**MIDDLESBROUGH CHRISTMAS 2019 MEET**

**Saturday 7th & Sunday 8th December 2019**

**This event is licensed Level 3 by Swim England for entry into County and Regional championships - (Swim England License to be confirmed)**

1. Gala to be held at The Neptune, Middlesbrough – 8 lanes, 25m pool with full Colorado electronic timing system. Swim-down pool will be in operation
2. Individual consideration times for all age groups have been based on AA Grade Tables 2009 published by Swim England
3. Individual events will be 50m, 100m, 200m all strokes plus 100m, 200m & 400m Individual Medley’s and 400m Freestyle. All events will be Heat Declared Winners. 9 year olds are **NOT** permitted to swim either the 400 Freestyle or 400 IM events
4. **Ages as at 8th December 2019**
5. Entry fees are £5.50 per individual swim entry by file
6. **Entries will be accepted on a first come first served basis. Entries will open on 1st October 2019 and will close when gala is full or on 15th November 2019**
7. Entries should be made using Sportsystems Entries Manager V2. Please apply to the meet secretary for a file set. E-mailed entries and mailed payment should be sent to the meet secretary by **15th November 2019**. Payment should be made to Middlesbrough ASC. Preferred method of payment is by bank transfer to Middlesbrough ASC sort code :05-06-01 Account Number : 15711014
8. Entry times should be converted to 25m pool times by use of ASA Conversion Tables.
9. Submitted entry times shall be used for seeding and rejection purposes as required
10. Refunds will only be given:

* Where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter

1. Once an entry has been submitted improved times will not be accepted
2. Accepted swimmer’s details will be posted onto the MASC website as soon as possible after the closing date for the competition. It is the responsibility of each individual club to ensure that entries are correct and the Meet Secretary must be notified of any omissions or corrections no later than 48 hours prior to start of gala, as it may not be possible to make changes or include swimmers on the day of the gala
3. There will be no refund of entry fees for withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided
4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events
5. Withdrawals – Clubs are asked to notify details of any swimmer not competing by email to the Meet Secretary before 4pm on Friday 6th December for Saturday’s events and 4pm on Saturday 7th December for Sunday’s Events
6. Medals will be awarded to the first six in both 9 years and 10 years age groups and top three in each other individual age group
7. Poolside entries will be at the discretion of the Meet Secretary, these will be at £7.00 per swim
8. Over-the-top starts will be used during the meet. Secondary strobe starts will be available. Swimmers are requested to remain in the water until asked to leave the pool
9. Backstroke ledges will be available for relevant events
10. Swimmers will be permitted to compete for only one club during the meet.
11. In order to run this gala a large number of licenced officials are required, if your club has any licenced officials willing to help please contact meetsecretary@middlesbroughasc.org.uk. Expenses will be paid at 45p per mile up to a maximum of £50 per day and lunch will be provided, for those attending two sessions per day.
12. Poolside passes cost £20.00 which includes programme, Buffet Lunch and results sheets. Coaches & Team Managers will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person possessing a pass.
13. Admission for spectators will be £6 per day. Children & Concessions £3 per day. Programme will be £2. Parking is free
14. Disability competitors

* Swimmers with a disability shall swim under IPC Rules
* Qualifying times for disability competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats
* Poolside passes, coaches’ passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures and hold a current DBS certificate
* Competition format: The competition format will be based on disability inclusion within the able-bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group

1. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet
2. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).
3. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the marshals in time for the start of their race may not be allowed to compete
4. Anyone found damaging or misusing property or equipment at the host venue may be disqualified from any further involvement in the competition and may be subject to further action from the Pool Management
5. Neither Middlesbrough ASC, the Neptune Centre nor Everyone Active can be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers (£1 refundable) in the changing rooms and not to leave belongings unattended in the changing area or on poolside
6. Paper Entries which are not countersigned by an official from the swimmer’s club will be returned
7. The Lead Referee for the meet is Ian McConville
8. The Referees decision is Final.
9. Any points not covered here will be at the discretion of the Promoter / meet organisers.
10. The Promoter reserves the right to refuse admission to any Competitor or Spectator

