TYNEMOUTH AMATEUR SWIMMING CLUB

**Spring Level 3 Gala at Tynemouth Pool**

**16th to 17thth March 2018 Level 3 (3NE180542)**

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 1 16th Mar** | | | | | **Session 3 17th Mar** | | | | | |
| Warm-up: 8:00 | | Start: 9:00 | | | Warm-up: 8:00 | | | Start: 9:00 | | |
| **Event** | **Male/Female** | **Distance** | **Stroke** | | **Event** | **Male/Female** | | **Distance** | **Stroke** | |
| 101 | Female | 800 | Free | | 301 | Male | | 1500 | Free | |
| 102 | Female | 200 | IM | | 302 | Male | | 200 | IM | |
| 103 | Male | 100 | Fly | | 303 | Female | | 100 | Back | |
| 104 | Female | 100 | Fly | | 304 | Male | | 100 | Back | |
| 105 | Male | 50 | Back | | 305 | Female | | 50 | Breast | |
| 106 | Female | 50 | Back | | 306 | Male | | 50 | Breast | |
| 107 | Male | 200 | Back | | 307 | Female | | 200 | Back | |
| 108 | Female | 200 | Fly | | 308 | Male | | 200 | Fly | |
| **Session 2 16th Mar** | | | | | **Session 4 17th Mar** | | | | | |
| Warm-up: 12:30 | | Start: 13:30 | | | Warm-up: 12:30 | | | Start: 13:30 | | |
| **Event** | **Male/Female** | **Distance** | | **Stroke** | **Event** | | **Male/Female** | **Distance** | | **Stroke** | |
| 201 | Male | 200 | | Free | 401 | | Female | 200 | | Free | |
| 202 | Female | 100 | | Breast | 402 | | Male | 100 | | Free | |
| 203 | Male | 100 | | Breast | 403 | | Female | 100 | | Free | |
| 204 | Female | 50 | | Free | 404 | | Male | 50 | | Fly | |
| 205 | Male | 50 | | Free | 405 | | Female | 50 | | Fly | |
| 206 | Female | 200 | | Breast | 406 | | Male | 200 | | Breast | |

**Tynemouth ASC Spring Gala**

**Tynemouth Pool**

**Meet Conditions**

1. The meet will be held under ASA Laws and Technical Rules. This is a level 3 licensed meet – licence number –
2. The pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available. All entry times must be converted to 25m SC.
3. Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the scoreboard are for information only, and are not necessarily the official result. The referee’s decision is final.
4. Competitor numbers in the programme are for guidance only. Copies of results will be available over the duration of the event and will be available on the club website.
5. The age groups will be: 9, 10, 11, 12, 13/14 and 15+ both male & female. Age will be that on 17th March 2019. All entrants must be category 2 registered with the ASA.
6. Qualifying standards: the upper limit for times will be as per the table attached.
7. **Closing date: 22nd February 2019. Entries will be accepted on a first come first serve basis to comply with session limits. Entries will be accepted after 18th Jan 2019.**
8. All events are Heat Declared Winner (HDW), heats being seeded slowest to fastest based on submitted entry times.
9. Awards will be made to the first six in the age categories 9 and 10 and the first 3 in all other categories. These awards will be available for collection after the winners are announced.
10. For the qualifying times of the 800m / 1500m please contact TASC head coach
11. No entry cards will be issued. Seeded heat start lists will be produced prior to the start of each session. If a swimmer is not swimming an event we request that the recorders are informed no later than 45 minutes prior to the session start time. Complying with this request will keep the number of empty lanes to a minimum and this courtesy is appreciated.
12. Entry Fees £5.50 per event

Free team entries will be allowed using the following criteria:

Coaches passes £20 to include poolside refreshments and lunch

BACS Payment details: Barclays Bank Sort Code: 20-62-09 Acc Number: 70947512

Entries should be submitted by email: tascmeetmanager@hotmail.co.uk

Electronic entries are to be submitted using Hy-tek Team Manager/Team Manager Lite. An event file is available from the Meet Manager or via the website. No refunds will be given for withdrawals after the closing date.

