



**DURHAM CITY AQUATICS
AND
CONSETT ASC**



**PRESENT OUR JOINT
VALENTINE GALA 2025**

Saturday 15 and Sunday 16 March 2025
At Freeman's Quay, Walkergate, Durham, DH1 1SQ
Level 3 - License No.: 3NE250291

Programme of Events

| Session 1: Saturday 15 March Warm Up 08:00; Start 09:00 | | | | | Session 3 Sunday 16 March Warm Up 08:00; Start 09:00 | | | | |
|--|-----------|---------|------|-------------------|---|-----------|---------|-------|-------------------|
| 101 | Female | Open | 200m | Freestyle | 301 | Open/Male | Open | 200m | Freestyle |
| 102 | Open/Male | Open | 200m | Backstroke | 302 | Female | Open | 200m | Backstroke |
| 103 | Female | Open | 100m | Breaststroke | 303 | Open/Male | Open | 100m | Breaststroke |
| 104 | Open/Male | Open | 100m | Individual Medley | 304 | Female | Open | 100m | Individual Medley |
| 105 | Female | Open | 50m | Backstroke | 305 | Open/Male | Open | 50m | Backstroke |
| 106 | Open/Male | Open | 50m | Freestyle | 306 | Female | Open | 50m | Freestyle |
| 107 | Female | 11/over | 400m | Individual Medley | 307 | Open/Male | 11/over | 400m | Individual Medley |
| 108 | Open/Male | 11/over | 400m | Freestyle | 308 | Female | 11/over | 400m | Freestyle |
| Session 2: Saturday 15 March Warm Up TBC; Start TBC | | | | | Session 4 Sunday 16 March Warm Up TBC; Start TBC | | | | |
| 201 | Open/Male | Open | 200m | Individual Medley | 401 | Female | Open | 200m | Individual Medley |
| 202 | Female | 11/over | 200m | Butterfly | 402 | Open/Male | 11/over | 200m | Butterfly |
| 203 | Open/Male | Open | 100m | Butterfly | 403 | Female | Open | 100m | Butterfly |
| 204 | Female | Open | 100m | Backstroke | 404 | Open/Male | Open | 100m | Backstroke |
| 205 | Open/Male | Open | 200m | Breaststroke | 405 | Female | Open | 200m | Breaststroke |
| 206 | Female | Open | 50m | Breaststroke | 406 | Open/Male | Open | 50m | Breaststroke |
| 207 | Open/Male | Open | 50m | Butterfly | 407 | Female | Open | 50m | Butterfly |
| 208 | Female | Open | 100m | Freestyle | 408 | Open/Male | Open | 100m | Freestyle |
| 209 | Mixed | 11/over | 800m | Freestyle | 409 | Mixed | 11/over | 1500m | Freestyle |

The closing date for entries is 23:59 on Friday 28th February 2025.



Meet Conditions for the Durham City Aquatics (DCA) and Consett ASC Valentine Gala 2025:

1. The meet will be swum under ASA Law & WA 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 Open/Male & Female: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs & over with age on 15 March 2025.
5. 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.
6. All events are heat declared winners.
7. Medals will be awarded to the top 3 Open/Male & Female swimmers in each age group.
8. 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 may be rejected if NO time is entered.
9. Entry times must not be faster than the accompanying Upper Limit Times.
10. Entry times should be converted to 25m pool times by use of SE conversion tables.
11. Entries are encouraged from disabled / para swimmers.
12. Sports System Entry fee is **£7.50** per event; paper entries £8.50. 800m and 1500m Freestyle events are **£10.00** each (£11.00 for paper entries).
13. Coach passes are **£25.00** which includes start lists and lunch on both days.
14. The Sports System Entry File should be submitted together with a completed Summary Sheet to: competitions@dcaswim.co.uk. Payment should be made by Bank Transfer at the time of entry; payment details are specified on the Summary Sheet.
15. **The closing date for entries is 23:59 on Friday 28 February 2025.**
16. The meet organisers reserve the right to limit the number of entries and/or the number of heats per event to ensure meet timings can be maintained.
17. DCA and Consett reserves the right to fill empty lanes with Durham City and/or Consett Swimmers.
18. For safety reasons only swimmers who can perform a competitive start may perform a shallow racing dive from the starting blocks.
19. Withdrawals must be notified no later than midday on Friday 14 March 2025.
20. No refunds will be issued for withdrawals after the closing date other than for withdrawals on medical grounds supported either by documentary evidence such as a doctor's note or an email from the swimmer's coach. Swimmer's coach emails should explain the reason why the swimmer can not compete and a brief medical explanation. Each case will be accessed on merit.
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. Swimmers are advised to use lockers, DCA, Consett or Freemans Quay Management cannot be held responsible for loss or damage to spectators or swimmers equipment.
25. All swimmers leaving poolside must have appropriate clothing and footwear.

