



Spring Meet
April 22nd & 23rd 2017
at
Haven Point

ASANER Level 3
Licence No: TBC





Spring Meet Information Haven Point, South Shields 22nd & 23rd April 2017

This meet is licensed by **ASANER** as **Level 3**

Pool Information

Pool length 25m
8 Lanes

Competitor Lane Lines
Omega OSB12 starting platforms

Omega Electronic Timing
Separate swim down facility

Entry Information

- Age as at **23rd April 2017**
- Each swimmer's full date of birth must be included on the entry form.
- Entries which are not countersigned by an official from the swimmer's club will be returned.
- Entry times are **Short Course** (25m). Long Course (50m) times must be converted.
- **400m Freestyle is open to swimmers age 10/Over only**. The number of heats in this event may be restricted.
- Entries will not be accepted from swimmers who have swum faster than the enclosed cut off times.
- Sportsystem entry files: **£5.00** per event. Paper entries: **£5.50** per event.
- Coaches Passes: **£15.00** each – includes programme, results sheets and lunch.
- Electronic Entry is preferred and the Entry File will be available via the Event Page on our website. This should be emailed to philip@blencathra.org.uk along with a completed Summary Sheet.
- Entry reports should be returned, accompanied by a completed Summary Sheet and the relevant entry fees to: **South Tyneside SC, Mr P Powell, Blencathra, North Road, Dipton, Stanley, DH9 9BB**.
Cheques made payable to South Tyneside Swimming Club.
For online payment please contact galainfo@stswim79.co.uk for bank details and instructions.
- Closing date for entries: **Monday 20th March 2017**.

The organisers reserve the right to restrict the numbers of entries to ensure the completion of the meet as scheduled. Poolside entries, at a cost of £6.00, may be accepted subject to space being available in an event. Under ASA Law, entries accepted on the day are to be treated as official entries and the swimmers to be entitled to any award they might win.

Event Information

- Heats will be seeded according to submitted entry times. All events are **Heat Declared Winner**.
- In each event, awards will be made to the fastest three swimmers in each Age Group (9, 10, 11, 12, 13, 14/Over).

South Tyneside Swimming Club will **not** be responsible for any unaccompanied swimmers on poolside. The responsibility falls on the club, entering the swimmer, who should appoint an individual to be on poolside. i.e. An adult with a coaches pass.

Coaches are requested to inform the recorders, no later than 45 minutes prior to the session start time, of any of their swimmers who intend withdrawing from an event. Refunds will not be made for withdrawals made after the closing date, unless notification is given prior to the first day of the Meet and is accompanied by a medical certificate. It is the responsibility of team managers and coaches to ensure that all competitors report to the starting area in time for the start of the race.

Neither South Tyneside SC, nor South Tyneside MBC, can be held responsible for loss or damage to spectator's or swimmer's property. **Swimmers are requested to use the lockers for all non-essential items (£1.00 returnable) as space on poolside is limited. A No Outdoor Footwear Policy exists on poolside and this will be enforced. We ask that you please inform your swimmers in advance of the gala so they can come prepared to comply with these requests.**

Spectator Information

Haven Point is situated on the sea front at South Shields. The address is Pier Parade, South Shields, NE33 2JS. There is ample parking available near the pool. Parking fees apply. Please note that seating is limited. There is a café within Haven Point.



Spring Meet Schedule of Events
22nd & 23rd April 2017
This meet is licensed by **ASANER** as **Level 3**

Session 1 Saturday 22 nd April 2017			Warm-up 8.00a.m. Start 9.00a.m.
Event 1	100m I.M.	Male	9/Over
Event 2	200m I.M.	Female	9/Over
Event 3	200m Freestyle	Male	9/Over
Event 4	50m Butterfly	Female	9/Over
Event 5	50m Backstroke	Male	9/Over
Event 6	200m Breaststroke	Female	9/Over
Event 7	100m Butterfly	Male	9/Over
Event 8	100m Backstroke	Female	9/Over

Session 2 Saturday 22 nd April 2017			Warm-up TBC Start TBC
Event 9	400m Freestyle	Male	10/Over
Event 10	200m Butterfly	Female	9/Over
Event 11	50m Freestyle	Male	9/Over
Event 12	50m Breaststroke	Female	9/Over
Event 13	200m Backstroke	Male	9/Over
Event 14	100m Freestyle	Female	9/Over
Event 15	100m Breaststroke	Male	9/Over

Session 3 Sunday 23 rd April 2017			Warm-up 8.00a.m. Start 9.00a.m.
Event 16	100m I.M.	Female	9/Over
Event 17	200m I.M.	Male	9/Over
Event 18	200m Freestyle	Female	9/Over
Event 18	50m Butterfly	Male	9/Over
Event 20	50m Backstroke	Female	9/Over
Event 21	200m Breaststroke	Male	9/Over
Event 22	100m Butterfly	Female	9/Over
Event 23	100m Backstroke	Male	9/Over