**Meet Secretary** **David Ross** [meetsecretary@middlesbroughasc.org.uk](mailto:meetsecretary@middlesbroughasc.org.uk)

43 Shandon Park, Marton, Middlesbrough. TS8 9XS

**Meet Promoter** **Joanne Morris** [galapromoter@middlesbroughasc.org.uk](mailto:galapromoter@middlesbroughasc.org.uk)

**MIDDLESBROUGH CHRISTMAS 2019 MEET**

**Saturday 7th & Sunday 8th December 2019**

**Individual Age Groups 9 years 10 years 11 years**

**(Age as at 8th December 2019) 12 years 13 years 14 years**

**15 years & over**

**Order of Events**

**Saturday 7th December 2019**

**Session 1 08.30 Warm up 09.30 Start**

1. Girls 400m Individual Medley (10 years & over)
2. Boys 200m Breaststroke
3. Girls 50m Butterfly
4. Boys 50m Breaststroke
5. Girls 100m Backstroke
6. Boys 200m Backstroke
7. Girls 200m Freestyle
8. Boys 100m Butterfly

**Session 2 Warm up & start time tbc**

1. Girls 200m Individual Medley
2. Boys 400m Freestyle (10 years & over)
3. Girls 50m Freestyle
4. Boys 50m Backstroke
5. Girls 100m Breaststroke
6. Boys 100m Individual Medley
7. Girls 200m Butterfly
8. Boys 100m Freestyle

**Sunday 8th December 2019**

**Session 3 08.30 Warm up 09.30 Start**

1. Boys 400m Individual Medley (10 years & over)
2. Girls 200m Breaststroke
3. Boys 50m Butterfly
4. Girls 50m Breaststroke
5. Boys 100m Backstroke
6. Girls 200m Backstroke
7. Boys 200m Freestyle
8. Girls 100m Butterfly

**Session 4 Warm up & start time tbc**

1. Boys 200m Individual Medley
2. Girls 400m Freestyle (10 years & over)
3. Boys 50m Freestyle
4. Girls 50m Backstroke
5. Boys 100m Breaststroke
6. Girls 100m Individual Medley
7. Boys 200m Butterfly
8. Girls 100m Freestyle

**MIDDLESBROUGH CHRISTMAS 2019 MEET**

**Saturday 7th & Sunday 8th December 2019**

**Boys Qualifying times**

**Swimmers Must Not Have Swum Faster Than the Times Below**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Stroke** | **9** | **10** | **11** | **12** | **13** | **14** | **15/ov** |
| 50m Freestyle | 34.9 | 32.4 | 30.8 | 29.1 | 27.7 | 26.6 | 25.0 |
| 100m Freestyle | 1.18.9 | 1.10.6 | 1.06.6 | 1.02.5 | 59.2 | 57.0 | 53.9 |
| 200m Freestyle | 2.47.9 | 2.32.3 | 2.24.0 | 2.15.6 | 2.08.7 | 2.03.8 | 1.57.4 |
| 400m Freestyle |  | 5.20.3 | 5.00.4 | 4.44.0 | 4.30.9 | 4.21.9 | 4.07.6 |
| 50m Backstroke | 40.6 | 37.4 | 35.5 | 33.6 | 31.6 | 30.5 | 28.4 |
| 100m Backstroke | 1.29.6 | 1.21.4 | 1.15.3 | 1.10.9 | 1.06.7 | 1.03.8 | 59.6 |
| 200m Backstroke | 3.06.5 | 2.50.8 | 2.40.1 | 2.31.2 | 2.22.9 | 2.16.9 | 2.09.3 |
| 50m Breaststroke | 46.0 | 42.5 | 40.0 | 37.5 | 35.1 | 33.7 | 31.4 |
| 100m Breaststroke | 1.44.0 | 1.32.8 | 1.26.0 | 1.20.5 | 1.15.3 | 1.12.2 | 1.07.4 |
| 200m Breaststroke | 3.35.4 | 3.18.1 | 3.04.7 | 2.53.6 | 2.43.2 | 2.36.1 | 2.26.3 |
| 50m Butterfly | 39.7 | 36.4 | 34.1 | 32.3 | 30.5 | 29.2 | 27.1 |
| 100m Butterfly | 1.36.6 | 1.22.6 | 1.15.4 | 1.10.4 | 1.06.2 | 1.03.2 | 58.9 |
| 200m Butterfly | 3.30.1 | 3.00.8 | 2.44.7 | 2.35.1 | 2.26.3 | 2.19.9 | 2.09.1 |
| 100m Individual Medley | 1.29.5 | 1.22.4 | 1.18.2 | 1.13.9 | 1.09.8 | 1.06.5 | 1.02.0 |
| 200m Individual Medley | 3.10.8 | 2.54.9 | 2.43.4 | 2.34.2 | 2.26.6 | 2.19.9 | 2.12.2 |
| 400m Individual Medley |  | 6.16.4 | 5.46.6 | 5.25.2 | 5.09.6 | 4.56.4 | 4.39.7 |

