



# **Sprint Meet 2014**

**Sunday 12<sup>th</sup> January**

**at**

**Haven Point**

**ASANER Level 3**

**Licence No: TBC**





## Sprint Meet Information Haven Point, South Shields 12<sup>th</sup> January 2014

This meet is licensed by **ASANER** as **Level 3**

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### Pool Information

Pool length 25m  
8 Lanes

Competitor Lane Lines  
Omega OSB12 starting platforms

Omega Electronic Timing  
Separate swim down facility

### Entry Information

- Age as at **12<sup>th</sup> January 2014**.
- Each swimmer's full date of birth **must** be included on the entry form.
- Entries which are not countersigned by an official from the swimmer's club **will be returned**.
- Entry times are **Short Course** (25m). Long Course (50m) times **must** be converted.
- Entries will not be accepted from swimmers who have swum faster than the enclosed cut off times.
- Sportsystem entry files: **£4.50** per event. Paper entries: **£5.00** per event.
- Coaches Passes: **£12.00** each – includes programme, start sheets and lunch. A copy of the results will be emailed to all clubs after the meet.
- Electronic Entry is preferred and the Entry File will be available via the Event Page on our website. This should be emailed to [philip@blencathra.org.uk](mailto:philip@blencathra.org.uk)
- Entry reports should be returned, accompanied by a completed consolidation form and the relevant entry fees to: **South Tyneside SC, Mr P Powell, Blencathra, North Road, Dipton, Co Durham, DH9 9BB**. Cheques payable to STSC.
- **Payment must be received within 5 days of the closing date.**
- Closing date for entries:- **Friday 20<sup>th</sup> December 2013**.

The organisers reserve the right to restrict the numbers of entries to ensure the completion of the meet as scheduled. **Poolside entries, at a cost of £5.00, may be accepted subject to space being available 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.

### Event Information

- 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/Over).
- Qualification for Skins events will be through the 200IM. Overall fastest 8 female and 8 male swimmers from each age group, 11/Under and 12/Over, will compete. Cash awards will be presented to the final 3 swimmers in each age group.

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. An adult with a coaches pass.

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. 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 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 spectator's or swimmer's property. Swimmers are requested to use the lockers (£1.00 returnable) as space on poolside is limited.

### Spectator Information

Haven Point is situated on the sea front at South Shields. The address is Pier Parade, South Shields, NE33 2JS. Telephone: 0191 424 7800. There is ample parking available near the pool. Winter tariff applies.



## Sprint Meet Schedule of Events

12<sup>th</sup> January 2014

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### Session 1 Sunday 12<sup>th</sup> January 2014

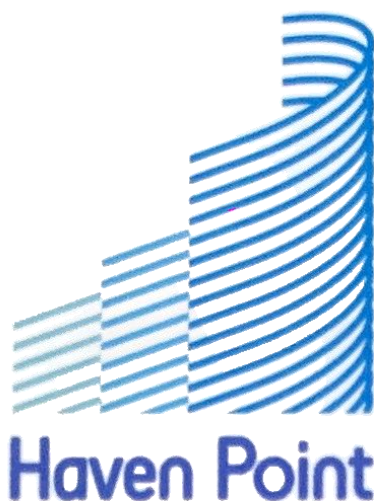
Warm-up **8.30a.m.** Start **9.30a.m.**

Event 1	<b>200m I.M.</b>	Male	9/over
Event 2	<b>50m Backstroke</b>	Female	9/Over
Event 3	<b>50m Butterfly</b>	Male	9/Over
Event 4	<b>50m Breaststroke</b>	Female	9/Over
Event 5	<b>50m Freestyle</b>	Male	9/Over
Event 6	<b>Skins</b>	Male	11/Under and 12/Over

### Session 2 Sunday 12<sup>th</sup> January 2014

Warm-up **12.30p.m.** Start **13.30p.m.**

Event 7	<b>200m I.M.</b>	Female	9/over
Event 8	<b>50m Backstroke</b>	Male	9/Over
Event 9	<b>50m Butterfly</b>	Female	9/Over
Event 10	<b>50m Breaststroke</b>	Male	9/Over
Event 11	<b>50m Freestyle</b>	Female	9/Over
Event 12	<b>Skins</b>	Female	11/Under and 12/Over





## **Skins Rules**

The Skins will consist of 8 female swimmers and 8 male from each age group: 11/Under and 12/Over. Swimmers will be allocated lanes based on results of 200m IM heats and must remain in that lane for the duration of the skins.

