



Pool Information

Pool length 25m

8 Lanes

Competitor Lane Lines

Omega OSB12 starting platforms

Backstroke Ledges

Omega Electronic Timing

Separate swim down facility

Entry Information

- Age as at **28th May 2023**.
- Each swimmer's full date of birth must be included on the entry form.
- Entries which are not countersigned or submitted by an official from the swimmer's club will be returned.
- Entry times are **Short Course** (25m). Long Course (50m) times must be converted.
- All entries to swim must have an entry time for seeding purposes. Coaches estimated times are acceptable.
- **400m Freestyle is open to swimmers age 10/Over only**. The number of heats in this event may be restricted.
- Entries will not be accepted from swimmers who have swum faster than the enclosed cut off times.
- SportSystems entry file: **£6.00** per event. Paper entries: **£6.50** per event.
- Poolside Passes: **£20.00** each - includes programme, start sheets and lunch. Results will be emailed out to attending clubs within 48 hours of the event. Only staff with a Poolside Pass should be on poolside and must be DBS checked.
- Electronic Entry is preferred and the Entry File will be available via the Event Page on our website. This should be emailed to entrymanager@stswim79.co.uk with a Summary Sheet by a representative of a club. No entries will be accepted through parents.
- Payment by cheque should be posted to **South Tyneside SC, c/o Stacy Watson, 43 Skegness Parade, HEBBURN, NE31 2AJ** accompanied by a completed Summary Sheet. Cheques made payable to SOUTH TYNESIDE SWIMMING CLUB. Details and instructions for online payment are on the Summary Sheet. An electronic version of this is available on the event page on our club website. **Payments should be received within 5 days of the closing date.**
- Closing date for entries: **Friday 5th May 2023**.

The organisers reserve the right to restrict the numbers of entries to ensure the completion of the meet as scheduled.

Poolside entries, at a cost of £7.00, may be accepted subject to space being available in an event.

To help this competition run smoothly where possible if competing clubs could please provide at least one official that would be much appreciated. Officials please email officials@stswim79.co.uk with availability and qualification.

Event Information

- Heats will be seeded according to submitted entry times. All events are **Heat Declared Winner**.
- A secondary strobe will be available.
- In each event, awards will be made to the fastest three swimmers in each Age Group (9, 10, 11, 12, 13, 14/Over).

South Tyneside Swimming Club will **not** be responsible for any unaccompanied swimmers on poolside. The responsibility falls on the club, entering the swimmer, who should appoint an individual to be on poolside. i.e. A DBS checked adult with a Poolside Pass.

Coaches are requested to inform the recorders, no later than 60 minutes prior to the session start time, of any of their swimmers who intend withdrawing from an event. Refunds will not be made for withdrawals made after the closing date, unless notification is given prior to the first day of the Meet and is accompanied by a medical certificate. It is the responsibility of team managers and coaches to ensure that all competitors report to the Marshalling Area in time for the start of the race.

Neither South Tyneside SC, nor South Tyneside MBC, can be held responsible for loss or damage to spectator's or swimmer's property.

Swimmers are requested to use the lockers, correctly, for all non-essential items (£1.00 returnable) as space on poolside is limited. A No Outdoor Footwear Policy exists in the Changing Village and on poolside and this will be enforced. We ask that you please inform your swimmers in advance of the gala so they can come prepared to comply with these requests.

Spectator Information

Haven Point is situated on the sea front at South Shields. The address is Pier Parade, South Shields, NE33 2JS. There is ample parking available near the pool. Parking fees apply. Please note that seating is limited.



