



2026 Spring Meet

Haven Point, South Shields, 22nd-24th May 2026



**Pool Information**

Pool length 25m

8 Lanes

Competitor Lane Lines

Omega OSB12 starting platforms

Backstroke Ledges

Omega Electronic Timing

Separate swim down facility*

Entry Information

- Age as at 24th May 2026
- Each swimmer's full date of birth must be included with their entry.
- Entries which are not countersigned or submitted by an official from the swimmer's club will be returned.
- Entry times are **Short Course** (25m). Long Course (50m) times must be converted.
- All entries to swim must have an entry time for seeding purposes. Coaches estimated times are acceptable.
- **400m Freestyle is open to swimmers age 10/Over only.**
 - The number of heats in this event may be restricted.
- **800m/1500m Freestyle is open to swimmers age 11/Over only.**
 - The number of heats in this event may be restricted.
 - Swimmers are only permitted to enter either the 800m or the 1500m event.
 - *Please note there will be **no swim down facility** on Friday evening during the 800m/1500m events.
- **Entry fees:**
 - 50m/100m/200m/400m via SportSystems entry file **£7.50** per event.
 - Paper/poolside entries: **£8.00** per event.
 - Distances events (800m/1500m) via SportSystems entry file **£10.00** per event.
 - Paper/poolside entries **£11.00** per event.
- Poolside Passes: **£20.00** each – includes programme, start sheets and lunch. Results will be emailed out to attending clubs within 48 hours of the event. Only staff with a poolside pass should be on poolside and must be DBS checked.
- Electronic Entry is preferred and the Entry File will be available via the event page on our website. This should be emailed to entrymanager@stswim79.co.uk with a summary sheet by a representative of a club.
- Please contact us for a postal address if paying by cheque. Any cheques posted should be 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
- **Payments should be received within 5 days of the closing date.**
- Closing date for entries: **12 noon – Tuesday 5th May 2026**
- The lead referee for this event will be Brian Denholm

The organisers reserve the right to restrict the numbers of entries to ensure the completion of the meet as scheduled. In water starts for backstroke may be used to ensure compliance with session timings. Poolside entries, may be accepted subject to space being available in an event.



To help this competition run smoothly where possible if competing clubs could please provide at least one official that would be much appreciated. Officials, please email officials@stswim79.co.uk with availability and qualification or complete the form [here](#). A copy of the meet expenses policy is available [here](#) to allow an informed decision to be made on whether to volunteer.

Event Information

- Gender categories are Male/Open or Female
 - 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.
 - Entrants can only compete in one gender category for the duration of the meet.
- 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, 14/15, 16/Over).
- Time only swims may be accepted at the entry manager's discretion should a swimmer wish to enter who has a ranked time faster than the above. In this case no medal will be awarded and the swimmer will not receive a placing on the results - the time will be submitted to rankings.
- A secondary strobe will be available if requested.

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. A DBS checked adult with a Poolside Pass.

Coaches are requested to inform the recorders, no later than 60 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 marshalling area in time for the start of the race.

Neither South Tyneside SC, nor South Tyneside Council, can be held responsible for loss or damage to spectator's or swimmer's property. **Swimmers are requested to use the lockers, correctly, for all non-essential items (£1.00 returnable) as space on poolside is limited. A no outdoor footwear policy exists in the changing village and on poolside. We ask that you please inform your swimmers in advance of the gala so they can come prepared to comply with these requests.**

In line with the latest Swim England safeguarding policy and Wavepower, **the use of mobile phones or any photography/recording equipment is strictly prohibited anywhere within the changing village.**



SOUTH TYNESIDE SWIMMING CLUB

Spring Meet Information

Haven Point, South Shields, 22nd-24th May 2026

This meet is licensed by SENE as Level 3 (3NE260909)

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 may apply. Please note that seating is limited.

Further spectator information will be shared nearer the event.



Provisional Schedule (all times are estimates)

Session 1	Fri 22 nd May 2026			Warm-up 5:30pm Start 6:00pm
Event 101	800m Freestyle	Mixed	11/Over	
Event 102	1500m Freestyle	Mixed	11/Over	

Session 2	Sat 23 rd May 2026 AM			Warm-up & Start TBC
Event 201	100m I.M.	Male/Open	9/Over	
Event 202	200m I.M.	Female	9/Over	
Event 203	200m Freestyle	Male/Open	9/Over	
Event 204	50m Butterfly	Female	9/Over	
Event 205	50m Backstroke	Male/Open	9/Over	
Event 206	200m Breaststroke	Female	9/Over	
Event 207	100m Butterfly	Male/Open	9/Over	
Event 208	100m Backstroke	Female	9/Over	

Session 3	Sat 23 th May 2026 PM			Warm-up & Start TBC
Event 301	400m Freestyle	Male/Open	10/Over	
Event 302	200m Butterfly	Female	9/Over	
Event 303	50m Freestyle	Male/Open	9/Over	
Event 304	50m Breaststroke	Female	9/Over	
Event 305	200m Backstroke	Male/Open	9/Over	
Event 306	100m Freestyle	Female	9/Over	
Event 307	100m Breaststroke	Male/Open	9/Over	

