**TYNEMOUTH AMATEUR SWIMMING CLUB**

**Last Chance NER Qualifier**

**@ Tynemouth Pool**

**31st March- 2nd April 2023**

|  |  |  |  |
| --- | --- | --- | --- |
| **Session 1 – 31st March** | | | |
| Warm-up: 17:45 | | Start: 18:15 | |
| **Event** | **Male/Female** | **Distance** | **Stroke** |
| 101 | Mixed (11+) | 800 | Free |
| 102 | Mixed (11+) | 1500 | Free |

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Session 2 – 1st April** | | | | | **Session 4 – 2nd April** | | | | | |
| Warm-up: 8:00 | | Start: 9:00 | | | Warm-up: 8:00 | | | Start: 9:00 | | |
| **Event** | **Male/Female** | **Distance** | **Stroke** | | **Event** | **Male/Female** | | **Distance** | **Stroke** | |
| 201 | Female (11+) | 400 | IM | | 401 | Male (11+) | | 400 | IM | |
| 202 | Male | 100 | Fly | | 402 | Female | | 100 | Back | |
| 203 | Female | 100 | Fly | | 403 | Male | | 100 | Back | |
| 204 | Male | 50 | Back | | 404 | Female | | 50 | Breast | |
| 205 | Female | 50 | Back | | 405 | Male | | 50 | Breast | |
| 206 | Male | 200 | Breast | | 406 | Female | | 200 | Back | |
| 207 | Female | 200 | Fly | | 407 | Male | | 200 | Fly | |
| 208 | Male | 200 | Free | | 408 | Female | | 200 | Free | |
| **Session 3 – 1st April** | | | | | **Session 5 – 2nd April** | | | | | |
| Warm-up: TBC | | Start: TBC | | | Warm-up: TBC | | | Start: TBC | | |
| **Event** | **Male/Female** | **Distance** | | **Stroke** | **Event** | | **Male/Female** | **Distance** | | **Stroke** | |
| 301 | Male (11+) | 400 | | Free | 501 | | Female (11+) | 400 | | Free | |
| 302 | Female | 100 | | Breast | 502 | | Male | 50 | | Fly | |
| 303 | Male | 100 | | Breast | 503 | | Female | 50 | | Fly | |
| 304 | Female | 50 | | Free | 504 | | Male | 100 | | Free | |
| 305 | Male | 50 | | Free | 505 | | Female | 100 | | Free | |
| 306 | Female | 200 | | Breast | 506 | | Male | 200 | | Back | |
| 307 | Male | 100 | | IM | 507 | | Female | 100 | | IM | |
| 308 | Female | 200 | | IM | 508 | | Male | 200 | | IM | |

This is a **first come first served** gala. **Entries are accepted from 08:00 on Thursday 2nd March 2023.** The deadline for entries is 23:59 on Wednesday 15th March 2023.



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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 – **3NE230387**
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 9, 10, 11, 12, 13, 14+. **Age as at 2nd April 2023**.
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.
9. Swimmers must not have swum faster than the **upper qualifying times** since 1st September 2021. 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. This is a **first come first served** gala. **Entries are accepted from 08:00 on Thursday 2nd March 2023.** The meet will close when the entry list is full or at **23:59 on Wednesday 15th March 2023,** whichever is the sooner. Entries may be further restricted to comply with session limits. Tynemouth ASC reserves the right to fill any empty places with its own eligible swimmers.
11. Entries Fees are as follows:

Per event £7.00 (all swims up to and including 400m)

Per event £9.00 (for 800m & 1500m)

Coaches passes £20.00 to include start lists & lunch (Saturday and Sunday only)

1. **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**.
2. BACS payment should be made at the time of submitting the entry file to **Barclays bank,** **sort code: 20-62-09, account no: 70947512** – please use as a reference your **club code + MAR 2023**
3. 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.
4. 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.
5. 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.
6. Tynemouth ASC cannot be held responsible for loss or damage to spectators’ or swimmers’ property.
7. Access to poolside will be restricted to swimmers, coaches, officials and authorised helpers in line with the SE Child Protection Policy.
8. The Lead Referee for this event will be Paula Gibbons-Fewster.The referee’s decision is final.
9. **Spectator admission will be £5.00 per session, £8.00 for the day or £14 for a weekend pass.** Spectator spaces are restricted to 250 and entry to the gallery is on a 1st arrival basis.
10. 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.
11. By entering this gala, it is assumed a swimmer accepts these terms & conditions.
12. Any points not covered above will be at the discretion of the meet organisers.

