



**Spring Meet**  
**14<sup>th</sup> & 15<sup>th</sup> April 2018**  
**at**  
**Haven Point**

**ASANER Level 3**  
**Licence No: TBC**



## Spring Meet Information Haven Point, South Shields 14<sup>th</sup> & 15<sup>th</sup> April 2018

This meet is licensed by **ASANER** as **Level 3**

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### Pool Information

Pool length 25m  
8 Lanes

Competitor Lane Lines  
Omega OSB12 starting platforms

Omega Electronic Timing  
Separate swim down facility

### Entry Information

- Age as at **15<sup>th</sup> April 2018**
- Each swimmer's full date of birth must be included on the entry form.
- Entries which are not countersigned by an official from the swimmer's club will be returned.
- Entry times are **Short Course** (25m). Long Course (50m) times must be converted.
- **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.
- Sportsystem entry files: **£5.00** per event. Paper entries: **£5.50** per event.
- Coaches Passes: **£15.00** each – includes programme, results sheets and lunch.
- Electronic Entry is preferred and the Entry File will be available via the Event Page on our website. This should be emailed to [philip@blencathra.org.uk](mailto:philip@blencathra.org.uk) along with Entry Reports.
- Payment by cheque should be posted to **South Tyneside SC, c/o Gary Kirsop, 19 Durham Drive, JARROW NE32 4TF** 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. A separate excel version of this is also available. **Payments should be received within 5 days of the closing date.**
- Closing date for entries: **Monday 12<sup>th</sup> March 2018.**

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 £6.00, may be accepted subject to space being available in an event. Under ASA Law, entries accepted on the day are to be treated as official entries and the swimmers to be entitled to any award they might win.

### Event Information

- Heats will be seeded according to submitted entry times. All events are **Heat Declared Winner**.
- 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. An adult with a coaches pass.

Coaches are requested to inform the recorders, no later than 45 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 starting 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 for all non-essential items (£1.00 returnable) as space on poolside is limited. A No Outdoor Footwear Policy exists 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. There is a café within Haven Point.



## Spring Meet Schedule of Events

14<sup>th</sup> & 15<sup>th</sup> April 2018

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<b>Session 1</b> Saturday 14 <sup>th</sup> April 2018			Warm-up <b>8.00a.m.</b> Start <b>9.00a.m.</b>	
Event 1	<b>100m I.M.</b>	Male	9/Over	
Event 2	<b>200m I.M.</b>	Female	9/Over	
Event 3	<b>200m Freestyle</b>	Male	9/Over	
Event 4	<b>50m Butterfly</b>	Female	9/Over	
Event 5	<b>50m Backstroke</b>	Male	9/Over	
Event 6	<b>200m Breaststroke</b>	Female	9/Over	
Event 7	<b>100m Butterfly</b>	Male	9/Over	
Event 8	<b>100m Backstroke</b>	Female	9/Over	
<b>Session 2</b> Saturday 14 <sup>th</sup> April 2018			Warm-up <b>TBC</b> Start <b>TBC</b>	
Event 9	<b>400m Freestyle</b>	Male	10/Over	
Event 10	<b>200m Butterfly</b>	Female	9/Over	
Event 11	<b>50m Freestyle</b>	Male	9/Over	
Event 12	<b>50m Breaststroke</b>	Female	9/Over	
Event 13	<b>200m Backstroke</b>	Male	9/Over	
Event 14	<b>100m Freestyle</b>	Female	9/Over	
Event 15	<b>100m Breaststroke</b>	Male	9/Over	
<b>Session 3</b> Sunday 15 <sup>th</sup> April 2018			Warm-up <b>8.00a.m.</b> Start <b>9.00a.m.</b>	
Event 16	<b>100m I.M.</b>	Female	9/Over	
Event 17	<b>200m I.M.</b>	Male	9/Over	
Event 18	<b>200m Freestyle</b>	Female	9/Over	
Event 18	<b>50m Butterfly</b>	Male	9/Over	
Event 20	<b>50m Backstroke</b>	Female	9/Over	
Event 21	<b>200m Breaststroke</b>	Male	9/Over	
Event 22	<b>100m Butterfly</b>	Female	9/Over	
Event 23	<b>100m Backstroke</b>	Male	9/Over	
<b>Session 4</b> Sunday 15 <sup>th</sup> April 2018			Warm-up <b>TBC</b> Start <b>TBC</b>	
Event 24	<b>400m Freestyle</b>	Female	10/Over	
Event 25	<b>200m Butterfly</b>	Male	9/Over	
Event 26	<b>50m Freestyle</b>	Female	9/Over	
Event 27	<b>50m Breaststroke</b>	Male	9/Over	
Event 28	<b>200m Backstroke</b>	Female	9/Over	
Event 29	<b>100m Freestyle</b>	Male	9/Over	
Event 30	<b>100m Breaststroke</b>	Female	9/Over	





