

**South Tyneside SC**  
**September Meet Information**  
**18th & 19th September 2010**  
**at**  
**Hebburn Swimming Pool**

This meet is licensed by ASANER Level 3.

Pool length 25m, Separate swim down facility, 6 Lanes, Competitor Lane Lines, Colorado Electronic Timing.

Entry times should be converted to 25m pool length.

**Swimmers' full date of birth must be included on the entry form.**

An upper qualifying standard of National Qualifying times for each event is being used. Swimmers must not have swum faster than the upper qualifying times prior to this event. **The 400 freestyle is an open event and is only open to the fastest 30 swimmers of each gender regardless of age.**

Heats will be seeded according to submitted entry times.

**Entries which are not countersigned by an official from the swimmer's club will be returned.**

South Tyneside SC will **NOT** be responsible for any unaccompanied swimmers on the 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 coach's pass

**ALL EVENTS ARE HEAT DECLARED WINNER.**

Age as at 19 September 2010.

In each event, awards will be made to the fastest three swimmers in each Age Group (9, 10, 11, 12, 13, 14/OVER).

Individual entries: Paper £4.50 per event. (50p donated to Action For Children)

Sportssystem entry files: £4.00 per event.

Coaches' Passes: £12.00 each – includes programme, results sheets and lunch.

Cheques payable to: **"SOUTH TYNESIDE SC"**

Entries should be made on the official entry forms or on a compiled entry disk and returned, enclosing an A4 SAE, accompanied by the entry fees to:

**SOUTH TYNESIDE SC**  
**P Powell**  
**Blencathra**  
**North Road**  
**Dipton**  
**Co Durham**  
**DH9 9BB**

Closing date: 3<sup>rd</sup> September 2010. For an entry disk please see the Entries Summary Sheet.

The organisers reserve the right to restrict the numbers of entries to ensure the completion of the meet as scheduled. **Poolside entries will be accepted only if there are empty lanes 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.**

**No entry cards will be issued.** Seeded heat start lists will be produced prior to the start time of the session. Coaches are requested to inform the recorders, no later than 30 minutes prior to the session start time, of any of their swimmers who intend withdrawing from an event. 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 spectators or swimmer's property. Swimmers are advised to use the lockers (20p returnable) in the changing rooms and not to leave belongings lying around unattended or lockers open.

Spectators: There is a large free car park situated outside the pool.

The café in the pool will be open for the sale of hot and cold food and drinks.

Please note that seating is limited.