The 2 age groups will run concurrently at the end of each session.

The first round of each the skins will be started in the normal manner. The younger age group swimmers going first, the older competitors will start 90 seconds later.

After the first rounds of both age groups, all subsequent heats will be started as follows:-

10 seconds before the start, the official starting the race will inform the competitors '**10 seconds swimmers**'

The signal to GO will be a single blast of the Starter's klaxon – there will be no other verbal instructions. (If the klaxon fails, a single whistle blow will indicate GO)

Each round of the skins will be at three minute intervals i.e. 11/Under yrs round ---- 90 seconds later 12/Over yrs round start ---- 90 seconds later 11/Under yrs round ---- 90 seconds later 12/Over yrs round start ---- etc.

In the event that a swimmer is adjudged to have committed a false start or any other infringement under ASA Technical Rules, then that swimmer (or swimmers) will be the "eliminated" swimmer from that heat, regardless of the finishing positions.

The stroke for the first heat of each Skins will be drawn out of the bag by the organisers prior to the start. The stroke for each subsequent heat will be drawn from the bag by the eliminated swimmer from the previous heat.

For the stroke draw, a colour will determine each stroke.

Butterfly	YELLOW
Backstroke	BLUE
Breaststroke	RED
Frontcrawl	GREEN

In the event of a dead heat for last position in a heat of the Skins, both swimmers will be eliminated.

All decisions on placings will be made by the referee and any other matters not covered above will be managed by the promoters.





## Sprint Meet Consolidated Entry Form

Closing date Friday 20<sup>th</sup> December 2013

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Club Name: \_\_\_\_\_

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

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Email: \_\_\_\_\_

Entry Type	Electronic/Paper	Qty	Price	Total
Male	Electronic		@ £4.50 each	
Male	Paper		@ £5.00 each	
Female	Electronic		@ £4.50 each	
Female	Paper		@ £5.00 each	
Coaches Passes			@ £12.00 each	
			<b>Final Total</b>	<b>£</b>

Please make all cheques payable to:

**SOUTH TYNESIDE SC**

**Payment must be received within**

**5 days of the closing date.**

Return all entries by the closing date to:

SOUTH TYNESIDE SC

P Powell  
Blencathra  
North Road  
Dipton  
Co Durham  
DH9 9BB

If you have any queries please contact:

Philip Powell

Telephone:

01207 571427

Email:

[philip@blencathra.org.uk](mailto:philip@blencathra.org.uk)

**On behalf of the above club, I declare that ALL swimmers entered are eligible competitors under ASA Law.**

**Signed:** \_\_\_\_\_



## Sprint Meet Qualifying Times - REVISED

Age as at 12<sup>th</sup> January 2014

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### Upper Qualifying Times

Boys						EVENT	Girls					
9 years	10 years	11 years	12 years	13 years	14/Over		9 years	10 years	11 years	12 years	13 years	14/Over
00:34.0	00:32.0	00:30.0	00:28.0	00:27.0	00:25.0	<b>50 Free</b>	00:35.0	00:32.0	00:31.0	00:30.0	00:28.0	00:27.0
00:40.0	00:37.0	00:35.0	00:34.0	00:32.0	00:28.0	<b>50 Back</b>	00:40.0	00:37.0	00:35.0	00:34.0	00:32.0	00:31.0
00:46.0	00:42.0	00:40.0	00:38.0	00:36.0	00:29.0	<b>50 Breast</b>	00:45.0	00:42.0	00:39.0	00:38.0	00:36.0	00:35.0
00:39.0	00:36.0	00:34.0	00:33.0	00:31.0	00:25.0	<b>50 Fly</b>	00:40.0	00:36.0	00:34.0	00:33.0	00:32.0	00:29.0
03:10.0	02:54.0	02:31.0	02:31.0	02:22.0	02:16.0	<b>200 I.M.</b>	03:12.0	02:54.0	02:31.0	02:31.0	02:26.0	02:23.0

Swimmers **must not** have swum faster than the upper qualifying times prior to this event.