1. Clubs providing an official(s) of J1 or above covering all sessions will receive the same number of coaches passes free. This does not have to be the same official for all 4 sessions.
2. Swimmers can compete for one club only during this event.
3. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Failure to report to marshalling in good time may result in elimination from the event.
4. Tynemouth ASC will not be responsible for any unaccompanied swimmers on the poolside. The responsibility falls with the club entering the swimmer, who should appoint a responsible individual to be on poolside.
5. Tynemouth ASC cannot be held responsible for loss or damage to spectators’ or swimmers’ property.
6. Access to pool-side will be restricted to swimmers, coaches, officials and authorised helpers in line with ASA Child Protection Policy. Pool-side access will be restricted to those people wearing official identification passes which will be distributed by TASC.
7. For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where possible, over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
8. The Lead Referee for this event will be: TBC
9. Spectator admission will be £4.00 per session / £7.00 for the day / £12.00 for a weekend pass. Concessions will apply.
10. Our club website will provide information of any last minute changes. [www.tynemouthasc.co.uk](http://www.tynemouthasc.co.uk) . Alternatively, you can contact the Meet Manager via email: tascmeetmanager@hotmail.co.uk.
11. The use of any photographic equipment (still, video or digital, including mobile phones with camera facilities) will only be allowed in line with ASA policy. This policy can be found in Wavepower 2016-19 Section 2, pages 76-77.
12. Any points not covered above will be at the discretion of the Meet Manager



**Spring Gala 2018**

**Upper Qualifying Times**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Female** | | | | | |  | **Male** | | | | | |
| **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** | **13/14 Yrs** | **15+** | **Event** | **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** | **13/14 Yrs** | **15+** |
| 34.00 | 32.00 | 30.00 | 29.00 | 28.00 | 26.50 | **50 Free** | 34.00 | 32.00 | 30.00 | 29.00 | 26.00 | 24.00 |
| 1.14.00 | 1.09.00 | 1.06.00 | 1.04.00 | 1.01.00 | 58.00 | **100 Free** | 1.14.00 | 1.09.00 | 1.06.00 | 1.04.00 | 57.00 | 54.00 |
| 2.38.00 | 2.30.00 | 2.25.00 | 2.20.00 | 2.14.00 | 2.07.00 | **200 Free** | 2.38.00 | 2.30.00 | 2.25.00 | 2.20.00 | 2.06.00 | 2.00.00 |
| 37.00 | 35.00 | 33.00 | 32.00 | 31.00 | 29.00 | **50 Back** | 37.00 | 35.00 | 33.00 | 32.00 | 29.00 | 27.00 |
| 1.22.00 | 1.18.00 | 1.16.00 | 1.12.00 | 1.08.00 | 1.04.00 | **100 Back** | 1.22.00 | 1.18.00 | 1.16.00 | 1.12.00 | 1.06.00 | 1.02.00 |
| 2.56.00 | 2.48.00 | 2.44.00 | 2.38.00 | 2.30.00 | 2.22.00 | **200 Back** | 2.56.00 | 2.48.00 | 2.44.00 | 2.38.00 | 2.26.00 | 2.18.00 |
| 42.00 | 40.00 | 39.00 | 38.00 | 36.50 | 34.50 | **50 Breast** | 42.00 | 40.00 | 39.00 | 38.00 | 35.00 | 33.00 |
| 1.36.00 | 1.30.00 | 1.27.00 | 1.24.00 | 1.18.00 | 1.14.00 | **100 Brst** | 1.36.00 | 1.30.00 | 1.27.00 | 1.24.00 | 1.16.00 | 1.12.00 |
| 3.18.00 | 3.12.00 | 3.08.00 | 3.00.00 | 2.45.00 | 2.38.00 | **200 Brst** | 3.18.00 | 3.12.00 | 3.08.00 | 3.00.00 | 2.40.00 | 2.32.00 |
| 38.00 | 36.00 | 34.00 | 32.00 | 30.00 | 28.50 | **50 Fly** | 38.00 | 36.00 | 34.00 | 32.00 | 29.00 | 27.00 |
| 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.09.00 | 1.04.00 | **100 Fly** | 1.24.00 | 1.20.00 | 1.16.00 | 1.12.00 | 1.06.00 | 1.02.00 |
| 3.20.00 | 3.10.00 | 3.00.00 | 2.48.00 | 2.35.00 | 2.22.00 | **200 Fly** | 3.20.00 | 3.10.00 | 3.00.00 | 2.48.00 | 2.26.00 | 2.18.00 |
| 2.56.00 | 2.50.00 | 2.45.00 | 2.40.00 | 2.30.00 | 2.22.00 | **200 IM** | 2.56.00 | 2.50.00 | 2.45.00 | 2.40.00 | 2.26.00 | 2.18.00 |

# Entry times must be slower than the upper times shown above.

# Lower times will be applied if events are over-subscribed.