**Spring Meet Entry Form**  
Closing Date **12<sup>th</sup> March 2018**  
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<b>Club:</b>	<b>Male/Female (delete as applicable)</b>
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Name	Full date of birth	Freestyle				Backstroke			Breaststroke			Butterfly			I.M.	I.M.
		50	100	200	400	50	100	200	50	100	200	50	100	200	100	200



## Spring Meet Summary Sheet

Closing Date **12<sup>th</sup> March 2018**

This meet is licensed by **ASANER** as **Level 3**

Club Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Entry Type	Electronic/Paper	Qty	Price	Total
Male	Electronic		@ £5.00 each	
Male	Paper		@ £5.50 each	
Female	Electronic		@ £5.00 each	
Female	Paper		@ £5.50 each	
Coaches Passes			@ £15.00 each	
			<b>Final Total</b>	<b>£</b>

Please make **cheques** payable to SOUTH TYNESIDE SWIMMING CLUB and send along with a completed Summary Sheet to: South Tyneside SC, c/o Gary Kirsop. 19 Durham Drive, JARROW, NE32 4TF.

If **paying on online** please email [galainfo@stswim79.co.uk](mailto:galainfo@stswim79.co.uk) with date of transfer and reference used (see below) and attach a completed copy of this Summary Sheet to your message.

Bank: Barclays (South Shields)  
Sort Code: 20 80 47  
Account: 30434280  
Ref: SM *followed by your club initials*

**Entry Files and all entry queries should be sent to Philip Powell:**

Email: [philip@blencathra.org.uk](mailto:philip@blencathra.org.uk)  
Call: 01207 571427

On behalf of the above club, I declare that ALL swimmers entered are eligible competitors under ASA Law.

**Payment should be made within  
5 days of the closing date.**

Signed: \_\_\_\_\_



## Upper Qualifying Times

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
00:34.0	00:32.0	00:31.0	00:30.0	00:28.0	00:25.0	<b>50 Free</b>	00:35.0	00:33.0	00:31.0	00:29.0	00:27.0	00:26.0
01:20.0	01:16.0	01:12.0	01:06.0	01:02.0	00:54.0	<b>100 Free</b>	01:14.0	01:11.0	01:08.0	01:02.0	01:00.0	00:58.0
02:50.0	02:41.0	02:35.0	02:19.0	02:15.0	02:03.0	<b>200 Free</b>	02:40.0	02:34.0	02:28.0	02:18.0	02:11.0	02:10.0
No swim	04:25.0 (number of heats may be restricted)					<b>400 Free</b>	No swim	04:33.0 (number of heats may be restricted)				
00:41.0	00:39.0	00:36.0	00:35.0	00:34.0	00:30.0	<b>50 Back</b>	00:40.0	00:38.0	00:36.0	00:35.0	00:33.0	00:31.0
01:28.0	01:24.0	01:20.0	01:15.0	01:10.0	01:04.0	<b>100 Back</b>	01:27.0	01:23.0	01:19.0	01:17.0	01:13.0	01:09.0
03:13.0	03:04.0	02:53.0	02:43.0	02:40.0	02:23.0	<b>200 Back</b>	03:06.0	02:58.0	02:50.0	02:46.0	02:38.0	02:28.0
00:48.0	00:45.0	00:42.0	00:40.0	00:36.0	00:33.0	<b>50 Breast</b>	00:44.0	00:42.0	00:40.0	00:37.0	00:34.0	00:33.0
01:52.0	01:44.0	01:36.0	01:26.0	01:20.0	01:15.0	<b>100 Breast</b>	01:39.0	01:35.0	01:30.0	01:22.0	01:17.0	01:15.0
03:36.0	03:30.0	03:23.0	03:10.0	03:07.0	02:47.0	<b>200 Breast</b>	03:24.0	03:19.0	03:14.0	03:00.0	02:55.0	02:50.0
00:38.0	00:36.0	00:34.0	00:31.0	00:29.0	00:26.0	<b>50 Fly</b>	00:37.0	00:35.0	00:33.0	00:32.0	00:30.0	00:29.0
01:27.0	01:24.0	01:21.0	01:19.0	01:15.0	01:02.0	<b>100 Fly</b>	01:25.0	01:22.0	01:19.0	01:13.0	01:10.0	01:06.0
03:24.0	03:18.0	03:12.0	03:08.0	02:59.0	02:20.0	<b>200 Fly</b>	03:08.0	03:05.0	03:03.0	02:40.0	02:35.0	02:25.0
01:25.0	01:23.0	01:21.0	01:16.0	01:12.0	01:06.0	<b>100 I.M.</b>	01:28.0	01:25.0	01:22.00	01:14.0	01:12.0	01:10.0
03:08.0	02:59.0	02:53.0	02:42.0	02:34.0	02:23.0	<b>200 I.M.</b>	03:05.0	02:57.0	02:49.0	02:40.0	02:36.0	02:31.0

Swimmers **must not** have swum faster than the upper qualifying times prior to this event.