



# TYNEMOUTH AMATEUR SWIMMING CLUB

Spring Level 3 Gala at Tynemouth Pool  
11<sup>th</sup> to 12<sup>th</sup> March 2017 Level 3 (3NE170400)

Session 1 11 <sup>th</sup> Mar				Session 3 12 <sup>th</sup> Mar			
Warm-up: 8:00		Start: 9:00		Warm-up: 8:00		Start: 9:00	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
101	Female	200	IM	301	Male	200	IM
102	Male	100	Fly	302	Female	100	Back
103	Female	100	Fly	303	Male	100	Back
104	Male	50	Back	304	Female	50	Breast
105	Female	50	Back	305	Male	50	Breast
106	Male	200	Back	306	Female	200	Back
107	Female	200	Fly	307	Male	200	Fly
Session 2 11 <sup>th</sup> Mar				Session 4 12 <sup>th</sup> Mar			
Warm-up: 12:30		Start: 13:30		Warm-up: 12:30		Start: 13:30	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
201	Male	200	Free	401	Female	200	Free
202	Female	100	Breast	402	Male	100	Free
203	Male	100	Breast	403	Female	100	Free
204	Female	50	Free	404	Male	50	Fly
205	Male	50	Free	405	Female	50	Fly
206	Female	200	Breast	406	Male	200	Breast
Team Events				Team Events			
207	Male 9-11	4 x 50	Free	407	Female 9-11	4 x 50	Free
208	Male 12+	4 x 50	Free	408	Female 12+	4 x 50	Free
209	Female 9-11	4 x 50	Medley	409	Male 9-11	4 x 50	Medley
210	Female 12+	4 x 50	Medley	410	Male 12+	4 x 50	Medley

## Tynemouth ASC Spring Gala

### Tynemouth Pool Meet Conditions

1. The meet will be held under ASA Laws and Technical Rules. This is a level 3 licensed meet – licence number – **3NE170400**
2. The pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available. All entry times must be converted to 25m SC.
3. Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the scoreboard are for information only, and are not necessarily the official result. The referee's decision is final.
4. Competitor numbers in the programme are for guidance only. Copies of results will be available over the duration of the event and will be available on the club website.
5. The age groups will be: 9, 10, 11, 12, 13/14 and 15+ both male & female. Age will be that on **12th March 2017**. All entrants must be category 2 registered with the ASA.
6. Qualifying standards: the upper limit for times will be as per the table attached.
7. Closing date: **24<sup>th</sup> February 2017**. Entries may be restricted to comply with session limits.
8. All events are Heat Declared Winner (HDW), heats being seeded slowest to fastest based on submitted entry times.
9. Awards will be made to the first six in the age categories 9 and 10 and the first 3 in all other categories. These awards will be available for collection after the winners are announced.
10. 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.
11. Entry Fees  
£5.00 per event  
£5 per team event

Free team entries will be allowed using the following criteria:

15 swimmers entered 1 free team per race  
25 swimmers entered 2 free teams per race  
35+ swimmers entered 3 free teams per race

Coaches passes                      £20 to include poolside refreshments and lunch  
BACS Payment details: Barclays Bank Sort Code: 20-62-09 Acc Number: 70947512

Entries should be submitted by email:                      tascmeetmanager@hotmail.co.uk

Electronic entries are to be submitted using Hy-tek Team Manager/Team Manager Lite. An event file is available from the Meet Manager or via the website. No refunds will be given for withdrawals after the closing date.

12. Clubs providing an official(s) of J1 or above covering all sessions will receive the same number of coaches passes free. This does not have to be the same official for all 5 sessions.
13. Swimmers can compete for one club only during this event.
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. Tynemouth ASC 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. Tynemouth ASC cannot be held responsible for loss or damage to spectators' or swimmers' property.
17. Access to pool-side will be restricted to swimmers, coaches, officials and authorised helpers in line with ASA Child Protection Policy. Pool-side access will be restricted to those people wearing official identification passes which will be distributed by TASC.

