



Affiliated Club

**N
O
R
T
H

T
Y
N
E
S
I
D
E

A
S
C**

2012 Open Sprints & Teams Meet

**Louisa Centre, Stanley
Saturday 24 March 2012**

Morning Session - Warm-up 8.30am

1. Girls 4x25m Ind medley
2. Boys 50m Backstroke
3. Girls 50m Breaststroke
4. Mixed 11/under 4x50m FS Team
5. Mixed 12/14 4x50m Medley Team
6. Mixed 15/Over 4 x 50 FS Team
7. Girls 50m Butterfly
8. Boys 50m Freestyle
9. Mixed 12/Under 8x50 FS cannon

Afternoon Session - Warm-up TBA

10. Boys 4x25m Ind Medley
11. Girls 50m Backstroke
12. Boys 50m Breaststroke
13. Mixed 11/Under 4x50m Medley Team
14. Mixed 12/14 4x50m FS Team
15. Mixed 15/Over 4x50m Medley Team
16. Boys 50m Butterfly
17. Girls 50m Freestyle
18. Mixed 13/Over 8x50m FS Cannon

**Age Groups for Individual Events:
Boys and Girls 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs/Over**

**Medals for 1st - 3rd in each age group in Individual Events
and 1st - 3rd in each Team Event.**

**Entry Fee:
Individual Events £4.00
Team Events £10.00**

Closing date: Wednesday 7 March 2012

North Tyneside Sprints & Teams 2012 – Meet Conditions

1. The meet will be held under ASA laws and technical rules
2. Stanley Pool is a 25m pool with 6 lanes. Electronic timing will be used – the times displayed are for information only.
3. Entries must be made on the official entry disk and be returned by the closing date, accompanied by the appropriate entry fee. There will be no poolside entries.
4. Individual events are single gender events.
5. Team events are mixed gender events. Each team must include both male and female swimmers. The ratio of male:female in any team does not have to be equal. Clubs may enter as many teams as they wish in each team event. All swimmers in each team must comply with the age requirement for that team event.
6. Swimmers must not have swum faster than the cut-off time shown prior to the entry closing date.
7. Entry fees are £4.00 per individual swim/£10.00 per team. Poolside passes are £12.00 and include programme, results and lunch.
8. Cheques should be made payable to "North Tyneside ASC".
9. The meet organiser reserves the right to limit the number of entries per event. Confirmation of accepted entries will be sent to each competing club, together with details of any rejections, as soon as possible after the closing date. Refund cheques, where applicable, can be collected on the day of the meet.
10. If the meet is over-subscribed priority in the 50m events will be given to those swimmers for whom 50m events form part of the normal competitive programme.
11. Secondary entry to the competition is the responsibility of the individual swimmer/club. Notification of any withdrawals should be given to the Recorders no later than 45 minutes prior to the start of the session in which the event takes place. Late entries may only be accepted subject to ASA guidelines.
12. All entries are heat declared winner and will be seeded in entry time order.
13. Awards will be made for 1st – 3rd in each age group in individual events and 1st – 3rd in team events.
14. Age groups for individual events are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs and 15yrs/Over for both boys and girls. Age as on 24 March 2012. Awards will be available for collection once official event results are published.
15. Admission on the day will be £4.00. Event programmes will be available for £1.00
16. In line with ASA child protection policy, access to poolside will be restricted to swimmers, coaches, officials and authorised pool-side helpers only.
17. Photography will only be allowed if permissible under the local authority policy covering events involving children. It is planned to have a professional photographer present at the gala with the sale of photographs on the day.
18. The Lead Referee for the meet is Mr Fred Murray. He can be contacted on 0191 2702661 or by email: fredjmurray@sky.com
19. In all matters relating specifically to the running of the competition the referee's decision is final.

Any points not covered in these conditions will be at the discretion of the meet organiser

NTSC Sprints & Team Meet 2012 – Sprint Event Upper Q/Times

Swimmers must not have swam faster than the times shown below in the 12 months prior to the entry closing date

		MALE						FEMALE									
		9ys	10yr	11yrs	12yrs	13yrs	14yrs	15yrs/ Over			9yrs	10yrs	11yrs	12yrs	13ys	14yrs	15yrs/ Over
36.1	50m Free	36.1	34.8	32.0	30.1	28.6	27.2	25.5			36.9	34.8	32.6	30.8	30.0	29.2	28.8
42.5	50m Back	42.5	40.3	37.5	34.8	32.6	31.2	28.9			43.1	39.7	36.9	35.1	33.9	33.1	32.6
48.1	50m Brst	48.1	45.3	41.9	38.5	35.7	33.8	32.5			48.9	45.2	41.7	39.0	37.9	36.7	36.4
43.7	50m Fly	43.7	38.9	35.8	33.5	31.5	29.6	27.4			44.0	38.6	36.0	34.0	32.7	31.7	31.2
1.38.3	100m IM	1.38.3	1.28.6	1.22.6	1.17.5	1.12.3	1.08.2	1.03.2			1.39.9	1.28.6	1.22.9	1.18.0	1.15.2	1.13.4	1.12.3