



SOUTH TYNESIDE AUTUMN MEET

30th Sept/ 1st Oct 2017

(ASA LEVEL 3)

**Entries invited to the above meet for:
Top/A1/A2/A3**

IMPORTANT INFORMATION

A must gala for those chasing NER qualifying times. This is a short course gala so any long course entry times must be converted to short course. The 400m Freestyle is only open to 10years/over.

UPPER LIMIT times apply. Please ensure that you check that you have not swam faster than the times detailed on page 3.

Age groups are 9yrs,10yrs,11yrs,12yrs,13yrs,14yrs/over. HDW with awards for the fastest 3 in each age group.

Closing date for DASC entries **Sunday 6th August**

Age as at 1st October 2017

FEE £5 per individual swim

**South Tyneside Swim Team,
Pier Parade, South Shields, Tyne and Wear, NE33 2JS**



Autumn Meet Schedule of Events
September 30th & 1st October 2017
This meet is licensed by **ASANER** as **Level 3**

Session 1 Saturday 30 th September 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 30 th September 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 1 st October 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 19	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 1 st October 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





Upper Qualifying Times

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

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



Autumn Meet Information
Haven Point, South Shields
September 30th & 1st October 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 **1st October 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.**
- 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, start 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 Entry Reports.
- 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. A separate excel version of this is also available. **Payments should be received within 5 days of the closing date.**
- Closing date for entries: **Monday 7th August 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. Coaches are asked to submit poolside entries to the Timing Room on the relevant slip and payment should be made at the Admissions Table as soon as acceptance is confirmed.

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. We ask that you please inform your swimmers in advance of the gala so they can come prepared to comply with these requests as both will be enforced.**

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.

SOUTH TYNESIDE ENTRY FORM

To be returned to the club desk by 6th August
LATE ENTRIES WILL NOT BE ACCEPTED



BEFORE COMPLETING... please check the schedule of events and note conditions which may apply, specifically to event age and qualifying times.

Gala Name & Venue: <i>South Tyneside</i>	Full name:	
	ASA Registration No.	
	Date of birth:	
Gala Date: <i>30th Sept/1st Oct</i>	Age as at 1st October 2017:	
	Squad:	

Please enter a time against each selected event(s). You can check times achieved in licensed galas at swimmingresults.org/biogs/. The times you give below for an event must be accurate. Incomplete forms may not be processed. For swim conversion times visit swimcalc.com. If you are unsure of entry times please consult with your coach before submitting this form.

Freestyle		Backstroke		Breaststroke		Butterfly		Individual Medley	
50		50		50		50		100	
100		100		100		100		200	
200		200		200		200		400	
400		<i>Comments/notes</i>							
800									
1500									

Fee per swim	Number of swims	Amount paid
£ <i>5.00</i>		£

Payment must be submitted with the form, either by cash or cheque payable to DASC.

Parent/Guardian signature:	Date:
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