



TYNEMOUTH AMATEUR SWIMMING CLUB

Winter Level 3 Gala at Tynemouth Pool
17th to 19th November 2017 Level 3 TBC

Session 1 17 th Nov							
Warm-up: 17:30				Start: 18:30			
Event	Male/Female		Distance	Stroke			
01	Female		200	Free			
02	Male		200	IM			
03	Female		200	IM			
04	Male		200	Free			
Session 2 18 th Nov				Session 4 19 th Nov			
Warm-up: 8:00		Start: 9:00		Warm-up: 8:00		Start: 9:00	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
05	Female	400	IM	22	Male	400	IM
06	Male	100	Fly	23	Female	100	Back
07	Female	100	Free	24	Male	100	Back
08	Male	50	Back	25	Female	50	Breast
09	Female	50	Back	26	Male	50	Breast
10	Male	200	Back	27	Female	200	Back
11	Female	200	Fly	28	Male	200	Fly
Session 3 18 th Nov				Session 5 19 th Nov			
Warm-up: 12:30		Start: 13:30		Warm-up: 12:30		Start: 13:30	
Event	Male/Female	Distance	Stroke	Event	Male/Female	Distance	Stroke
12	Male	400	Free	29	Female	400	Free
13	Female	100	Breast	30	Male	100	Free
14	Male	100	Breast	31	Female	100	Fly
15	Female	50	Free	32	Male	50	Fly
16	Male	50	Free	33	Female	50	Fly
17	Female	200	Breast	34	Male	200	Breast
Team Events				Team Events			
18	Male 9-12	4 x 50	Free	35	Female 9-12	4 x 50	Free
19	Male 13+	4 x 50	Free	36	Female 13+	4 x 50	Free
20	Female 9-12	4 x 50	Medley	37	Male 9-12	4 x 50	Medley
21	Female 13+	4 x 50	Medley	38	Male 13+	4 x 50	Medley

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 . Alternatively you can contact the Meet Manager via email: tascmeetmanager@hotmail.co.uk.
22. The use of any photographic equipment (still, video or digital, including mobile phones with camera facilities) will only be allowed in line with ASA policy. This policy can be found in Wavepower 2016-19 Section 2, pages 76-77.
23. Any points not covered above will be at the discretion of the Meet Manager

RELAY TEAM RULES

Clubs can enter a maximum of 3 teams per team event with swimmers only being allowed to swim in one team (A B and C etc.).

All teams will be required to be declared before each session to the recorder for marshalling purposes only.

A Winter Gala Team Trophy will be awarded to the top visiting club of the weekend (excluding Tynemouth ASC) with the most points accumulated from the team events.

Points will be awarded as 6 for 1st place down to 1 point for 6th place.

The winning club will be expected to maintain the trophy and return it to Tynemouth ASC within 1 month of the annual competition.



Winter Gala 2017

Upper Qualifying Times

Female							Male					
9 Yrs	10 Yrs	11 Yrs	12 Yrs	13/14 Yrs	Open	Event	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13/14 Yrs	Open
34.00	32.00	30.00	29.00	28.00	26.50	50 Free	34.00	32.00	30.00	29.00	26.00	24.00
1.14.00	1.09.00	1.06	1.04	1.01.00	58.00	100 Free	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	200 Free	2.38.00	2.30.00	2.25.00	2.20.00	2.06.00	2.00.00
NA	5.20.00	5.10.00	4.50.00	4.32.00	4.20.00	400 Free	NA	5.20.00	5.10.00	4.50.00	4.20.00	4.10.00
37.00	35.00	33.00	32.00	31.00	29.00	50 Back	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	100 Back	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	200 Back	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	50 Breast	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	100 Brst	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	200 Brst	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	50 Fly	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	100 Fly	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	200 Fly	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	200 IM	2.56.00	2.50.00	2.45.00	2.40.00	2.26.00	2.18.00
NA	6.00.00	5.55.00	5.40.00	5.20.00	5.00.0	400 IM	NA	6.00.00	5.55.00	5.40.00	5.10.00	4.50.00

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