



Blyth Lifeguard and Swimming Club

# Summer Sprint

Level 3 Graded Gala

**Blyth Sports Centre**

Sunday, 2nd June, 2019

## MORNING SESSION

Warm up 8.30 for 9.30 start

1. Girls 11 & under 100m IM
2. Girls 12 & over 200m IM
3. Boys Open 50m Backstroke
4. Girls Open 50m Butterfly
5. Boys Open 50m Breaststroke
6. Girls Open 50m Freestyle

## AFTERNOON SESSION

Warm up TBA

7. Boys 11 & under 100m IM
8. Boys 12 & over 200m IM
9. Girls Open 50m Backstroke
10. Boys Open 50m Butterfly
11. Girls Open 50m Breaststroke
12. Boys Open 50m Freestyle

Meet Manager: Carol Huntley, 6 Farndale Avenue, Stakeford, Choppington, Northumberland, NE62 5YQ  
Email: [carolhuntley@btinternet.com](mailto:carolhuntley@btinternet.com)

The meet will be held under ASA Laws and Technical Rules.

The pool length is 25m variable depth with 6 lanes and anti-wave lane ropes; a separate swim down facility is available.

All entry times must be converted to 25m SC.

Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the electronic scoreboard are for information only.

The age groups will be: male & female: 9, 10, 11, 12, 13, 14, 15/over. Age on day of swim.

Closing date for entries: Friday, 17<sup>th</sup> May 2019.

Entry Fee: £5.00 disc entries, £5.50 paper entries. All Events are on a Heat Declared Winners basis.

Medals will be issued to first six places for each event in age groups listed above.

Qualifying Times: Upper limits will apply. Swimmers with entry times outside the QT for their age and event will be excluded.

**Blyth Lifeguard and Swimming Club Summer Sprint**  
**Sunday, 2nd June 2019 at Blyth Sports Centre**

**Meet Conditions**

1. The meet will be held under ASA Laws and Technical Rules.
2. The pool length is 25m of variable depth with 6 lanes and anti-wave lane ropes; a separate swim down facility is available. All entry times must be converted to 25m SC.
3. The meet is licensed Level 3.
4. Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the electronic score board are for information only and are not necessarily the official result. The referee's decision is final.
5. Competitor numbers in the programme are for guidance only. Copies of results will be available over the duration of the meet.
6. Individual Age Groups will be: male & female: 9, 10, 11, 12, 13, 14, 15/over. Age at 2nd June 2019.
7. Swimmers must not have swum faster than the published qualifying times prior to the date entries are submitted (refer to event list for details of cut off times).
8. Closing date: Friday 18<sup>th</sup> May 2019. Entries may be limited to comply with Session limits. Should events be over subscribed entries will be accepted on a first come first served basis. There will be no poolside entries.
9. All events are Heat Declared Winner (HDW), heats being seeded, slowest to fastest based on submitted entry times.
10. Awards will be made to the first six in each individual age category. These awards will be available for collection after the winners are announced for each event.
11. No entry cards will be issued. Seeded heat start lists will be produced prior to the start of each session. If a swimmer is not swimming an event we request that the recorders are informed no later than 45 minutes prior to the session start time. Complying with this request will keep the number of empty lanes to a minimum and this courtesy is appreciated. Entries may be limited to comply with session limits.
12. Entry Fees £5.00 per event using SportsSystems, £5.50 using entry form. Coaches passes £10.00 to include refreshments. Cheques should be made payable to Blyth Lifeguard and Swimming Club. Payments should be returned to Carol Huntley, 6 Farndale Avenue, Stakeford, Choppington, Northumberland, NE62 5YQ email: carolhuntley@btinternet.com. Please enclose an SAE/email address, if you require confirmation of your entry being received.  
If paying by BACS to be paid using the following details:  
Barclays Bank, Sort Code: 20-23-81, Account Number: 90188476  
Account Name: Blyth Lifeguard & Swimming Club, Payment Reference: June Meet & CLUB NAME.
13. **Entries are to be submitted electronically** using SportsSystems or entry form and should be emailed to the meet coordinator Nick Power, email: [blythgalaentries@hotmail.co.uk](mailto:blythgalaentries@hotmail.co.uk)
14. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Failure to report to marshalling in good time may result in elimination from the event.
15. Blyth Lifeguard and Swimming Club will not be responsible for any unaccompanied swimmers on the poolside. The responsibility falls with the club entering the swimmer, who should appoint a responsible individual to be on poolside.
16. Blyth Lifeguard and Swimming Club cannot be held responsible for loss or damage to spectators' or swimmers' property.
17. Access to poolside will be restricted to swimmers, coaches, officials and authorized helpers in line with ASA Child Protection Policy. Poolside access will be restricted to those people wearing official identification passes which will be distributed by Blyth Lifeguard and Swimming Club. Under ASA guidelines, Club officials to swimmer ratio should be no greater than 10:1.
18. No coaches or club members are allowed beyond the 5m flag on the window side of the pool.
19. The Lead Referee for this event Christine Golightly.
20. Spectator admission will be £3.00 per session/£5.00 for the day. Programmes available.
21. Any last minute changes will be available from the Meet Manager.
22. The use of any photographic equipment (still, video or digital, incl. mobile phones with photo facilities) will only be allowed on completion of photo registration form. Mobile phones must be on silent or turned off completely.
23. Any points not covered above will be at the discretion of the meet manager.



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UPPER TIME LIMITS							
BOYS							
EVENT	9	10	11	12	13	14	15+
50m Freestyle	38.0	36.0	34.0	32.0	30.0	28.0	25.0
50m Breaststroke	48.0	46.0	44.0	42.0	40.0	38.0	32.0
50m Butterfly	48.0	42.0	37.0	35.0	33.0	32.0	28.5
50m Backstroke	46.0	43.0	39.0	37.0	35.0	33.0	29.0
100m Individual Medley	1:40.0	1:30.0	1:23.0	No swim	No swim	No swim	No swim
200m Individual Medley	No swim	No swim	No swim	2:50.0	2:40.0	2:30.0	2:20.0
GIRLS							
EVENT	9	10	11	12	13	14	15+
50m Freestyle	38.0	36.0	34.0	33.0	32.0	31.0	28.0
50m Breaststroke	50.0	48.0	45.0	40.0	39.0	38.0	36.0
50m Butterfly	45.0	42.0	40.0	37.0	35.0	33.0	31.0
50m Backstroke	46.0	42.0	40.0	38.0	36.0	34.0	32.0
100m Individual Medley	1:43.0	1:33.0	1:25.0	No swim	No swim	No swim	No swim
200m Individual Medley	No swim	No swim	No swim	2:55.0	2:45.0	2:35.0	2:25.0





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## Summary of Entries

Club Name .....

Contact Name .....

Address .....

.....

Telephone No. ....

Email .....

## Entries

Female Entries(paper)		@ £5.50	=
Male Entries(paper)		@ £5.50	=
Female Entries (SportSys)		@ £5.00	=
Male Entries (SportSys)		@ £5.00	=
Coach Passes		@£10.00	=
Total Entry Fee Enclosed			

Cheques should be made payable to **Blyth Lifeguard and Swimming Club**.

Payments should be returned to:

Carol Huntley, 6 Farndale Avenue, Stakeford, Choppington, Northumberland, NE62 5YQ

Email: [carolhuntley@btinternet.com](mailto:carolhuntley@btinternet.com)

Please enclose a SAE/email address, if you require confirmation of your entry being received.

I confirm that all swimmers and poolside staff are club members.

Signed .....

On behalf of .....