**Last Chance NER Qualifier 2023**

**Upper Qualifying Times**

|  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Female** | | | | | |  | **Male** | | | | | |
| **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** | **13 Yrs** | **14+** | **Event** | **9 Yrs** | **10 Yrs** | **11 Yrs** | **12 Yrs** | **13 Yrs** | **14+** |
| 34.00 | 32.00 | 30.00 | 29.00 | 28.00 | 26.50 | **50 Free** | 34.00 | 31.00 | 28.00 | 26.00 | 25.00 | 24.00 |
| 1.20.00 | 1.10.00 | 1.05.00 | 1.02.00 | 59.00 | 58.00 | **100 Free** | 1.18.00 | 1.08.00 | 1.00.00 | 58.00 | 55.00 | 53.00 |
| 2.44.00 | 2.28.00 | 2.19.00 | 2.12.00 | 2.07.00 | 2.05.00 | **200 Free** | 2.42.00 | 2.27.00 | 2.11.00 | 2.05.00 | 2.00.00 | 1.56.00 |
|  |  | 5.00.00 | 4.43.00 | 4.34.00 | 4.35.00 | **400 Free** |  |  | 4.45.00 | 4.30.00 | 4.19.00 | 4.10.00 |
|  |  | 8.45.00 | 8.40.00 | 8.35.00 | 8.30.00 | **800 Free** |  |  | 8.45.00 | 8.40.00 | 8.35.00 | 8.30.00 |
|  |  | 16.45.00 | 16.40.00 | 16.35.00 | 16.30.00 | **1500 Free** |  |  | 16.45.00 | 16.40.00 | 16.35.00 | 16.30.00 |
| 39.00 | 37.00 | 35.00 | 33.00 | 31.00 | 30.00 | **50 Back** | 39.00 | 36.00 | 32.00 | 30.00 | 28.00 | 27.00 |
| 1.29.00 | 1.20.00 | 1.14.00 | 1.10.00 | 1.05.00 | 1.03.00 | **100 Back** | 1.28.00 | 1.19.00 | 1.08.00 | 1.04.00 | 1.01.00 | 58.00 |
| 3.02.00 | 2.47.00 | 2.35.00 | 2.27.00 | 2.20.00 | 2.17.00 | **200 Back** | 3.01.00 | 2.45.00 | 2.26.00 | 2.18.00 | 2.12.00 | 2.06.00 |
| 45.00 | 41.00 | 39.00 | 37.00 | 35.00 | 34.00 | **50 Brst** | 45.00 | 41.00 | 36.00 | 34.00 | 32.00 | 30.00 |
| 1.40.00 | 1.30.00 | 1.24.00 | 1.19.00 | 1.1400 | 1.11.00 | **100 Brst** | 1.40.00 | 1.30.00 | 1.18.00 | 1.14.00 | 1.10.00 | 1.07.00 |
| 3.31.00 | 3.12.00 | 2.59.00 | 2.49.00 | 2.39.00 | 2.32.00 | **200 Brst** | 3.29.00 | 3.12.00 | 2.48.00 | 2.38.00 | 2.31.00 | 2.23.00 |
| 39.00 | 35.00 | 34.00 | 32.00 | 30.00 | 29.00 | **50 Fly** | 38.00 | 35.00 | 31.00 | 29.00 | 28.00 | 26.00 |
| 1.30.00 | 1.20.00 | 1.14.00 | 1.09.00 | 1.05.00 | 1.03.00 | **100 Fly** | 1.30.00 | 1.20.00 | 1.08.00 | 1.04.00 | 1.01.00 | 57.00 |
| 3.27.00 | 2.58.00 | 2.42.00 | 2.30.00 | 2.22.00 | 2.17.00 | **200 Fly** | 3.25.00 | 2.55.00 | 2.30.00 | 2.22.00 | 2.15.00 | 2.08.00 |
| 1.20.00 | 1.18.00 | 1.16.00 | 1.14.00 | 1.10.00 | 1.05.00 | **100 IM** | 1.20.00 | 1.18.00 | 1.16.00 | 1.14.00 | 1.10.00 | 1.05.00 |
| 3.07.00 | 2.50.00 | 2.39.00 | 2.30.00 | 2.24.00 | 2.21.00 | **200 IM** | 3.05.00 | 2.49.00 | 2.29.00 | 2.21.00 | 2.15.00 | 2.10.00 |
|  |  | 5.40.00 | 5.20.00 | 5.06.00 | 5.00.00 | **400 IM** |  |  | 5.20.00 | 5.00.00 | 4.50.00 | 4.36.00 |

# Swimmers must not have ranked times faster than the above in the time period since 1st September 2021



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SUMMARY OF ENTRIES

**CLUB** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CONTACT NAME** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ADDRESS** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**TEL NO**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**E-MAIL**  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Female Entries** \_\_\_\_\_ @ £7.00 £ \_\_\_\_\_\_\_\_\_\_\_\_

**Female Entries** \_\_\_\_\_ @ £9.00 £ \_\_\_\_\_\_\_\_\_\_\_\_

**Male Entries**  \_\_\_\_\_ @ £7.00 £ \_\_\_\_\_\_\_\_\_\_\_\_

**Male Entries**  \_\_\_\_\_ @ £9.00 £ \_\_\_\_\_\_\_\_\_\_\_\_

**Coaches Pass**  \_\_\_\_\_ @ £20.00 £ \_\_\_\_\_\_\_\_\_\_\_\_

**Total Entry Fee Enclosed £ \_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |

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

**Bank Details:- Barclays bank, sort code: 20-62-09, account no: 70947512, ref: your club code + MAR2023**