



Level 3 Licence Number: 3NW262164

Workington Leisure Centre, Griffin Street, Workington, CA14 2DX

1. General Conditions

- a. The Event shall be held under Swim England Rules and the relevant World Aquatics/World Para Swimming rules.
- b. Workington Amateur Swimming Club reserves full power over the meet. Management and Promoters responsibilities shall be delegated to the Meet Director.

2. Events

- a. Individual Events:
 - i. 400m, 800m, 1500m Freestyle,
 - ii. 200m, 400m Individual Medley
 - iii. 200m Butterfly
- b. All individual events are available for both Open/Male and Female competitors aged 9 years and above.
- c. The schedule of events shall be published in addition to these conditions (see below).

In line with the Swim England Transgender and non-binary competition policy, please see information on the definition of categories:

Female – Athletes with a birth sex of female.

Open – Athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the female category.

3. Entries

- a. Individual competitors
 - i. Entries may only be accepted from competitors registered with SE or their own national association as appropriate at the closing date for entries (Category 2).
 - ii. Individual events for both male and female swimmers will comprise of 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs and 16/Over
- b. Ages as at midnight on 22nd November 2026



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- c. All competitors are required to comply with the entry process and pay the required fees.
 - i. Each fees shall be £11 for entry into 800m and 1500m Free, and £6.50 for all other events.
- d. Entries will be accepted on a FIRST COME, FIRST SERVED basis.
- e. Entries together with the appropriate fees must be received no later than the published closing time and date.
 - i. The opening date for entries will be **Monday 24th August 2026 at 20:00**
 - ii. The Closing date for entries **11:59pm Sunday 19th October 2026** or WHEN FULL if earlier than this date
 - iii. Entries should be sent to gala-WASC@outlook.com
 - iv. The meet will be deemed full when a session time reaches 3.5 hours, or when the promoter deems the meet full to ensure the smooth running and safety of the meet.
- f. Entry times in either 50m pool times or 25m pool times are permitted.
- g. Entry times may be taken from a licensed meet or from club champs. However, where times are considerably out of date, or where a swimmer has no time, in order to ensure fair swimming to all competitors and the smooth running of the meet, times must be submitted by the relevant Club Coach. ***Please note that any no time entries will be rejected.***
- h. Submitted entry times shall be used for seeding and rejection purposes as required.
- i. Once a time has been submitted improved times will NOT be permitted.
 - i. No refunds shall be given for entries incorrectly submitted.
- j. The Meet Management has the authority to adjust the number of entries accepted to ensure the efficient running of the Meet in the interest of safety, time constraints and to ensure the smooth running of the competition.
- k. Events chosen for restriction will be at the discretion of the promoter.
 - i. A refund will be given to competitors whose entry is denied where this condition has been exercised.

4. **Meet Procedure**

- a. All events are Heat Declared Winner (HDW).
- b. Heats will be seeded by submitted entry time in accordance with Swim England Rules.
 - i. Competitors whose entries have been accepted will be expected to swim unless they have complied with the withdrawal's procedure.



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- c. Clubs must comply with the Swim England supervision ratios; document can be found here:
<https://www.swimming.org/swimengland/swim-england-relases-supervision-ratios-policy/>
- d. All Coaches, Chaperones and Personal Care Attendants must conform to the Swim England Safeguarding Procedures, hold a current DBS certificate and relevant qualifications.
- e. Coaches Passes are available at a cost of £10 per day. Please note lunch will not be provided at this event.
- f. Strobe lighting will be available throughout the meet on the starting machine.
- g. Any swimmer who fails to withdraw using the correct process, and within the allocated time frame, will be subject to a fine of £10 per race.

5. Withdrawal from Heats

- a. Withdrawals must be made no later than 6pm the night before the relevant session.
- b. Withdrawals can be made in the following ways:
 - i. In person by completing an official withdrawal form (available at the Timing Suite).
 - ii. By email to gala-WASC@outlook.com
 - iii. Using the online withdrawal portal – details will be available nearer to the event.
- c. All withdrawals must state NAME, CLUB, EVENT NUMBER, EVENT, COMPETITOR NUMBER. There will be no refund of entry fees for such withdrawals.

- 6.** Any point not covered in these conditions shall be at the discretion of the Meet Management and their nominated representative at the event.



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Programme of Events

Saturday 21st November 12noon

Session 1

Event 1	800m Free	Mixed
Event 2	200m IM	Girls 9yrs and over
Event 3	200m IM	Open 9yrs and over
Event 4	400m IM	Girls 9yrs and over
Event 5	400m IM	Open 9yrs and over

Sunday 22nd November 8:00am

Session 2

Event 6	1500m Free	Mixed
Event 7	400m Free	Open 9yrs and over
Event 8	400m Free	Girls 9yrs and over
Event 9	200m Fly	Open 9yrs and over
Event 10	200m Fly	Girls 9yrs and over

Please note there will be a break following Event 1 and Event 6 to allow swimmers the opportunity to cool down/warm up, and for our officials to collect refreshments.



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Gala Qualifying Times

Open Age Groups Upper Times							Event	Girls Age Groups Upper Times						
9	10	11	12	13	14	15 & over		9	10	11	12	13	14	15 & over
05:15.00	05:10.00	04:55.00	04:30.00	04:20.00	04:13.00	03:55.00	400m Free	05:15.00	05:10.00	04:55.00	04:30.00	04:20.00	04:13.00	03:55.00
10:11.00	10:11.00	10:05.00	09:35.00	09:16.00	08:35.00	08:25.00	800m Free	10:11.00	10:11.00	10:05.00	10:00.00	09:28.00	09:20.00	09:03.00
20:03.00	20:03.00	19:25.00	18:50.00	17:45.00	16:26.00	15:30.00	1500m Free	20:03.00	20:03.00	19:25.00	18:50.00	18:10.00	16:35.00	15:30.00
03:35.00	03:00.00	02:41.00	02:36.00	02:25.00	02:17.00	02:05.00	200m Fly	03:35.00	03:00.00	02:41.00	02:36.00	02:25.00	02:17.00	02:05.00
03:08.00	02:58.00	02:40.00	02:30.00	02:20.00	02:14.00	02:01.00	200m I.M	03:08.00	02:58.00	02:40.00	02:30.00	02:20.00	02:14.00	02:01.00
06:25.00	06:02.00	05:37.00	05:17.00	05:00.00	04:38.00	04:00.00	400m I.M.	06:25.00	06:02.00	05:37.00	05:17.00	05:00.00	04:38.00	04:00.00