



40th Anniversary

Autumn Meet

28th and 29th September 2019

at

Haven Point

ASANER Level 3

Licence No: TBC



clubmark

SwimMark
ESSENTIAL CLUB



**Swim
England**



Autumn Meet Information Haven Point, South Shields 28th and 29th September 2019

This meet is licensed by ASANER as Level 3

Pool Information

Pool length 25m
8 Lanes
Competitor Lane Lines

Omega OSB12 starting platforms
Backstroke Ledges
Omega Electronic Timing

Separate swim down facility

Entry Information

- Age as at **29th September 2019**
- 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.
- All entries to swim must have an entry time for seeding purposes. Coaches realistic times are acceptable.
- **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 file: **£5.00** per event. Paper entries: **£5.50** per event.
- Poolside Passes: **£15.00** each – includes programme, start sheets and lunch. Results will be emailed out to attending clubs within 48 hours of the event. Only staff with a Poolside Pass should be on poolside.
- Electronic Entry is preferred and the Entry File will be available via the Event Page on our website. This should be emailed to entrymanager@stswim79.co.uk along with Entry Reports and completed Summary Sheet.
- Payment by cheque should be posted to **South Tyneside SC, c/o Gary Kirsop, 19 Durham Drive, JARROW, NE32 4TF** accompanied by a completed Summary Sheet. Cheques made payable to SOUTH TYNESIDE SWIMMING CLUB. Details and instructions for online payment are on the Summary Sheet. An electronic version of this is available on the event page on our club website. **Payments should be received within 5 days of the closing date.**
- Closing date for entries: **Saturday 7th September 2019.**

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).
- There will be a Top Boy/Girl Award in each age group based on best 4 swims (FINA points).
- SKINS will be held at the end of each morning session. Qualifiers will be selected from the fastest six male and female 12/Under and 13+ 200m IM competitors. Cash Prizes: 1st - £50, 2nd - £30, 3rd - £20

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 Poolside 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 Marshalling 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, correctly, for all non-essential items (£1.00 returnable) as space on poolside is limited. A No Outdoor Footwear Policy exists in the Changing Village and 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.



Autumn Meet Schedule of Events
28th and 29th September 2019
This meet is licensed by **ASANER** as **Level 3**

| | | | | |
|------------------|--|--------|---------------------------|---|
| Session 1 | Saturday 28 th September 2019 | | | 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 | |
| SKINS | FEMALE SKINS EVENT | Female | Qualifiers 12/Under & 13+ | |
| Session 2 | Saturday 28 th September 2019 | | | 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 29 th September 2019 | | | 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 | |
| SKINS | MALE SKINS EVENT | Male | Qualifiers 12/Under & 13+ | |
| Session 4 | Sunday 29 th September 2019 | | | 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 | |





Autumn Meet Entry Form
 Closing Date **7th September 2019**
 This meet is licensed by **ASANER** as **Level 3**

| | |
|--------------|---|
| Club: | Male/Female (delete as applicable) |
|--------------|---|

| 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 |
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All entries to swim must have an entry time for seeding purposes. Coaches realistic times are acceptable.



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 | |
| Poolside Passes | | | @ £15.00 each | |
| | | | Final Total | £ |

Please make **cheques** payable to SOUTH TYNESIDE SWIMMING CLUB and send along with a completed Summary Sheet to: South Tyneside SC, c/o Gary Kirsop, 19 Durham Drive, JARROW, NE32 4TF.

If **paying on online** please email galasec@stswim79.co.uk with date of transfer and reference used (see below) and attach a completed Summary Sheet, an electronic version is available on the event page on our website.

Bank: Barclays (South Shields)
Sort Code: 20 80 47
Account: 30434280
Ref: SM followed by your club initials

Payment should be made within 5 days of the closing date.

