



# Tynemouth Amateur Swimming Club

## NER Qualifier 2026

27<sup>th</sup>- 29<sup>th</sup> March 2026

@ Tynemouth Pool



(Held under Swim England laws and technical rules: License Level 3)

Information available online at [www.tynemouthasc.co.uk](http://www.tynemouthasc.co.uk)  
Email: [tasccompsec@outlook.com](mailto:tasccompsec@outlook.com)



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### Programme of events

Session 1 – 27 <sup>th</sup> March			
Warm-up: 17:45		Start: 18:15	
Event	Gender	Distance	Stroke
101	Mixed (11/Over)	800	Free
102	Mixed (11/Over)	1500	Free

Session 2 – 28 <sup>th</sup> March			
Warm-up: 8:00		Start: 9:00	
Event	Gender	Distance	Stroke
201	Female (11/Over)	400	IM
202	Open/Male	200	Free
203	Female	100	Fly
204	Open/Male	100	Back
205	Female	50	Breast
206	Open/Male	50	Free
207	Female	200	Back
208	Open/Male	200	Breast

Session 4 – 29 <sup>th</sup> March			
Warm-up: 8:00		Start: 9:00	
Event	Gender	Distance	Stroke
401	Open/Male (11/Over)	400	IM
402	Female	200	Free
403	Open/Male	100	Fly
404	Female	100	Back
405	Open/Male	50	Breast
406	Female	50	Free
407	Open/Male	200	Back
408	Female	200	Breast

Session 3 – 28 <sup>th</sup> March			
Warm-up: TBC		Start: TBC	
Event	Gender	Distance	Stroke
301	Female	200	IM
302	Open/Male (11/Over)	400	Free
303	Female	100	Free
304	Open/Male	100	Breast
305	Female	200	Fly
306	Open/Male	50	Fly
307	Female	50	Back

Session 5 – 29 <sup>th</sup> March			
Warm-up: TBC		Start: TBC	
Event	Gender	Distance	Stroke
501	Open/Male	200	IM
502	Female (11/Over)	400	Free
503	Open/Male	100	Free
504	Female	100	Breast
505	Open/Male	200	Fly
506	Female	50	Fly
507	Open/Male	50	Back

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**Upper Time Limits**

Swimmers must not have ranked faster times since 1<sup>st</sup> January 2025

<b>Female</b>						<b>Open/Male</b>				
<b>10 Yrs</b>	<b>11 Yrs</b>	<b>12 Yrs</b>	<b>13 Yrs</b>	<b>14+</b>	<b>Event</b>	<b>10 Yrs</b>	<b>11 Yrs</b>	<b>12 Yrs</b>	<b>13 Yrs</b>	<b>14+</b>
00:31:00	00:29:00	00:28:00	00:27:00	00:25:50	<b>50 Free</b>	00:30:00	00:27:00	00:25:00	00:24:00	00:23:00
01:09:00	01:04:00	01:01:00	00:59:00	00:59:00	<b>100 Free</b>	01:07:00	00:59:00	00:57:00	00:54:00	00:52:00
02:27:00	02:18:00	02:11:00	02:06:00	02:04:00	<b>200 Free</b>	02:26:00	02:10:00	02:04:00	01:59:00	01:55:00
	04:59:00	04:42:00	04:33:00	04:30:00	<b>400 Free</b>		04:44:00	04:29:00	04:18:00	04:09:00
	08:45:00	08:40:00	08:35:00	08:30:00	<b>800 Free</b>		08:45:00	08:40:00	08:35:00	08:30:00
	16:45:00	16:40:00	16:35:00	16:30:00	<b>1500 Free</b>		16:45:00	16:40:00	16:35:00	16:30:00
00:36:00	00:34:00	00:32:00	00:30:00	00:29:00	<b>50 Back</b>	00:35:00	00:31:00	00:29:00	00:27:00	00:26:00
01:19:00	01:13:00	01:09:00	01:04:00	01:02:00	<b>100 Back</b>	01:18:00	01:07:00	01:03:00	01:00:00	00:57:00
02:46:00	02:34:00	02:26:00	02:19:00	02:16:00	<b>200 Back</b>	02:44:00	02:25:00	02:17:00	02:11:00	02:05:00
00:40:00	00:38:00	00:36:00	00:34:00	00:33:00	<b>50 Breast</b>	00:40:00	00:35:00	00:33:00	00:31:00	00:28:00
01:29:00	01:23:00	01:18:00	01:13:00	01:10:00	<b>100 Breast</b>	01:29:00	01:17:00	01:13:00	01:09:00	01:06:00
03:11:00	02:58:00	02:48:00	02:38:00	02:31:00	<b>200 Breast</b>	03:11:00	02:47:00	02:37:00	02:30:00	02:22:00
00:34:00	00:33:00	00:31:00	00:29:00	00:28:00	<b>50 Fly</b>	00:34:00	00:30:00	00:28:00	00:27:00	00:25:00
01:19:00	01:13:00	01:08:00	01:04:00	01:02:00	<b>100 Fly</b>	01:19:00	01:07:00	01:03:00	01:00:00	00:56:00
02:57:00	02:41:00	02:29:00	02:21:00	02:16:00	<b>200 Fly</b>	02:54:00	02:29:00	02:21:00	02:14:00	02:07:00
02:49:00	02:38:00	02:29:00	02:23:00	02:20:00	<b>200 IM</b>	02:48:00	02:28:00	02:20:00	02:14:00	02:09:00
	05:39:00	05:19:00	05:05:00	04:59:00	<b>400 IM</b>		05:19:00	04:59:00	04:49:00	04:35:00



