 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 any afternoon sessions, 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.
24. 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.
25. 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.
26. Neither Richmond Dales ASC nor the John Charles Aquatic 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.
27. Anyone wishing to use photographic equipment within the pool area is to comply with Swim England Photography Guidance.
28. The Lead Referee prior to the gala will be John Flynn who is contactable at [flynnjohn01@gmail.com](mailto:flynnjohn01@gmail.com)
29. 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.
30. This Gala will be compliant with Swim England Guidance and with the specific health and safety requirements of the venue (*this may be subject to change at any time*).
31. Any points not covered in these Meet Conditions will be at the discretion of the Meet Organisers.

#### **Meet Promoters**

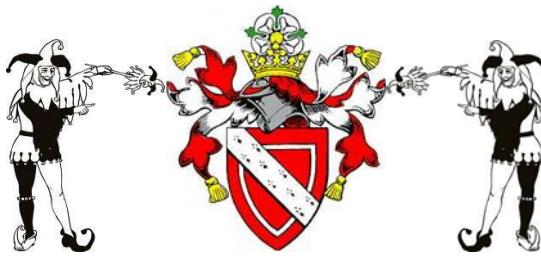
Ruth Kneller & Karen Crozier

Email: [galas@rdasc.org.uk](mailto:galas@rdasc.org.uk)

#### **Meet Secretary**

Ruth Kneller

Email: [competitions@rdasc.org.uk](mailto:competitions@rdasc.org.uk)



**April Fool Gala**  
**15<sup>th</sup>/16<sup>th</sup> March 2026**  
**Richmond Dales ASC**

**PAPER ENTRY FORM**

Affiliated Club:	SE Number:	
First Name:	Surname:	
Date of Birth:	Gender:	MALE      FEMALE
Contact Telephone Number:		
Contact 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 9 of the Meet Conditions):		

Event	Entry Time	Event	Entry Time
50m Freestyle		50m Breaststroke	
100m Freestyle		100m Breaststroke	
200m Freestyle		200m Breaststroke	
400m Freestyle		50m Butterfly	
800m Freestyle (mixed)		100m Butterfly	
1500m Freestyle (mixed)		200m Butterfly	
50m Backstroke		200m Individual Medley	
100m Backstroke		400m Individual Medley	
200m Backstroke			

No. of Events upto & inc 400m:		Total Payable (each event @ £8.50)	£
No. of Events 800m/1500m		Total Payable (each event @ £10.00)	£
Payment made by: (please indicate BACS/cheque)		If paid by BACS please indicate date paid	

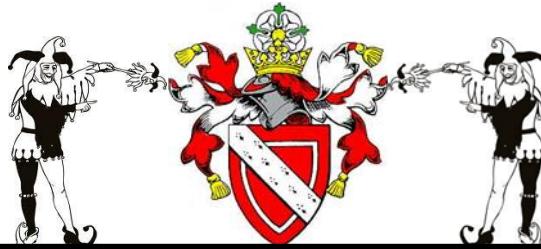
Please email paper entries to: [competitions@rdasc.org.uk](mailto:competitions@rdasc.org.uk)

BACS payment is the preferred payment method and can be made to the account detailed below, please include your Surname as reference (abbreviations accepted) followed by AFG26 eg **SMITH AFG26**

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

Paper Entries and cheques can be posted to: Ruth Kneller 4 Greta Place Middleton in Teesdale. DL12 0RD  
 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**

<b>SATURDAY 14<sup>th</sup> March 2026</b>			
Session 1		Session 2	
101	400IM Girls	201	400M Freestyle Girls
102	200M Freestyle Open/Boy	202	200M IM Open/Boy
103	100M Backstroke Girls	203	50M Breaststroke Girls
104	100M Butterfly Open/Boy	204	50M Backstroke Open/Boy
105	50M Butterfly Girls	205	100M Freestyle Girls
106	50M Freestyle Open/Boy	206	100M Breaststroke Open/Boy
107	200M Breaststroke Girls	207	200M Butterfly Girls
108	1500M Freestyle (mixed)	208	200M Backstroke Open/Boy

