

MIDDLESBROUGH AA GRADE 2016 Gala

20th Feb / 21st Feb 2016

This event is licensed Level 3 by the ASA for entry into national events & championships and regional championships - (ASA Licensed TBA)

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 11 years, 12 years, 13 years, 14 years & 15 years/over are attached in separate tables. The 9 & 10 years age groups are open.
3. Individual events will be 50m, 100m, 200m all strokes plus 200m Individual Medley and 400m freestyle. All events will be Heat Declared.
4. **Ages are as at 21st Feb April 2016**
5. Entry fees are £5.00 per individual swim and include ASA licence fees.
6. 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 **6th Feb 2016**. Payment should be made to Middlesbrough ASC. Our preferred method of payment is by BACS transfer to Middlesbrough ASC Sort Code 05-06-01 Account Number 15711014
7. Entry times should be converted to 25m pool times by use of ASA Conversion Tables.
8. **Should entries be over-subscribed, entries will be accepted on a first come first served basis.**
9. All entry withdrawal forms must be presented in the recorder's office no later than 60 minutes before commencement of each session.
10. Medals / trophies will be awarded to the first six in both 9years and 10 years age groups and top three in each other individual age group who do not exceed cut-off times. Any swimmers exceeding cut off time by more than two seconds will be issued with a speeding ticket.
11. Swimmers will be permitted to compete for only one club during the meet.
12. Over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
13. Coach passes cost £20.00 which includes programme, lunch ticket and results sheets. Coaches will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person possessing a coach's pass.
14. Admission for spectators will be £5 per day. Children, accompanied by adults, will be admitted free. Concessions £3 per day. Parking is free at the Neptune.
15. Photography will be permitted under the usual ASA conditions, There will be a photographer at this event but is only to photograph Middlesbrough swimmers for the benefit of training purposes This event by its very nature, is in the public arena and when entering for the event the participant and their parents acknowledge this fact, which may result in the recording and publication of his/her image

Meet Secretary

David Ross
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Marton-in-Cleveland
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TS8 9XS

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Individual Age Groups (Age as at 21 st Feb 2016)	9years 12 years	10 years 13 years 15 years & over	11 years 14 years
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ORDER OF EVENTS

SATURDAY 20th Feb 2016

SESSION 1 8.30AM WARM UP, 9.30 AM START

- 101. BOYS 400M FREESTYLE
- 102. GIRLS 200M FREESTYLE
- 103. BOYS 50M BREASTSTROKE
- 104. GIRLS 50M BUTTERFLY
- 105. BOYS 200M BACKSTROKE
- 106. GIRLS 100M BREASTSTROKE
- 107. BOYS 100M BUTTERFLY

SESSION 2 TBA

- 201. GIRLS 200M IND MEDLEY
- 202. BOYS 200M BREASTSTROKE
- 203. GIRLS 50M FREESTYLE
- 204. BOYS 50M BACKSTROKE
- 205. GIRLS 200M BUTTERFLY
- 206. BOYS 100M FREESTYLE
- 207. GIRLS 100M BACKSTROKE

SUNDAY 21st Feb 2016

SESSION 3 8.30AM WARM UP, 9.30 AM START

- 301. GIRLS 400M FREESTYLE
- 302. BOYS 200M FREESTYLE
- 303. GIRLS 50M BREASTSTROKE
- 304. BOYS 50M BUTTERFLY
- 305. GIRLS 200M BACKSTROKE
- 306. BOYS 100M BREASTSTROKE
- 307. GIRLS 100M BUTTERFLY

SESSION 4 TBA

- 401. BOYS 200M INDIVIDUAL MEDLEY
- 402. GIRLS 200M BREASTSTROKE
- 403. BOYS 50M FREESTYLE
- 404. GIRLS 50M BACKSTROKE
- 405. BOYS 200M BUTTERFLY
- 406. GIRLS 100M FREESTYLE
- 407. BOYS 100M BACKSTROKE

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SWIMMERS SHOULD NOT HAVE SWUM FASTER THAN THE TIMES BELOW

BOYS

	50m Free	50m Back	50m Br	50m Fly	100m Free	100m Back	100m Br	100m Fly	200m Free	200m Back	200m Br	200m Fly	400m Free	200m I.M.
9 YRS	ALL EVENTS OPEN TIMES													
10 YRS	ALL EVENTS OPEN TIMES													
11 YRS	30.8	35.5	40.0	34.1	1.06.6	1.15.3	1.26.0	1.15.4	2.24.0	2.40.1	3.04.7	2.44.7	5.00.4	2.43.4
12 YRS	29.1	33.6	37.5	32.3	1.02.5	1.10.9	1.20.5	1.10.4	2.15.6	2.31.2	2.53.6	2.35.1	4.44.0	2.34.2
13 YRS	27.7	31.6	35.1	30.5	0.59.2	1.06.7	1.15.3	1.06.2	2.08.7	2.22.9	2.43.2	2.26.3	4.30.9	2.26.6
14 YRS	26.6	30.5	33.7	29.2	0.57.0	1.03.8	1.12.2	1.03.2	2.03.8	2.16.9	2.36.1	2.19.9	4.21.9	2.19.9
15+ YRS	25.8	29.4	32.6	28.1	0.55.6	1.01.7	1.09.8	1.00.9	2.00.8	2.12.8	2.31.5	2.13.8	4.15.2	2.16.1

GIRLS

	50m Free	50m Back	50m Br	50m Fly	100m Free	100m Back	100m Br	100m Fly	200m Free	200m Back	200m Br	200m Fly	400m Free	200m I.M.
9 YRS	ALL EVENTS OPEN TIMES													
10 YRS	ALL EVENTS OPEN TIMES													
11 YRS	31.3	35.5	40.1	34.5	1.07.2	1.15.4	1.25.9	1.15.7	2.24.5	2.39.1	3.04.4	2.46.5	5.00.1	2.43.2
12 YRS	29.9	33.9	38.0	32.7	1.03.7	1.11.2	1.21.3	1.11.0	2.16.9	2.31.3	2.54.3	2.35.8	4.44.6	2.34.7
13 YRS	29.0	32.8	36.6	31.7	1.02.0	1.08.8	1.18.1	1.08.8	2.12.9	2.27.3	2.47.5	2.30.2	4.37.2	2.30.7
14 YRS	28.5	32.1	35.8	31.0	1.00.9	1.07.6	1.15.8	1.07.0	2.10.9	2.24.6	2.43.7	2.26.4	4.33.1	2.27.7
15+ YRS	28.1	31.8	35.2	30.4	1.00.2	1.06.4	1.15.1	1.06.4	2.09.0	2.22.0	2.42.1	2.23.9	4.29.3	2.25.8

NO MORE THAN TWO SECONDS IMPROVEMENT ALLOWED ON THE DAY

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SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-mail _____

£

Male Entries _____ @ £5.00

Female Entries _____ @ £5.00

Coach Passes _____ @ £20.00

Total Entry Fee Enclosed