Provisional Schedule

Session 1	Saturday 27th May 2023			Warm-up 7:50a.m. Start 9.00a.m.
Event 101	200m I.M.	Female	9/Over	
Event 102	200m Freestyle	Male	9/Over	
Event 103	50m Butterfly	Female	9/Over	
Event 104	50m Backstroke	Male	9/Over	
Event 105	200m Breaststroke	Female	9/Over	
Event 106	100m Butterfly	Male	9/Over	
Event 107	100m Backstroke	Female	9/Over	
SKINS	FEMALE SKINS EVENT	Female	Qualifiers	
Session 2	Saturday 27th May 2023			Warm-up <i>TBC</i> Start <i>TBC</i>
Event 201	400m Freestyle	Male	10/Over	
Event 202	200m Butterfly	Female	9/Over	
Event 203	50m Freestyle	Male	9/Over	
Event 204	50m Breaststroke	Female	9/Over	
Event 205	200m Backstroke	Male	9/Over	
Event 206	100m Freestyle	Female	9/Over	
Event 207	100m Breaststroke	Male	9/Over	
Session 3	Sunday 28th May 2023			Warm-up 7:50a.m. Start 9.00a.m.
Event 301	200m I.M.	Male	9/Over	
Event 302	200m Freestyle	Female	9/Over	
Event 303	50m Butterfly	Male	9/Over	
Event 304	50m Backstroke	Female	9/Over	
Event 305	200m Breaststroke	Male	9/Over	
Event 306	100m Butterfly	Female	9/Over	
Event 307	100m Backstroke	Male	9/Over	
SKINS	MALE SKINS EVENT	Male	Qualifiers	
Session 4	Sunday 28th May 2023			Warm-up <i>TBC</i> Start <i>TBC</i>
Event 401	400m Freestyle	Female	10/Over	
Event 402	200m Butterfly	Male	9/Over	
Event 403	50m Freestyle	Female	9/Over	
Event 404	50m Breaststroke	Male	9/Over	
Event 405	200m Backstroke	Female	9/Over	
Event 406	100m Freestyle	Male	9/Over	
Event 407	100m Breaststroke	Female	9/Over	



SUMMARY SHEET:

Club Name:**Contact Name:****Address:****Telephone:****Email:**

Entry Type	Electronic/Paper	Qty	Price	Total
Male	Electronic		@ £6.00 each	
Male	Paper		@ £6.50 each	
Female	Electronic		@ £6.00 each	
Female	Paper		@ £6.50 each	
Poolside Passes			@ £20.00 each	
			Final Total	£

Please make **cheques** payable to SOUTH TYNESIDE SWIMMING CLUB and send along with a completed Summary Sheet to: South Tyneside SC, c/o Stacy Watson, 43 Skegness Parade, HEBBURN, NE31 2AJ.

If **paying on online** please email entrymanager@stswim79.co.uk with date of transfer and reference, and attach a completed Summary Sheet, an electronic version is available on the event page on our website.

Account Name: South Tyneside Swimming Club

Sort Code: 20 80 47

Account Number: 30434280

Ref: *SM followed by your club initials***Please note Entry Files and all queries should be emailed to:**

Craig Brotherton

entrymanager@stswim79.co.uk



Upper Qualifying Times – Swimmers must not have ranked times faster than the above in the time period since 1st January 2021

Boys						Event	Girls					
9 years	10 years	11 years	12 years	13 years	14/over		9 years	10 years	11 years	12 years	13 years	14/over
No Upper Limit						50 Free	No Upper Limit					
01:16.0	01:07.0	01:03.0	00:57.0	00:55.0	00:50.0	100 Free	01:17.0	01:04.0	01:01.0	00:59.0	00:57.0	00:54.0
02:45.0	02:23.0	02:15.0	02:09.0	02:01.0	01:51.0	200 Free	02:40.0	02:18.0	02:13.0	02:10.0	02:04.0	02:02.0
No Swim	04:00.0	04:00.0	04:00.0	04:00.0	04:00.0	400 Free	No Swim	04:10.0	04:10.0	04:10.0	04:10.0	04:10.0
No Upper Limit						50 Back	No Upper Limit					
01:30.0	01:15.0	01:13.0	01:10.0	01:04.0	00:58.0	100 Back	01:31.0	01:12.0	01:07.0	01:06.0	01:04.0	01:00.0
03:07.0	02:40.0	02:36.0	02:27.0	02:19.0	02:07.0	200 Back	03:28.0	02:35.0	02:25.0	02:20.0	02:16.0	02:12.0
No Upper Limit						50 Breast	No Upper Limit					
01:39.0	01:30.0	01:20.0	01:12.0	01:07.0	01:04.0	100 Breast	01:42.0	01:28.0	01:19.0	01:15.0	01:12.0	01:09.0
03:20.0	03:10.0	02:55.0	02:37.0	02:31.0	02:19.0	200 Breast	03:45.0	03:10.0	02:51.0	02:40.0	02:36.0	02:32.0
No Upper Limit						50 Fly	No Upper Limit					
01:26.0	01:17.0	01:13.0	01:06.0	01:01.0	00:58.0	100 Fly	01:46.0	01:21.0	01:13.0	01:06.0	01:03.0	01:00.0
03:10.0	02:47.0	02:37.0	02:34.0	02:19.0	02:07.0	200 Fly	03:33.0	03:05.0	02:44.0	02:32.0	02:24.0	02:16.0
03:47.0	02:40.0	02:34.0	02:25.0	02:13.0	02:03.0	200 I.M.	03:33.0	02:54.0	02:34.0	02:24.0	02:20.0	02:10.0