



INVITATIONAL SHORT COURSE TIME TRIALS

30th and 31st May 2026, Bedale Leisure Centre

**THIS EVENT IS LICENSED AT LEVEL 4
(4NETBC)**

This joint NASC and Moors Swim Squad time trials meet provides a valuable low-level competitive opportunity for swimmers who have not yet achieved county qualifying times, as well as those who are close and would benefit from further race experience. The environment is designed to be supportive, helping swimmers build confidence and develop race skills across a range of events.

The meet is licensed at Level 4, with all times submitted to Swim England Rankings, allowing performances to count towards entry for future open and county competitions.

We would appreciate a prompt response to confirm your club's attendance, enabling us to plan effectively and ensure the meet runs at full capacity.

Greg Ient
Head Coach / Chairman
Northallerton ASC / Moors Swim Squad

Session 1 – Saturday 30th May

Warm Up 1.30pm

101	Mixed	9yrs+	400m	IM
102	Mixed	Open	100m	Butterfly
103	Mixed	Open	50m	Breaststroke
104	Mixed	Open	200m	Freestyle
105	Mixed	Open	25m	Backstroke
106	Mixed	9yrs+	100m	IM
107	Mixed	Open	200m	Butterfly
108	Mixed	Open	100m	Breaststroke
109	Mixed	Open	50m	Backstroke
110	Mixed	Open	25m	Freestyle

Session 2 – Sunday 31st May

Warm Up 1.30pm

201	Mixed	9yrs+	400m	Freestyle
202	Mixed	Open	200m	Backstroke
203	Mixed	Open	100m	Freestyle
204	Mixed	Open	50m	Butterfly
205	Mixed	Open	25m	Breaststroke
206	Mixed	9yrs+	200m	IM
207	Mixed	Open	200m	Breaststroke
208	Mixed	Open	100m	Backstroke
209	Mixed	Open	50m	Freestyle
210	Mixed	Open	25m	Butterfly

All races held under Swim England Laws and Technical Rules with Colorado Electronic timing

Age Groups: Open age group as this is a Time Trials meet. There will be no medal presentations.

Ages at 31st December 2025 (For Rankings Only)

Closing date for entries: 25th May 2025 @ 9pm



Gala Conditions

1. Meet to be held at Bedale Leisure Centre – the Pool length is 25m of variable depth with 4 lanes & anti-wave lane ropes;
2. This meet is an Invitational meet. Attending clubs will be at the discretion of meet organisers.
3. Colorado GEN 7 Electronic Timing will be in operation with scoreboard display. Times displayed are for information only
4. An external strobe light is available for hearing impaired swimmers upon request
5. Age groups/Events will all be Heat Declared Winner
6. 8 years and over, 25m Freestyle, 50m all strokes, 100m all Strokes, 100m IM, please note any swimmer accepted must have been ratified by the relevant club coach for each event, should this be found not to have occurred the swimmer shall be disqualified from all events and invalidated from all presentations.
7. 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.
8. Ages are as at 31st December 2026 (for rankings purposes only)
9. Entry fees: £4.00 for SportsSystems entries.(200m and 400m £5.00)
10. Coach passes are FREE which includes refreshments. Coaches will not be permitted on poolside without the necessary pass
11. Entries must be submitted on the official entry file or form and include the swimmer's full date of birth. Files available from and entries should be returned by the entry **closing date: Monday 25th May 2025 @ 9pm**
12. Cheques should be made payable to "Northallerton ASC". A valid email address or SAE must be supplied for entry confirmation to Northallerton ASC (FAO Greg Ient), Northallerton Leisure Centre, Stone Cross, Northallerton, DL6 2UZ.
13. NASC entries will be made on their dedicated web portal, other clubs should use their own entry mechanisms.
14. All Moors Swim Squad members have already made a deposit of £50 towards this meet, this will be reimbursed following entries over this amount.
15. Northallerton ASC will **NOT** be responsible for any unaccompanied swimmers on the poolside. The responsibility falls on the club entering the swimmer, who should appoint an individual to be on the poolside i.e. an adult with a coach's pass
16. Heats will be seeded according to submitted entry times
17. As this is a time trial meet, there will be no medal presentations
18. For safety reasons only swimmers who can perform an 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 meet. Swimmers are requested to remain in the water until asked to leave the pool
19. Admission for spectators will be; Adult £4.00.
20. No entry cards will be issued.
21. Coaches or Team Managers should advise the recorders of any missing swimmers at least 45 minutes before the session start. Seeded heat start lists will be produced prior to the start time of the session. Complying with this condition will keep the number of empty lanes to a minimum
22. Poolside entries, £5.00, may be permitted if the meet has not been over-subscribed
23. Should the meet be over-subscribed, swimmers will be excluded from fastest times first, within each age group.
24. Coaches/Team managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the competitive 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 Northallerton ASC, Moors Swim Squad or Bedale Leisure Centre (North Yorkshire Council) can be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers in the changing rooms and not to leave belongings unattended in the changing area or on poolside
27. Anyone wishing to use photographic equipment within the pool area must register at beforehand
28. The Lead Referee will be: Kevin Rand
29. Any points not covered here will be at the discretion of the meet organisers



SUMMARY SHEET

Total Number Female Entries _____ x £4.00 £ _____

Total Number Male/Open Entries _____ x £4.00 £ _____

Total Number 200/400m Female Entries _____ x £5.00 £ _____

Total Number 200/400m Male/Open Entries _____ x £5.00 £ _____

Total Entries £ _____

Coaches/Chaperones Passes FREE £ _____

Total Amount £ _____

WE WOULD BE GRATEFUL FOR DETAILS OF ANY OF YOUR QUALIFIED, LICENSED OFFICIALS WHO CAN ASSIST AT THE GALA. THANK YOU.

Please email electronic entries to nasc@nasc.co.uk before **25th May 2026 @ 9pm**, payment and any other forms are sent to:

Northallerton ASC (FAO Greg Ient), Northallerton Leisure Centre, Stone Cross, Northallerton, DL6 2UZ

DECLARATION

All entrants are eligible competitors and are registered members of the club named below.

All entrants accept the Promoters Conditions.

Signed _____ Date _____

Club Official _____

Address _____

Email _____