

MIDDLESBROUGH ASC 2016 OPEN MEET

Sat 18th June / Sun 19th June 2016

(ASA Licensed tbc)

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 have been based on AA Grade Tables 2009 published by ASA. The 9 & 10 years age groups are open.
3. Individual events will be 50m, 100m, 200m all strokes plus 200m, 100m & 400m Individual Medley's and 400m freestyle. All events will be Heat Declared.
4. **Ages are as at 19th June 2016**
5. Entry fees are £5.00 per individual swim, this includes ASA licensed 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 **27th May 2016**. 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
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 45 minutes before the commencement of each session.
10. Medals / trophies 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 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 a programme, lunch 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, but there will be an official MASC photographer at this event. 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. All photographs taken at this event will be password protected when posted on the official website. All photographers have been CRB checked and operate within a strict child protection policy and code of ethics

David Ross
Meet Secretary
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Marton in Cleveland
TS8 9XS

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Individual Age Groups (Age as at 19th June 2016)	9years 12 years	10 years 13 years 15 years & over	11 years 14 years
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ORDER OF EVENTS

SATURDAY 18th JUNE 2016

SESSION 1	08.30 WARM UP	09.30 START
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- 101. GIRLS 400M IND MEDLEY
- 102. BOYS 200M BREASTSTROKE
- 103. GIRLS 50M BUTTERFLY
- 104. BOYS 50M BREASTSTROKE
- 105. GIRLS 100M BACKSTROKE
- 106. BOYS 200M BACKSTROKE
- 107. GIRLS 200M FREESTYLE
- 108. BOYS 100M BUTTERFLY

SESSION 2	TBA
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- 201. GIRLS 200M IND MEDLEY
- 202. BOYS 400M FREESTYLE
- 203. GIRLS 50M FREESTYLE
- 204. BOYS 50M BACKSTROKE
- 205. GIRLS 100M BREASTSTROKE
- 206. BOYS 100M IND MEDLEY
- 207. GIRLS 200M BUTTERFLY
- 208. BOYS 100M FREESTYLE

SUNDAY 19th JUNE 2016

SESSION 3	08.30 WARM UP	09.30 START
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- 301. BOYS 400M IND MEDLEY
- 302. GIRLS 200M BREASTSTROKE
- 303. BOYS 50M BUTTERFLY
- 304. GIRLS 50M BREASTSTROKE
- 305. BOYS 100M BACKSTROKE
- 306. GIRLS 200M BACKSTROKE
- 307. BOYS 200M FREESTYLE
- 308. GIRLS 100M BUTTERFLY

SESSION 4	TBA
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- 401. BOYS 200M IND MEDLEY
- 402. GIRLS 400M FREESTYLE
- 403. BOYS 50M FREESTYLE
- 404. GIRLS 50M BACKSTROKE
- 405. BOYS 100M BREASTSTROKE
- 406. GIRLS 100M IND MEDLEY
- 407. BOYS 200M BUTTERFLY
- 408. GIRLS 100M FREESTYLE

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SWIMMERS SHOULD NOT HAVE SWUM FASTER THAN THE TIMES BELOW

BOYS

	50m	50m	50m	50m	100m	100m	100m	100m	200m	200m	200m	200m	400m	100m	200m	400m
	Free	Back	Br	Fly	Free	Back	Br	Fly	Free	Back	Br	Fly	Free	I.M.	I.M.	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	1.18.2	2.43.4	5.46.6
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	1.13.9	2.34.2	5.25.2
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	1.09.8	2.26.6	5.09.6
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	1.06.5	2.19.9	4.56.4
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	1.04.5	2.16.1	4.47.5

GIRLS

	50m	50m	50m	50m	100m	100m	100m	100m	200m	200m	200m	200m	400m	100m	200m	400m
	Free	Back	Br	Fly	Free	Back	Br	Fly	Free	Back	Br	Fly	Free	I.M.	I.M.	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	1.18	2.43.2	5.44.3
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	1.14.3	2.34.7	5.25.6
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	1.11.7	2.30.7	5.15.3
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	1.10.8	2.27.7	5.09.7
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	1.09.8	2.25.8	5.06.0

NO MORE THAN TWO SECONDS IMPROVEMENT ALLOWED ON THE DAY

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SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

CONTACT NO _____

E-mail _____

£

Male Entries _____ @ £5.00

Female Entries _____ @ £5.00

Coach Passes _____ @ £20.00

Total Entry Fee Enclosed
