



Disability Sport Events

"DSE is a Division of English Federation of Disability Sport- Registered Charity
No. 1075180"

DSE South East Regional Gala 2006

Short Course – 25 metres

Saturday February 3rd

**West Quays Swimming Pool,
Southampton.**

15:00 Warm Up

15:30 First Race

Supported by:



Please forward entries to:

gospotsue@hotmail.com

or

Sue Barker
61 Mandarin Way
Howe Road
Gosport
Hampshire
PO13 8DP

Closing Date for Entries:

Friday 19th January 2007

There will be no late entries accepted.

*******RULES CONDITIONS AND INFORMATION.*******

- The competition will be held under ASA Laws, ASA Technical Rules and ASA Disability Technical Swimming Rules.
- ***The event is open to disabled swimmers only.***
- Swimmers must be 10yrs as at 1st September 2007.
- The One Start Rules will apply.
- **The Entry Fee will be £2 per swim (Entries cannot be processed without correct entry fees).**
Entry for Relay events – Free.
- **Closing date for Entries midnight on the 19th January 2007.**
- **Entries and entry fees should be sent to South East Region Team Manager Sue Barker at the address below. Please make your cheque(s) payable to DSE Southern Region.**
- **All Individual events will be swum in the following order, please also note that this year there are maximum entry times on 25-meters events. This means that NO entries will be accepted if the entry times are faster than those stated below.**

1. 100 Freestyle	
2. 25 Breaststroke	30 seconds for male swimmers 35 seconds for female swimmers
3. 100 Butterfly	
4. 100 Individual Medley	
5. 25 Backstroke	30 seconds for male swimmers 35 seconds for female swimmers
6. 50 Butterfly	
7. 50 Breaststroke	
8. 25 Butterfly	30 seconds for male swimmers 35 seconds for female swimmers
9. 50 Backstroke	
10. 200 Freestyle	
11. 4x50 Medley Relay	<i>If Time Permits</i>
12. 25 Freestyle	25 seconds for male swimmers 30 seconds for female swimmers
13. 100 Breaststroke	
14. 100 Backstroke	
15. 50 Freestyle	
16. 4x50 Freestyle Relay	<i>If Time Permits</i>

- Event entries will be strictly Time Banded. – **The success of the Gala depends on accurate swim times being submitted.**
- **ALL DIVE START CERTIFICATES TO BE SUBMITTED WITH ENTRY FORMS.**
- It will be swum with males and females swimming separately. Unless the lack of entries requires them to swim together.
- Team Relay events: 4 x 50m. Freestyle Team, 4 x 50m. Medley Team. Teams may enter as many Teams as they wish for the Relay events. The promoter reserves the right to reject relay teams if numbers of entries requires them to do so.

- Swimmers must report where possible to the Competitors Stewards (situated at the deep end of the pool) at least three- (3) events before the start of their event. – Swimmers will not be called or waited for if they are not present.
- **Swimmers must swim in the lane that has been allocated to them unless requested to change by the Referee.**
- Team Managers and Individual Entries (swimmers); please report/register upon your arrival to Sue Barker in the foyer. **REGISTRATION WILL BE FROM 15.00 to 15.15.**
- Within the guidelines of the ASA Child Protection Policy and the Promoters Club Members Protection Policy, anyone wishing to use a Video Camera and or a Wide Lens and or a Zoom Lens Camera during any part of this event, including the Warm up period, must complete the Photography Registration Form (enclosed), return with your entry or hand it to the staff at Registration Desk upon your arrival. Failure to do this will lead to the Camera operator being asked to leave the event.
- Team Managers and Individual Entries (swimmers) will receive a Gala programmes upon registration. Further programmes will be available at £1.00 each.
- **All withdrawals must be reported to Sue Barker by no later than 15.15.**
- **Any withdrawals will NOT be refunded.**
- The promoters have the right to refuse entries.
- The results will be posted/emailed to you upon completion of the gala.
- Medical / Lifeguard cover throughout the gala.
- Pool hoist is available, if required.

POOL AND POOLSIDE SAFETY

- **FIRE EXITS** are clearly marked. Everyone attending must ensure that they familiarise themselves with these exits in case of any emergency. A copy of the Pools NOP's and EAP's will be available upon request from the Leisure Center Reception Desk.
- Team Managers/Individual swimmers shall satisfy themselves that their swimmers/individuals are competent to the standard of the ASA Competitive Start Award. Any swimmer who is not competent must start from the poolside or in the water. In the event of a false start swimmers must execute a shallow racing dive. They must not topple in headfirst as this is dangerous.

The depth of the pool:	Shallow end. 0.9m.
Deep end.	2m. at the boom.
The width of the pool:	12.5m.
Length of Pool to Boom:	25m.
- **NO DIVING FROM THE SHALLOW END OF THE POOL WILL BE ALLOWED AT ANYTIME.**
- **The use of the Diving Pit and Teaching Pool before, during or after the gala is not permitted.**
- Swimmers and spectators are reminded that property should not be left unattended at any time. DSE South East Region cannot accept liability for any losses or damage that may occur.
- Any matter not covered above will be decided at the discretion of the DSE South East Region who also reserve the right to make any changes that may be considered necessary for the smooth running of the event.

Should you have any queries regarding the above, please do not hesitate to contact the South East Region Team Manager Sue Barker on

07736 792967 Work Mobile

07746 360839 Personal Mobile

02392 790714 Home Number (there is an answering machine)

or by e mail gosportsue@hotmail.com

We look forward to receiving your entry(s)

Sue Barker
61 Mandarin Way
Howe Road
Gosport
Hants
PO13 8DP

REMINDER:

**CLOSING DATE FOR ENTRIES MIDNIGHT ON THE 19th
JANUARY 2007.**