<b>SUNDAY 15<sup>th</sup> March 2026</b>			
Session 1		Session 2	
301	400IM Boys	401	400M Freestyle Open/Boy
302	200M Freestyle Girls	402	200M IM Girls
303	100M Backstroke Open/Boy	403	50M Breaststroke Open/Boy
304	100M Butterfly Girls	404	50M Backstroke Girls
305	50M Butterfly Open/Boy	405	100M Freestyle Open/Boy
306	50M Freestyle Girls	406	100M Breaststroke Girls
307	200M Breaststroke Open/Boy	407	200M Butterfly Open/Boy
308	800M Freestyle (mixed)	408	200M Backstroke Girls



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### Qualifying Times

April Fool Gala - Long Course Level 3 @ John Charles Aquatic Centre, Leeds LS11 5DJ

Girls must NOT be slower than								Girls must NOT be faster than								
9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16/OV YRS		9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16/OV YRS
								50 FREE	35.60	32.60	30.70	29.70	28.70	27.80	26.80	25.80
								100 FREE	1.14.10	1.11.20	1.07.30	1.05.30	1.01.40	1.00.40	59.40	58.40
								200 FREE	3.01.90	2.39.20	2.27.40	2.22.40	2.17.50	2.15.60	2.11.70	2.09.70
xxxxx	xxxxx							400 FREE	xxxxx	xxxxx	5.09.60	5.01.70	4.49.90	4.41.00	4.36.10	4.31.20
xxxxx	xxxxx	xxxxx	14.00.0	13.20.0	12.50.0	12.30.0	12.10.0	800 FREE	xxxxx	xxxxx	xxxxx	10.00.0	9.43.0	9.37.0	9.32.0	9.27.0
xxxxx	xxxxx	xxxxx	27.00.0	26.00.0	25.00.0	24.00.0	23.00.0	1500 FREE	xxxxx	xxxxx	xxxxx	19.30.0	19.00.0	18.00.0	17.30.0	17.00.0
								50 BREAST	45.70	42.70	39.80	36.90	35.90	34.90	33.90	33.90
								100 BREAST	1.41.30	1.35.30	1.30.40	1.25.40	1.20.50	1.18.60	1.17.60	1.16.60
								200 BREAST	3.31.50	3.21.60	3.06.80	3.01.80	2.56.00	2.51.00	2.48.10	2.46.10
								50 FLY	40.50	35.50	32.60	31.60	30.60	29.60	28.70	27.70
								100 FLY	1.33.80	1.25.90	1.17.00	1.12.00	1.09.00	1.07.10	1.06.10	1.05.20
								200 FLY	3.31.40	3.11.60	3.01.70	2.48.80	2.38.80	2.33.00	2.28.00	2.26.10
								50 BACK	41.50	38.50	34.60	32.60	31.60	30.70	29.70	29.70
								100 BACK	1.30.90	1.24.00	1.18.00	1.12.10	1.09.20	1.07.20	1.06.20	1.05.20
								200 BACK	3.13.70	2.59.90	2.45.00	2.37.10	2.30.20	2.26.30	2.25.30	2.23.30
								200 IM	3.18.00	3.03.10	2.47.40	2.38.50	2.34.60	2.30.60	2.28.70	2.26.70
xxxxx	xxxxx							400 IM	xxxxx	xxxxx	5.52.00	5.32.10	5.22.30	5.17.50	5.14.60	5.12.60

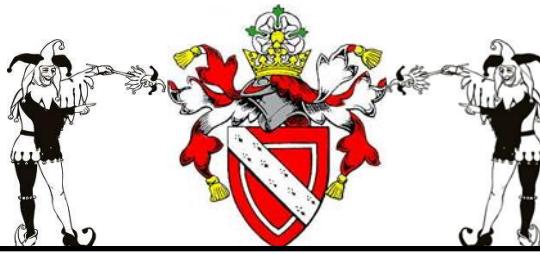


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### Qualifying Times

April Fool Gala - Long Course Level 3 @ John Charles Aquatic Centre, Leeds LS11 5DJ