Session 4 Sunday 23 rd April 2017			Warm-up TBC Start TBC
Event 24	400m Freestyle	Female	10/Over
Event 25	200m Butterfly	Male	9/Over
Event 26	50m Freestyle	Female	9/Over
Event 27	50m Breaststroke	Male	9/Over
Event 28	200m Backstroke	Female	9/Over
Event 29	100m Freestyle	Male	9/Over
Event 30	100m Breaststroke	Female	9/Over





Spring Meet Entry Form
 Closing Date **20th March 2017**
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Club:	Male/Female (delete as applicable)
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Name	Full date of birth	Freestyle				Backstroke			Breaststroke			Butterfly			I.M.	I.M.
		50	100	200	400	50	100	200	50	100	200	50	100	200	100	200



Club Name: _____

Contact Name: _____

Address: _____

Telephone: _____

Email: _____

Entry Type	Electronic/Paper	Qty	Price	Total
Male	Electronic		@ £5.00 each	
Male	Paper		@ £5.50 each	
Female	Electronic		@ £5.00 each	
Female	Paper		@ £5.50 each	
Coaches Passes			@ £15.00 each	
			Final Total	£

Please make all cheques payable to: **SOUTH TYNESIDE SWIMMING CLUB**
Online payments accepted, please contact galainfo@stswim79.co.uk for bank details and instructions.

Return all entries by the closing date to: SOUTH TYNESIDE SC
P Powell
Blencathra
North Road
Dipton
Stanley
DH9 9BB

***Payment must be
received within
5 days of the closing
date.***

If you have any queries please contact: Philip Powell Telephone: 01207 571427
Email: philip@blencathra.org.uk

On behalf of the above club, I declare that ALL swimmers entered are eligible competitors under ASA Law.

Signed: _____



Upper Qualifying Times

Boys						EVENT	Girls					
9 years	10 years	11 years	12 years	13 years	14/over		9 years	10 years	11 years	12 years	13 years	14/over
00:34.0	00:32.0	00:31.0	00:30.0	00:28.0	00:25.0	50 Free	00:35.0	00:33.0	00:31.0	00:29.0	00:28.0	00:26.0
01:20.0	01:16.0	01:12.0	01:08.0	01:04.0	00:54.0	100 Free	01:14.0	01:11.0	01:08.0	01:02.0	01:01.0	00:59.0
02:50.0	02:41.0	02:35.0	02:22.0	02:19.0	02:03.0	200 Free	02:40.0	02:34.0	02:28.0	02:18.0	02:16.0	02:11.0
No swim	04:26.0 (number of heats may be restricted)					400 Free	No swim	04:43.0 (number of heats may be restricted)				
00:41.0	00:39.0	00:36.0	00:35.0	00:34.0	00:30.0	50 Back	00:40.0	00:38.0	00:36.0	00:35.0	00:33.0	00:31.0
01:28.0	01:24.0	01:20.0	01:18.0	01:15.0	01:04.0	100 Back	01:27.0	01:23.0	01:19.0	01:17.0	01:13.0	01:09.0
03:13.0	03:04.0	02:53.0	02:45.0	02:41.0	02:23.0	200 Back	03:06.0	02:58.0	02:50.0	02:46.0	02:38.0	02:28.0
00:48.0	00:45.0	00:42.0	00:41.0	00:38.0	00:33.0	50 Breast	00:44.0	00:42.0	00:40.0	00:37.0	00:36.0	00:35.0
01:52.0	01:44.0	01:36.0	01:30.0	01:26.0	01:15.0	100 Breast	01:39.0	01:35.0	01:30.0	01:22.0	01:21.0	01:19.0
03:36.0	03:30.0	03:23.0	03:12.0	03:07.0	02:47.0	200 Breast	03:24.0	03:19.0	03:14.0	03:00.0	02:57.0	02:55.0
00:38.0	00:36.0	00:34.0	00:33.0	00:31.0	00:26.0	50 Fly	00:37.0	00:35.0	00:33.0	00:32.0	00:31.0	00:29.0
01:27.0	01:24.0	01:21.0	01:19.0	01:15.0	01:02.0	100 Fly	01:25.0	01:22.0	01:19.0	01:13.0	01:10.0	01:06.0
03:24.0	03:18.0	03:12.0	03:08.0	02:59.0	02:20.0	200 Fly	03:08.0	03:05.0	03:03.0	02:40.0	02:35.0	02:25.0
01:25.0	01:23.0	01:21.0	01:18.0	01:16.0	01:06.0	100 I.M.	01:28.0	01:25.0	01:22.00	01:14.0	01:12.0	01:10.0
03:08.0	02:59.0	02:53.0	02:47.0	02:41.0	02:23.0	200 I.M.	03:05.0	02:57.0	02:49.0	02:40.0	02:38.0	02:31.0

Swimmers **must not** have swum faster than the upper qualifying times prior to this event.