

# MIDDLESBROUGH CHRISTMAS 2019 MEET

## Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> December 2019

**This event is licensed Level 3 by Swim England for entry into County and Regional championships - (Swim England License to be confirmed)**

1. Gala to be held at The Neptune, Middlesbrough – 8 lanes, 25m pool with full Colorado electronic timing system. Swim-down pool will be in operation
2. Individual consideration times for all age groups have been based on AA Grade Tables 2009 published by Swim England
3. Individual events will be 50m, 100m, 200m all strokes plus 100m, 200m & 400m Individual Medley's and 400m Freestyle. All events will be Heat Declared Winners. 9 year olds are **NOT** permitted to swim either the 400 Freestyle or 400 IM events
4. **Ages as at 8<sup>th</sup> December 2019**
5. Entry fees are £5.50 per individual swim entry by file
6. **Entries will be accepted on a first come first served basis. Entries will open on 1<sup>st</sup> October 2019 and will close when gala is full or on 15<sup>th</sup> November 2019**
7. Entries should be made using Sportsystems Entries Manager V2. Please apply to the meet secretary for a file set. E-mailed entries and mailed payment should be sent to the meet secretary by **15<sup>th</sup> November 2019**. Payment should be made to Middlesbrough ASC. Preferred method of payment is by bank transfer to Middlesbrough ASC sort code :05-06-01 Account Number : 15711014
8. Entry times should be converted to 25m pool times by use of ASA Conversion Tables.
9. Submitted entry times shall be used for seeding and rejection purposes as required
10. Refunds will only be given:
  - Where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter
11. Once an entry has been submitted improved times will not be accepted
12. Accepted swimmer's details will be posted onto the MASC website as soon as possible after the closing date for the competition. It is the responsibility of each individual club to ensure that entries are correct and the Meet Secretary must be notified of any omissions or corrections no later than 48 hours prior to start of gala, as it may not be possible to make changes or include swimmers on the day of the gala
13. There will be no refund of entry fees for withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided
14. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events
15. Withdrawals – Clubs are asked to notify details of any swimmer not competing by email to the Meet Secretary before 4pm on Friday 6<sup>th</sup> December for Saturday's events and 4pm on Saturday 7<sup>th</sup> December for Sunday's Events
16. Medals will be awarded to the first six in both 9 years and 10 years age groups and top three in each other individual age group
17. Poolside entries will be at the discretion of the Meet Secretary, these will be at £7.00 per swim
18. Over-the-top starts will be used during the meet. Secondary strobe starts will be available. Swimmers are requested to remain in the water until asked to leave the pool

19. Backstroke ledges will be available for relevant events
20. Swimmers will be permitted to compete for only one club during the meet.
21. In order to run this gala a large number of licenced officials are required, if your club has any licenced officials willing to help please contact [meetsecretary@middlesbroughasc.org.uk](mailto:meetsecretary@middlesbroughasc.org.uk). Expenses will be paid at 45p per mile up to a maximum of £50 per day and lunch will be provided, for those attending two sessions per day.
22. Poolside passes cost £20.00 which includes programme, Buffet Lunch and results sheets. Coaches & Team Managers will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person possessing a pass.
23. Admission for spectators will be £6 per day. Children & Concessions £3 per day. Programme will be £2. Parking is free
24. Disability competitors
  - Swimmers with a disability shall swim under IPC Rules
  - Qualifying times for disability competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats
  - Poolside passes, coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures and hold a current DBS certificate
  - Competition format: The competition format will be based on disability inclusion within the able-bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group
25. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet
26. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).
27. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the marshals in time for the start of their race may not be allowed to compete
28. 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
29. Neither Middlesbrough ASC, the Neptune Centre nor Everyone Active can be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers (£1 refundable) in the changing rooms and not to leave belongings unattended in the changing area or on poolside
30. Paper Entries which are not countersigned by an official from the swimmer's club will be returned
31. The Lead Referee for the meet is Ian McConville
32. The Referees decision is Final.
33. Any points not covered here will be at the discretion of the Promoter / meet organisers.
34. The Promoter reserves the right to refuse admission to any Competitor or Spectator

**Meet Secretary**      **David Ross**      [meetsecretary@middlesbroughasc.org.uk](mailto:meetsecretary@middlesbroughasc.org.uk)  
43 Shandon Park, Marton, Middlesbrough. TS8 9XS

**Meet Promoter**      **Joanne Morris**      [galapromoter@middlesbroughasc.org.uk](mailto:galapromoter@middlesbroughasc.org.uk)

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## Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> December 2019

Individual Age Groups (Age as at 8 <sup>th</sup> December 2019)	9 years 12 years 15 years & over	10 years 13 years	11 years 14 years
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### Order of Events

#### Saturday 7<sup>th</sup> December 2019

Session 1	08.30 Warm up	09.30 Start
101. Girls	400m Individual Medley	(10 years & over)
102. Boys	200m Breaststroke	
103. Girls	50m Butterfly	
104. Boys	50m Breaststroke	
105. Girls	100m Backstroke	
106. Boys	200m Backstroke	
107. Girls	200m Freestyle	
108. Boys	100m Butterfly	