18. For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where possible, over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
19. The Lead Referee for this event will be: Liz York
20. Spectator admission will be £4.00 per session / £7.00 for the day / £12.00 for a weekend pass. Concessions will apply.
21. Our club website will provide information of any last minute changes. [www.tynemouthasc.co.uk](http://www.tynemouthasc.co.uk) . Alternatively, you can contact the Meet Manager via email: [tascmeetmanager@hotmail.co.uk](mailto:tascmeetmanager@hotmail.co.uk).
22. The use of any photographic equipment (still, video or digital, including mobile phones with camera facilities) will **NOT** be allowed anywhere on the premises.
23. Any points not covered above will be at the discretion of the Meet Manager

### **RELAY TEAM RULES**

Clubs are allowed to enter max 3 teams per team event with swimmers only being allowed to swim in one team (A B and C etc.) that will be split across 5 heats per relay (max 30 teams).

Clubs entering relay teams must give an estimated entry time for each team for seeding purposes.

All teams will be required to be declared before each session to the recorder.



# Spring Gala 2017

## Upper Qualifying Times

Female						Event	Male					
9 Yrs	10 Yrs	11 Yrs	12 Yrs	13/14 Yrs	15+		9 Yrs	10 Yrs	11 Yrs	12 Yrs	13/14 Yrs	15+
34.00	32.00	30.00	29.00	28.00	26.50	<b>50 Free</b>	34.00	32.00	30.00	29.00	26.00	24.00
1.14.00	1.09.00	1.06.00	1.04.00	1.01.00	58.00	<b>100 Free</b>	1.14.00	1.09.00	1.06.00	1.04.00	57.00	54.00
2.38.00	2.30.00	2.25.00	2.20.00	2.14.00	2.07.00	<b>200 Free</b>	2.38.00	2.30.00	2.25.00	2.20.00	2.06.00	2.00.00
37.00	35.00	33.00	32.00	31.00	29.00	<b>50 Back</b>	37.00	35.00	33.00	32.00	29.00	27.00
1.22.00	1.18.00	1.16.00	1.12.00	1.08.00	1.04.00	<b>100 Back</b>	1.22.00	1.18.00	1.16.00	1.12.00	1.06.00	1.02.00
2.56.00	2.48.00	2.44.00	2.38.00	2.30.00	2.22.00	<b>200 Back</b>	2.56.00	2.48.00	2.44.00	2.38.00	2.26.00	2.18.00
42.00	40.00	39.00	38.00	36.50	34.50	<b>50 Breast</b>	42.00	40.00	39.00	38.00	35.00	33.00
1.36.00	1.30.00	1.27.00	1.24.00	1.18.00	1.14.00	<b>100 Brst</b>	1.36.00	1.30.00	1.27.00	1.24.00	1.16.00	1.12.00
3.18.00	3.12.00	3.08.00	3.00.00	2.45.00	2.38.00	<b>200 Brst</b>	3.18.00	3.12.00	3.08.00	3.00.00	2.40.00	2.32.00
38.00	36.00	34.00	32.00	30.00	28.50	<b>50 Fly</b>	38.00	36.00	34.00	32.00	29.00	27.00
1.24.00	1.20.00	1.16.00	1.12.00	1.09.00	1.04.00	<b>100 Fly</b>	1.24.00	1.20.00	1.16.00	1.12.00	1.06.00	1.02.00
3.20.00	3.10.00	3.00.00	2.48.00	2.35.00	2.22.00	<b>200 Fly</b>	3.20.00	3.10.00	3.00.00	2.48.00	2.26.00	2.18.00
2.56.00	2.50.00	2.45.00	2.40.00	2.30.00	2.22.00	<b>200 IM</b>	2.56.00	2.50.00	2.45.00	2.40.00	2.26.00	2.18.00

Entry times must be slower than the upper times shown above.  
Lower times will be applied if events are over-subscribed.