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### Meet Conditions

1. The meet will be held under ASA Laws and Technical Rules. This is a level 3 licensed meet – licence number – **TBC**.
2. The pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available. Venue address: Tynemouth Pool, Preston Road North, North Shields, NE29 9PX.
3. The starting gun will provide an internal starting strobe, but no external starting strobe facility will be provided.
4. 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.
5. The age groups will be 10, 11, 12, 13, 14, 15+. **Age at 31<sup>st</sup> December 2026**.
6. All events will be Heat Declared Winner (HDW).
7. Awards will be made to the first three in each age category. These awards will be available for collection after the winners are announced for each event.
8. Copies of the results will be available over the duration of the gala along with live results.
9. Swimmers must not have swum faster than the **upper qualifying times** since 1<sup>st</sup> January 2025. Entry times should be valid short course times, converted times will be accepted. Heats will be seeded slowest to fastest based on submitted entry times. All entries to swim must have an entry time for seeding purposes or they will be rejected. Coaches realistic times are acceptable.
10. The female category is for birth sex females in accordance with Swim England's transgender and non-binary competition policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female. Swimmers may only compete in one gender category for the duration of the meet.
11. Closing date: **6<sup>th</sup> March 2026**. Entries may be restricted to comply with session limits. Tynemouth ASC reserves the right to fill any empty places with its own eligible swimmers.
12. Entries Fees are as follows:  
Per event £8.00 (all swims up to and including 400m), £10.00 (800m and 1500m)  
Coaches passes £20.00 to include start lists & lunch (Saturday and Sunday only)
13. **Entries are to be submitted using the Sport Systems entry file** which is available from the Competition Secretary via email: [tasccompsec@outlook.com](mailto:tasccompsec@outlook.com). The entry file should be submitted together with a completed **Summary of Entries sheet**.
14. BACS payment should be made at the time of submitting the entry file to **Barclays bank, account name: Tynemouth Amateur Swimming Club, sort code: 20-62-09, account no: 63311791** – please use as a reference your **club code + MAR2026**
15. 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 which will be much appreciated. No refunds will be given for a withdrawals after the closing date other than for withdrawals on medical grounds supported by documentary evidence, e.g. doctor's note.
16. Coaches/Team Managers are responsible for ensuring that 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.
17. 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.
18. Tynemouth ASC cannot be held responsible for loss or damage to spectators' or swimmers' property.

19. Access to poolside will be restricted to swimmers, coaches, officials and authorised helpers in line with the SE Child Protection Policy.
20. The Lead Referee for this event will be: **Dawn Gilchrist**. The referee's decision is final.
21. **Spectator admission will be £5.00 per Sat/Sun session, £8.00 for a full day or £14 for a weekend pass (excluding Friday). Admission for the Friday session will be £3.** Spectator spaces are restricted to 250 and entry to the gallery is on a 1<sup>st</sup> arrival basis.
22. The use of any photographic equipment (still, video or digital, including mobile phones with camera function) by members of the public will not be allowed anywhere on the premises. We aim to support requests for recording for exam purposes, but an enquiry must be made at the time of entry submission and the decision will be at the discretion of the lead referee.
23. By entering this gala, it is assumed a swimmer accepts these terms & conditions.
24. Any points not covered above will be at the discretion of the meet organisers.



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**Summary of Entries form**

Club \_\_\_\_\_

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

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone no. \_\_\_\_\_

E-mail address \_\_\_\_\_

Female entries \_\_\_\_\_ @ £8.00 £ \_\_\_\_\_

Female entries \_\_\_\_\_ @ £10.00 £ \_\_\_\_\_

Open/Male entries \_\_\_\_\_ @ £8.00 £ \_\_\_\_\_

Open/Male entries \_\_\_\_\_ @ £10.00 £ \_\_\_\_\_

Coaches passes \_\_\_\_\_ @ £20.00 £ \_\_\_\_\_

**Total entry fee enclosed** £ \_\_\_\_\_

Please email this sheet along with your entry file to: [tasccompsec@outlook.com](mailto:tasccompsec@outlook.com)

**Bank Details:** Barclays bank account name: Tynemouth Amateur Swimming Club, sort code: 20-62-09, account no: 63311791, ref: your club code + MAR2026