Session 2	Warm up & start time tbc	
201. Girls	200m Individual Medley	
202. Boys	400m Freestyle	(10 years & over)
203. Girls	50m Freestyle	
204. Boys	50m Backstroke	
205. Girls	100m Breaststroke	
206. Boys	100m Individual Medley	
207. Girls	200m Butterfly	
208. Boys	100m Freestyle	

#### Sunday 8<sup>th</sup> December 2019

Session 3	08.30 Warm up	09.30 Start
301. Boys	400m Individual Medley	(10 years & over)
302. Girls	200m Breaststroke	
303. Boys	50m Butterfly	
304. Girls	50m Breaststroke	
305. Boys	100m Backstroke	
306. Girls	200m Backstroke	
307. Boys	200m Freestyle	
308. Girls	100m Butterfly	

Session 4	Warm up & start time tbc	
401. Boys	200m Individual Medley	
402. Girls	400m Freestyle	(10 years & over)
403. Boys	50m Freestyle	
404. Girls	50m Backstroke	
405. Boys	100m Breaststroke	
406. Girls	100m Individual Medley	
407. Boys	200m Butterfly	
408. Girls	100m Freestyle	

# MIDDLESBROUGH CHRISTMAS 2019 MEET

## Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> December 2019

### Boys Qualifying times

**Swimmers Must Not Have Swum Faster Than the Times Below**

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	34.9	32.4	30.8	29.1	27.7	26.6	25.0
100m Freestyle	1.18.9	1.10.6	1.06.6	1.02.5	59.2	57.0	53.9
200m Freestyle	2.47.9	2.32.3	2.24.0	2.15.6	2.08.7	2.03.8	1.57.4
400m Freestyle		5.20.3	5.00.4	4.44.0	4.30.9	4.21.9	4.07.6
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	28.4
100m Backstroke	1.29.6	1.21.4	1.15.3	1.10.9	1.06.7	1.03.8	59.6
200m Backstroke	3.06.5	2.50.8	2.40.1	2.31.2	2.22.9	2.16.9	2.09.3
50m Breaststroke	46.0	42.5	40.0	37.5	35.1	33.7	31.4
100m Breaststroke	1.44.0	1.32.8	1.26.0	1.20.5	1.15.3	1.12.2	1.07.4
200m Breaststroke	3.35.4	3.18.1	3.04.7	2.53.6	2.43.2	2.36.1	2.26.3
50m Butterfly	39.7	36.4	34.1	32.3	30.5	29.2	27.1
100m Butterfly	1.36.6	1.22.6	1.15.4	1.10.4	1.06.2	1.03.2	58.9
200m Butterfly	3.30.1	3.00.8	2.44.7	2.35.1	2.26.3	2.19.9	2.09.1
100m Individual Medley	1.29.5	1.22.4	1.18.2	1.13.9	1.09.8	1.06.5	1.02.0
200m Individual Medley	3.10.8	2.54.9	2.43.4	2.34.2	2.26.6	2.19.9	2.12.2
400m Individual Medley		6.16.4	5.46.6	5.25.2	5.09.6	4.56.4	4.39.7

### Girls Qualifying times

**Swimmers Must Not Have Swum Faster Than the Times Below**

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	35.3	32.8	31.3	29.9	29.0	28.5	27.9
100m Freestyle	1.2	1.12.2	1.07.2	1.03.7	1.02.0	1.00.9	59.6
200m Freestyle	2.49.7	2.33.1	2.24.5	2.16.9	2.12.9	2.10.9	2.07.8
400m Freestyle		5.24.9	5.00.1	4.44.6	4.37.2	4.33.1	4.26.8
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.3
100m Backstroke	1.31.1	1.21.4	1.15.4	1.11.2	1.08.8	1.07.6	1.05.9
200m Backstroke	3.08.4	2.52.2	2.39.1	2.31.3	2.27.3	2.24.6	2.19.9
50m Breaststroke	46.8	42.7	40.1	38.0	36.6	35.8	34.9
100m Breaststroke	1.44.3	1.33.3	1.25.9	1.21.3	1.18.1	1.15.8	1.14.0
200m Breaststroke	3.37.5	3.18.3	3.04.4	2.54.3	2.47.5	2.43.7	2.40.6
50m Butterfly	40.2	36.3	34.5	32.7	31.7	31.0	30.3
100m Butterfly	1.37.6	1.22.5	1.15.7	1.11.0	1.08.8	1.07.0	1.05.4
200m Butterfly	3.33.1	3.03.1	2.46.5	2.35.8	2.30.2	2.26.4	2.21.9
100m Individual Medley	1.30.7	1.20.8	1.18.0	1.14.3	1.11.7	1.10.8	1.08.8
200m Individual Medley	3.12.5	2.54.8	2.43.2	2.34.7	2.30.7	2.27.7	2.24.1
400m Individual Medley		6.15.5	5.44.3	5.25.6	5.15.3	5.09.7	5.02.9

# MIDDLESBROUGH CHRISTMAS 2019 MEET

## Saturday 7<sup>th</sup> & Sunday 8<sup>th</sup> December 2019

### SUMMARY OF ENTRIES

Club: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Contact Number: \_\_\_\_\_

Email Address \_\_\_\_\_

			£
Male Entries	_____	@ £5.50	_____
Female Entries	_____	@ £5.50	_____
Poolside Passes	_____	@ £20.00	_____

Total Entry Fee Enclosed \_\_\_\_\_