26. 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.
27. The use of any photographic equipment (still, video or digital, including mobile phones with camera function) by members of the public will not be allowed anywhere in the spectator area. We aim to support requests for recording for exam purposes, but an enquiry must be made at the time of entry submission and the decision will be at the discretion of the DCA club secretary.
28. Anyone who has prior approval to use image recording devices for exam purposes must register at the entrance and comply with the current Swim England Wave Power Guidelines on Photography (copies can be found at [WavePower](#)) and adhere to the rules and standard operating procedures of the venue.
29. Only the DCA official photographer is allowed on the poolside.
30. Mobile phones or other (digital) recording devices are **not allowed to be used in the changing areas**. Anyone found to be using mobile phones in the changing area could be withdrawn from the gala.
31. If you can help as an official please contact: Paul McLean (officials@dcaswim.co.uk).
32. All competing Clubs are requested to provide officials to ensure the smooth running of the meet.
33. The referee's decision is final.

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

Any queries should be directed to: Steph Holmes-Morris at competitions@dcaswim.co.uk.

| Durham City Aquatics Valentine Gala 2025 | | | | | | | | | | | | |
|--|---------|---------|---------|---------|-----------|-------------|--------------------------------|---------|---------|---------|---------|-----------|
| Upper Limit Times | | | | | | | | | | | | |
| Swimmers must <u>NOT</u> have swam faster than the times below | | | | | | | | | | | | |
| Female 25m Qualifying times | | | | | | | Open/Male 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 2023.

Durham City Aquatics and Consett ASC

Valentine Gala 2025

Freeman's Quay, Durham, DH1 1SQ

Saturday 15 - March 16 March 2025

CLUB ENTRY SUMMARY

| | | | |
|------------------------|--|------------------|--|
| Club: | | ASA Code: | |
| Contact Name: | | | |
| Address: | | | |
| | | | |
| | | | |
| Contact Number: | | | |
| E-mail: | | | |
| | | | |

| Entries | 50m - 400m events | Total No of Entries | Total Cost |
|-------------------|---------------------------|---------------------|------------|
| Entry Manager | Male @ £7.50 per event | 7 | |
| Entry Manager | Female @ £7.50 per event | 7 | |
| | | | |
| Entries | 800m & 1500m Freestyle | Total No of Entries | Total Cost |
| Entry Manager | Male @ £10.00 per event | 10 | |
| Entry Manager | Female @ £10.00 per event | 10 | |
| | | | |
| Poolside Passes @ | £25.00 | No. required | |
| | | | |
| | | TOTAL | |

I confirm that all swimmers and poolside staff are club members and that poolside pass holders have a valid DBS in place.

Signed:

on behalf of:

All entries should be made using the SportSystems Entry File. The Entry File should be e-mailed together with a completed Summary Sheet to: competitions@dcaswim.co.uk Payment should be made by Bank Transfer at the time of entry; payment details are as follows:

Account Name: Durham City Amateur Swimming and Water Polo Club
Sort Code: 30-92-79
Account No. 01012516

Please use payment reference G6 + Club Name

(e.g. G6 Durham - abbreviations accepted) when paying online.

Please contact the Durham treasurer (treasurer@dcaswim.co.uk) if you need any assistance.