**Girls Qualifying times**

**Swimmers Must Not Have Swum Faster Than the Times Below**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Stroke** | **9** | **10** | **11** | **12** | **13** | **14** | **15/ov** |
| 50m Freestyle | 35.3 | 32.8 | 31.3 | 29.9 | 29.0 | 28.5 | 27.9 |
| 100m Freestyle | 1.2 | 1.12.2 | 1.07.2 | 1.03.7 | 1.02.0 | 1.00.9 | 59.6 |
| 200m Freestyle | 2.49.7 | 2.33.1 | 2.24.5 | 2.16.9 | 2.12.9 | 2.10.9 | 2.07.8 |
| 400m Freestyle |  | 5.24.9 | 5.00.1 | 4.44.6 | 4.37.2 | 4.33.1 | 4.26.8 |
| 50m Backstroke | 40.7 | 37.4 | 35.5 | 33.9 | 32.8 | 32.1 | 31.3 |
| 100m Backstroke | 1.31.1 | 1.21.4 | 1.15.4 | 1.11.2 | 1.08.8 | 1.07.6 | 1.05.9 |
| 200m Backstroke | 3.08.4 | 2.52.2 | 2.39.1 | 2.31.3 | 2.27.3 | 2.24.6 | 2.19.9 |
| 50m Breaststroke | 46.8 | 42.7 | 40.1 | 38.0 | 36.6 | 35.8 | 34.9 |
| 100m Breaststroke | 1.44.3 | 1.33.3 | 1.25.9 | 1.21.3 | 1.18.1 | 1.15.8 | 1.14.0 |
| 200m Breaststroke | 3.37.5 | 3.18.3 | 3.04.4 | 2.54.3 | 2.47.5 | 2.43.7 | 2.40.6 |
| 50m Butterfly | 40.2 | 36.3 | 34.5 | 32.7 | 31.7 | 31.0 | 30.3 |
| 100m Butterfly | 1.37.6 | 1.22.5 | 1.15.7 | 1.11.0 | 1.08.8 | 1.07.0 | 1.05.4 |
| 200m Butterfly | 3.33.1 | 3.03.1 | 2.46.5 | 2.35.8 | 2.30.2 | 2.26.4 | 2.21.9 |
| 100m Individual Medley | 1.30.7 | 1.20.8 | 1.18.0 | 1.14.3 | 1.11.7 | 1.10.8 | 1.08.8 |
| 200m Individual Medley | 3.12.5 | 2.54.8 | 2.43.2 | 2.34.7 | 2.30.7 | 2.27.7 | 2.24.1 |
| 400m Individual Medley |  | 6.15.5 | 5.44.3 | 5.25.6 | 5.15.3 | 5.09.7 | 5.02.9 |

**MIDDLESBROUGH CHRISTMAS 2019 MEET**

**Saturday 7th & Sunday 8th December 2019**

**SUMMARY OF ENTRIES**

Club:

Contact Name:

Address:

Contact Number:

Email Address

£

Male Entries @ £5.50

Female Entries @ £5.50

Poolside Passes @ £20.00

Total Entry Fee Enclosed