



**INVITATIONAL SHRIMP GALA  
LOUISA CENTRE, STANLEY  
SUNDAY 22<sup>nd</sup> April 2018**

**PROGRAMME OF EVENTS**

**Session 1**

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

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|       |              |      |                   |
|-------|--------------|------|-------------------|
| Boys  | 8 - 9 years  | 100m | Freestyle         |
| Boys  | 10-11 years  | 200m | Freestyle         |
| Girls | 8 - 11 years | 50m  | Backstroke        |
| Boys  | 8 - 11 years | 50m  | Freestyle         |
| Girls | 8 - 9 years  | 100m | Individual Medley |
| Girls | 10-11 years  | 200m | Individual Medley |
| Boys  | 8 - 11 years | 50m  | Butterfly         |
| Girls | 8 - 11 years | 50m  | Breaststroke      |

**Session 2**

Warm up: TBC  
Start: TBC

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|       |               |      |                   |
|-------|---------------|------|-------------------|
| Girls | 8 - 9 years   | 100m | Freestyle         |
| Girls | 10-11 years   | 200m | Freestyle         |
| Boys  | 8 - 11 years  | 50m  | Backstroke        |
| Girls | 8 - 11 years  | 50m  | Freestyle         |
| Boys  | 8 - 9 years   | 100m | Individual Medley |
| Boys  | 10 - 11 years | 200m | Individual Medley |
| Girls | 8 - 11 years  | 50m  | Butterfly         |
| Boys  | 8 - 11 years  | 50m  | Breaststroke      |

**closing date for entries: Wednesday 11<sup>th</sup> April at 12 Noon**

Entry Fee: £6.00 per swim

All Events HDW(*Heat Declared Winner*)basis

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

(Age as at 22<sup>nd</sup> April 2018).

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  
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SUNDAY 22<sup>nd</sup> April 2018  
UPPER LIMITS**



| MALE UPPER LIMITS |         |          |          |                  | FEMALE UPPER LIMITS |         |          |          |
|-------------------|---------|----------|----------|------------------|---------------------|---------|----------|----------|
| 8 Years           | 9 Years | 10 Years | 11 Years | Events           | 8 Years             | 9 Years | 10 Years | 11 Years |
| Open              | Open    | 32.30    | 32.30    | <b>50 Free</b>   | Open                | Open    | 32.10    | 32.10    |
| Open              | Open    |          |          | <b>100 Free</b>  | Open                | Open    |          |          |
|                   |         | 2.34.00  | 2.34.00  | <b>200 Free</b>  |                     |         | 2.33.00  | 2.33.00  |
| Open              | Open    | 37.00    | 37.00    | <b>50 Back</b>   | Open                | Open    | 36.50    | 36.50    |
| Open              | Open    | 43.50    | 43.50    | <b>50 Breast</b> | Open                | Open    | 42.00    | 42.00    |
| Open              | Open    | 38.00    | 38.00    | <b>50 Fly</b>    | Open                | Open    | 37.00    | 37.00    |
| Open              | Open    |          |          | <b>100 IM</b>    | Open                | Open    |          |          |
|                   |         | 2.54.00  | 2.54.00  | <b>200 IM</b>    |                     |         | 2.51.00  | 2.51.00  |



# Invitational Shrimp Gala

Sunday 22<sup>nd</sup> April 2018  
Louisa Centre, Stanley



1. The meet will be swum under ASA Laws and Technical Rules and will be as a [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 100 Freestyle (8,9y) 100IM (8,9y), 200IM (10,11y), 200 Freestyle (10,11y). All events will be HDW. (Heat Declared Winner)
5. Entries will be accepted from rankings and training times. If there is no time entered then the swimmer will be rejected from the event.
6. 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. Entries **may** be limited to comply with session limits. Should the meet be oversubscribed, **entries will be rejected on the basis of fastest submitted times in each age group**.
7. Age Groups are 8 yrs, 9 yrs, 10 yrs, 11yrs **Age as at 22<sup>nd</sup> April 2018**.
8. Medals will be issued to the first six places in age groups 8, 9, 10 and 11 in events as listed above.
9. Poolside entries will **not be accepted**.
10. Entry Fees                                      £6.00 per swim  
Coaches passes                                  £10.00 to include full programme and meal. A full set of results will be e-mailed.
11. BACS payments should be paid to HSBC S/C: 40 37 37 A/C No. 31375997 Reference Shrimp Meet April 2018
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. Seeded heat start lists will be produced prior to the start of the meet Any withdrawal should be notified to Kath Smith by 6pm on Friday
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 £6 to include start lists. 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.**



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Sunday 22<sup>nd</sup> April 2018  
Louisa Centre, Stanley



**SUMMARY OF ENTRIES**

CLUB \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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

Female Entries \_\_\_\_\_ @ £6.00 £ \_\_\_\_\_

Male Entries \_\_\_\_\_ @ £6.00 £ \_\_\_\_\_

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

Total Entry Fee Enclosed £ \_\_\_\_\_

**Closing date for entries: Friday 22<sup>nd</sup> December 2017**

Please email this sheet along with your entries to  
[Katy1959@live.co.uk](mailto:Katy1959@live.co.uk)

Bank Details:- HSBC S/C: 40 37 37 A/C No. 31375997 Reference Shrimp Meet April 2018