Please note Entry Files and all entry queries should be emailed to:

Craig Brotherton entrymanager@stswim79.co.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 |
| 00:32.0 | 00:29.0 | 00:27.0 | 00:26.0 | 00:24.0 | 00:22.0 | 50 Free | 00:32.0 | 00:29.0 | 00:27.0 | 00:25.0 | 00:25.0 | 00:24.0 |
| 01:13.0 | 01:05.0 | 00:59.0 | 00:57.0 | 00:53.0 | 00:49.0 | 100 Free | 01:12.0 | 01:06.0 | 01:01.0 | 00:58.0 | 00:56.0 | 00:54.0 |
| 02:39.0 | 02:18.0 | 02:11.0 | 02:08.0 | 01:56.0 | 01:50.0 | 200 Free | 02:38.0 | 02:22.0 | 02:14.0 | 02:06.0 | 02:03.0 | 01:56.0 |
| No swim | 04:00.0 (number of heats may be restricted) | | | | | 400 Free | No swim | 04:10.0 (number of heats may be restricted) | | | | |
| 00:36.0 | 00:35.0 | 00:32.0 | 00:29.0 | 00:27.0 | 00:24.0 | 50 Back | 00:39.0 | 00:31.0 | 00:31.0 | 00:30.0 | 00:28.0 | 00:27.0 |
| 01:22.0 | 01:12.0 | 01:08.0 | 01:04.0 | 01:00.0 | 00:53.0 | 100 Back | 01:22.0 | 01:13.0 | 01:08.0 | 01:01.0 | 01:00.0 | 01:00.0 |
| 02:49.0 | 02:35.0 | 02:28.0 | 02:22.0 | 02:08.0 | 02:03.0 | 200 Back | 02:55.0 | 02:33.0 | 02:27.0 | 02:13.0 | 02:07.0 | 02:06.0 |
| 00:43.0 | 00:39.0 | 00:36.0 | 00:33.0 | 00:30.0 | 00:28.0 | 50 Breast | 00:43.0 | 00:39.0 | 00:36.0 | 00:32.0 | 00:32.0 | 00:30.0 |
| 01:32.0 | 01:26.0 | 01:20.0 | 01:11.0 | 01:07.0 | 01:01.0 | 100 Breast | 01:36.0 | 01:22.0 | 01:18.0 | 01:12.0 | 01:11.0 | 01:07.0 |
| 03:24.0 | 03:02.0 | 02:55.0 | 02:36.0 | 02:26.0 | 02:15.0 | 200 Breast | 03:16.0 | 02:59.0 | 02:49.0 | 02:39.0 | 02:32.0 | 02:26.0 |
| 00:37.0 | 00:32.0 | 00:30.0 | 00:28.0 | 00:27.0 | 00:23.0 | 50 Fly | 00:35.0 | 00:32.0 | 00:30.0 | 00:28.0 | 00:28.0 | 00:26.0 |
| 01:21.0 | 01:15.0 | 01:11.0 | 01:04.0 | 00:59.0 | 00:53.0 | 100 Fly | 01:21.0 | 01:14.0 | 01:08.0 | 01:01.0 | 01:01.0 | 00:57.0 |
| 03:21.0 | 02:47.0 | 02:33.0 | 02:27.0 | 02:10.0 | 02:01.0 | 200 Fly | 03:33.0 | 02:46.0 | 02:36.0 | 02:24.0 | 02:18.0 | 02:07.0 |
| 01:22.0 | 01:16.0 | 01:11.0 | 01:05.0 | 01:02.0 | 00:57.0 | 100 I.M. | 01:24.0 | 01:16.0 | 01:13.0 | 01:06.0 | 01:04.0 | 01:03.0 |
| 02:54.0 | 02:42.0 | 02:33.0 | 02:21.0 | 02:14.0 | 02:01.0 | 200 I.M. | 03:01.0 | 02:42.0 | 02:32.0 | 02:19.0 | 02:19.0 | 02:10.0 |

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

All entries to swim must have an entry time for seeding purposes. Coaches realistic times are acceptable.