Open/Boys must NOT be slower than								Open/Boys must NOT be faster than								
9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16/OV YRS		9 YRS	10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15 YRS	16/OV YRS
								50 FREE	33.60	31.70	29.70	28.70	27.80	26.90	25.80	24.90
								100 FREE	1.16.10	1.12.20	1.07.20	1.04.30	1.00.40	57.50	55.50	54.50
								200 FREE	2.42.20	2.32.30	2.25.40	2.18.50	2.11.60	2.06.70	2.02.90	2.00.90
xxxxx	xxxxx							400 FREE	xxxxx	xxxxx	4.59.60	4.46.80	4.35.00	4.26.00	4.20.40	4.17.50
xxxxx	xxxxx	xxxxx	14.00.0	13.00.0	11.30.0	10.45.0	10.30.0	800 FREE	xxxxx	xxxxx	xxxxx	10.00.0	9.30.0	9.00.0	8.45.0	8.30.0
xxxxx	xxxxx	xxxxx	26.25.0	24.40.0	23.00.0	21.50.0	21.00.0	1500 FREE	xxxxx	xxxxx	xxxxx	18.50.0	18.00.0	17.30.0	17.15.0	17.00.0
								50 BREAST	45.70	42.70	39.80	36.90	35.90	33.00	32.00	31.00
								100 BREAST	1.37.30	1.34.30	1.26.40	1.20.50	1.16.50	1.13.70	1.12.70	1.10.80
								200 BREAST	3.32.50	3.22.60	3.12.80	3.02.80	3.52.00	2.46.10	2.40.30	2.36.30
								50 FLY	40.50	37.50	34.60	31.60	29.60	28.70	27.70	26.70
								100 FLY	1.32.80	1.24.90	1.18.00	1.15.00	1.08.10	1.05.20	1.02.20	1.00.20
								200 FLY	3.26.50	3.06.70	3.00.70	2.52.80	2.42.90	2.32.10	2.22.20	2.15.20
								50 BACK	40.50	37.50	34.60	32.60	30.70	28.70	27.70	26.80
								100 BACK	1.30.90	1.21.00	1.16.10	1.12.10	1.08.10	1.05.20	1.04.30	1.03.10
								200 BACK	3.16.70	2.58.90	2.44.00	2.40.10	2.32.20	2.27.30	2.19.40	2.17.40
								200 IM	3.12.10	3.01.20	2.47.30	2.43.40	2.31.60	2.27.60	2.19.80	2.17.80
xxxxx	xxxxx							400 IM	xxxxx	xxxxx	5.59.90	5.34.00	5.19.40	5.07.70	4.59.90	4.55.90



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### SUMMARY SHEET

This is a Level 3 Long Course Gala Licensed by Swim England – Licence Number:  
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#### Visiting Club Information

Club:	
Contact Name:	
Address:	
Email Address:	
Contact Number:	

Number of Open/Male Electronic Entries 400m & under		@ £8.50 each =	£
Number of Female Electronic Entries 400m & under		@ £8.50 each =	£
Number of Open/Male Electronic Entries 800/1500m		@ £10.00 each =	£
Number of Female Electronic Entries 800/1500m		@ £10.00 each =	£
Number of Paper Entries (Open & Female) 400m & under		@ £8.50 each =	£
Number of Paper Entries (Open & Female) 800/1500m		@ £10.00 each =	£
Number of Coach/Team Manager Passes		@ £25.00 each =	£
		<b>TOTAL</b>	<b>£</b>

Please tick the box to confirm that all Coaches/Team Managers assisting Poolside are CRB/DBS checked

Please email electronic entries and summary sheets to: [competitions@rdasc.org.uk](mailto:competitions@rdasc.org.uk)

**Clubs will be invoiced for payment** after the closing date and payment must be made in full prior to the Meet date. Please pay by BACS transfer (details below) and include a Club reference (abbreviations accepted) followed by **AFG26 eg RDASC AFG26**. Clubs entering more than one swimmer must use a Sportsystem Electronic Entry File. Individual entries will not be accepted.

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

Paper Entries, cheques and summary sheets can be posted to:

Ruth Kneller  
4 Greta Place  
Middleton-in-Teesdale DL12 0RD

**We would be grateful for contact details of any of your qualified licensed officials who may be available to assist.**