



**INVITATIONAL SHRIMP GALA  
LOUISA CENTRE, STANLEY  
SUNDAY 30<sup>TH</sup> APRIL 2017**

**PROGRAMME OF EVENTS**

**Session 1**

Warm up: 8:00am  
Start: 9:00am

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Boys	8 - 9 years	100m	Individual Medley
Boys	10-12 years	200m	Individual Medley
Girls	8 - 12 years	50m	Backstroke
Boys	8 - 12 years	50m	Freestyle
Girls	8 - 12 years	200m	Freestyle
Boys	8 - 12 years	50m	Butterfly
Girls	8 - 12 years	50m	Breaststroke

**Session 2**

Warm up: TBC  
Start: TBC

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Girls	8 - 9 years	100m	Individual Medley
Girls	10-12 years	200m	Individual Medley
Boys	8 - 12 years	50m	Backstroke
Girls	8 - 12 years	50m	Freestyle
Boys	8 - 12 years	200m	Freestyle
Girls	8 - 12 years	50m	Butterfly
Boys	8 - 12 years	50m	Breaststroke

**closing date for entries: Wednesday 12<sup>th</sup> April 2017**

Entry Fee: £5.00 per swim

All Events HDW(*Heat Declared Winner*)basis

Age Groups (Boys & Girls) are 8yrs, 9yrs, 10yrs, 11yrs, 12yrs.

(Age as at 30<sup>th</sup> April 2017).

Entry discs available from: Kath Smith [katy1959@live.co.uk](mailto:katy1959@live.co.uk)

**Newcastle Swim Team hope you have fun,  
swim well & enjoy it 😊**



**INVITATIONAL SHRIMP GALA  
LOUISA CENTRE, STANLEY  
SUNDAY 30<sup>TH</sup> APRIL 2017  
UPPER LIMITS**



MALE UPPER LIMITS					FEMALE UPPER LIMITS					
8 Years	9 Years	10 Years	11 Years	12 Years	Events	8 Years	9 Years	10 Years	11 Years	12 Years
Open	Open	32.30	32.30	31.00	<b>50 Free</b>	Open	Open	32.10	32.10	31.00
Open	Open	2.34.00	2.34.00	2.22.00	<b>200 Free</b>	Open	Open	2.33.00	2.33.00	2.25.00
Open	Open	37.00	37.00	35.50	<b>50 Back</b>	Open	Open	36.50	36.50	36.00
Open	Open	43.50	43.50	40.50	<b>50 Breast</b>	Open	Open	42.00	42.00	41.00
Open	Open	38.00	38.00	36.00	<b>50 Fly</b>	Open	Open	37.00	37.00	36.00
Open	Open				<b>100 IM</b>	Open	Open			
		2.54.00	2.54.00	2.42.00	<b>200 IM</b>			2.51.00	2.51.00	2.45.00



# Invitational Shrimp Gala

Sunday 30<sup>th</sup> April 2017  
Louisa Centre, Stanley



1. The meet will be swum under ASA Laws and Technical Rules and will be licensed by ASANER [Level 4].
2. The pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available. It is the responsibility of coaches to ensure that the swim facility is used correctly – in the event that it is not, the pool will be closed.
3. Colorado Electronic Timing will be in operation with scoreboard display. Times and places shown on the electronic scoreboard are for information only, and are not necessarily the official result.
4. Events will be all strokes 50m plus 100IM (8,9y), 200IM (10,11,12y), 200 Freestyle. All events will be HDW. (Heat Declared Winner)
5. Upper limit times will apply. Swimmers must not have swam faster than the upper time limit and any swimmers entered on times above the upper time for their age and event **will be excluded**. All entry times must be converted to 25m pool times by use of the ASA Conversion tables.
6. Age Groups are 8 yrs, 9 yrs, 10 yrs, 11yrs, 12yrs. **Age as at 30<sup>th</sup> April 2017**.
7. Medals will be issued to the first six places in age groups 8, 9, 10, 11 and 12 in events as listed above.
8. Entries **may** be limited to comply with session limits. Should the meet be oversubscribed, entries will be rejected on the basis of slowest submitted times in each age group.
9. Poolside entries will only be accepted if there have been no rejections from the meet, at the discretion of the meet manager.
10. Entry Fees £5.00 per swim  
Coaches passes £10.00 to include full programme and meal. A full set of results will be e-mailed.  
Cheques should be made payable to **Newcastle Swim Team**
11. Payments should be returned to: Julie Row, 6 West Acres, Dinnington, NE13 7LZ  
**by the closing date 23<sup>rd</sup> April 2016**
12. Entries should be submitted on disk or entry form and should be e-mailed to Kath Smith – [katy1959@live.co.uk](mailto:katy1959@live.co.uk)
13. The meet is cardless. Seeded heat start lists will be produced prior to the start of each session. Any withdrawal forms must be presented to the recorders no later than 60 minutes before the commencement of each session.
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. For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where appropriate, over the top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
16. Access to pool-side will be restricted to swimmers, coaches, officials and authorised helpers in line with ASA Child Protection Policy.
17. The use of any photographic equipment (still, video or digital including mobile phones with photo facilities) by members of the public is strictly prohibited by Derwentside Leisure Trust.
18. The Lead Referee for this event will be: Christine Golightly. The referee's decision is final
19. Admission for spectators will be £5 for a full day, programmes £1. Children, accompanied by adults, will be admitted free.
20. A swimwear supplier will display over the weekend.

**Any points not covered above will be at the discretion of the meet manager.**



**Invitational Shrimp Gala**  
**Sunday 30<sup>th</sup> April 2017**  
Louisa Centre, Stanley



**SUMMARY OF ENTRIES**

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TEL NO \_\_\_\_\_

E-MAIL \_\_\_\_\_

Female Entries \_\_\_\_\_ @ £5.00 £ \_\_\_\_\_

Male Entries \_\_\_\_\_ @ £5.00 £ \_\_\_\_\_

Coaches Pass \_\_\_\_\_ @ £10.00 £ \_\_\_\_\_

**Total Entry Fee Enclosed** £ \_\_\_\_\_

**Closing date for entries: Wednesday 12<sup>th</sup> April 2017**

Return to:  
Julie Row (Meet Manager)  
6 West Acres  
Dinnington  
Newcastle upon Tyne  
NE13 7LZ