Session 4	Sun 24 th May 2026 AM			Warm-up & Start TBC
Event 401	100m I.M.	Female	9/Over	
Event 402	200m I.M.	Male/Open	9/Over	
Event 403	200m Freestyle	Female	9/Over	
Event 404	50m Butterfly	Male/Open	9/Over	
Event 405	50m Backstroke	Female	9/Over	
Event 406	200m Breaststroke	Male/Open	9/Over	
Event 407	100m Butterfly	Female	9/Over	
Event 408	100m Backstroke	Male/Open	9/Over	

Session 5	Sun 24 th May 2026 PM			Warm-up & Start TBC
Event 501	400m Freestyle	Female	10/Over	
Event 502	200m Butterfly	Male/Open	9/Over	
Event 503	50m Freestyle	Female	9/Over	
Event 504	50m Breaststroke	Male/Open	9/Over	
Event 505	200m Backstroke	Female	9/Over	
Event 506	100m Freestyle	Male/Open	9/Over	
Event 507	100m Breaststroke	Female	9/Over	



SUMMARY SHEET:

Club Name:**Contact Name:****Address:****Telephone:****Email:**

Entry Type	Electronic / Paper	50m/100m/200m/400m Events			800m/1500m Events			Grand Total
		Qty	Price	Total	Qty	Price	Total	
Male/Open	Electronic		£7.50			£10.00		
	Paper		£8.00			£11.00		
Female	Electronic		£7.50			£10.00		
	Paper		£8.00			£11.00		
Poolside Passes			£20.00					

Please make **cheques** payable to SOUTH TYNESIDE SWIMMING CLUB and contact us if you need a postal address to send this too.

If **paying on online** please email entrymanager@stswim79.co.uk with date of transfer and reference, and attach a completed Summary Sheet, an electronic version is available on the event page on our website.

Account Name: South Tyneside Swimming Club

Sort Code: 20 80 47

Account Number: 30434280

Ref: SM25 followed by your club name/code

Entry Files and all queries should be emailed to:Craig Brotherton entrymanager@stswim79.co.uk



Upper Qualifying Times

Swimmers must not have ranked times faster than the above
in the time period since 1st January 2025

Male/Open								Female						
9 years	10 years	11 years	12 years	13 years	14/15 yrs	16/over	Event	9 years	10 years	11 years	12 years	13 years	14/15 yrs	16/over
NO UPPER QUALIFYING TIME							50 Free	NO UPPER QUALIFYING TIME						
01:16.0	01:07.0	01:03.0	00:57.0	00:55.0	00:53.0	00:53.0	100 Free	01:13.0	01:03.0	01:00.0	00:59.0	00:57.0	00:55.0	00:54.0
02:45.0	02:23.0	02:15.0	02:09.0	02:01.0	01:56.0	01:54.0	200 Free	02:40.0	02:18.0	02:11.0	02:09.0	02:04.0	02:02.0	02:00.0
	04:00.0	04:00.0	04:00.0	04:00.0	04:00.0	04:00.0	400 Free		04:10.0	04:10.0	04:10.0	04:10.0	04:10.0	04:10.0
		08:45.0	08:40.0	08:35.0	08:30.0	08:25.0	800 Free			08:50.0	08:45.0	08:40.0	08:35.0	08:30.0
		16:45.0	16:40.0	16:35.0	16:30.0	16:25.0	1500 Free			17:00.0	16:50.0	16:45.0	16:35.0	16:30.0
NO UPPER QUALIFYING TIME							50 Back	NO UPPER QUALIFYING TIME						
01:30.0	01:15.0	01:13.0	01:10.0	01:04.0	01:00.0	00:58.0	100 Back	01:21.0	01:12.0	01:07.0	01:06.0	01:04.0	01:02.0	01:00.0
03:07.0	02:40.0	02:36.0	02:27.0	02:17.0	02:12.0	02:08.0	200 Back	02:59.0	02:35.0	02:25.0	02:20.0	02:16.0	02:14.0	02:10.0
NO UPPER QUALIFYING TIME							50 Breast	NO UPPER QUALIFYING TIME						
01:39.0	01:30.0	01:20.0	01:12.0	01:07.0	01:05.0	01:04.0	100 Breast	01:37.0	01:24.0	01:17.0	01:15.0	01:12.0	01:10.0	01:08.0
03:20.0	03:10.0	02:55.0	02:37.0	02:31.0	02:23.0	02:20.0	200 Breast	03:25.0	03:03.0	02:47.0	02:40.0	02:36.0	02:32.0	02:30.0
NO UPPER QUALIFYING TIME							50 Fly	NO UPPER QUALIFYING TIME						
01:26.0	01:17.0	01:13.0	01:06.0	01:00.0	00:56.0	00:55.0	100 Fly	01:28.0	01:14.0	01:08.0	01:06.0	01:04.0	01:02.0	01:00.0
03:10.0	02:47.0	02:37.0	02:30.0	02:19.0	02:03.0	02:01.0	200 Fly	03:15.0	02:53.0	02:36.0	02:32.0	02:24.0	02:16.0	02:12.0
01:28.0	01:17.0	01:13.0	01:10.0	01:06.0	00:59.0	00:56.0	100 I.M.	01:29.0	01:16.0	01:08.0	01:07.0	01:05.0	01:04.0	01:02.0
02:58.0	02:36.0	02:34.0	02:25.0	02:13.0	02:05.0	02:01.0	200 I.M.	02:58.0	02:36.0	02:26.0	02:24.0	02:20.0	02:10.0	02:05.0