



**Spring Meet**  
**27<sup>th</sup> and 28<sup>th</sup> April 2019**  
**at**  
**Haven Point**

**ASANER Level 3**  
**Licence No: TBC**



**clubmark**

**SwimMark**  
ESSENTIAL CLUB





## Spring Meet Information Haven Point, South Shields 27<sup>th</sup> & 28<sup>th</sup> April 2019

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  
Backstroke Ledges  
Omega Electronic Timing

Separate swim down facility

### Entry Information

- Age as at **28<sup>th</sup> April 2019**
- 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.
- **400m Freestyle is open to swimmers age 10/Over only**. The number of heats in this event may be restricted.
- Entries will not be accepted from swimmers who have swum faster than the enclosed cut off times.
- SportSystem entry file: **£5.00** per event. Paper entries: **£5.50** per event.
- Poolside Passes: **£15.00** 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.
- 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](mailto:entrymanager@stswim79.co.uk) along with Entry Reports and completed Summary Sheet.
- Payment by cheque should be posted to **South Tyneside SC, c/o Gary Kirsop, 19 Durham Drive, JARROW, NE32 4TF** 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. An electronic version of this is available on the event page on our club website. **Payments should be received within 5 days of the closing date.**
- Closing date for entries: **Monday 25th March 2019.**

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 £6.00, 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).

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 Poolside Pass.

Coaches are requested to inform the recorders, no later than 45 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 MBC, 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 and this will be enforced. We ask that you please inform your swimmers in advance of the gala so they can come prepared to comply with these requests.**

### 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 apply. Please note that seating is limited. There is a café within Haven Point.

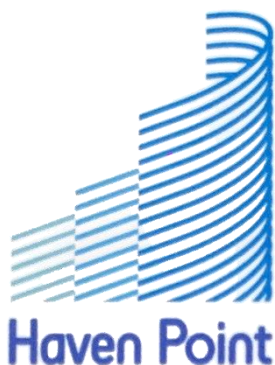


## Spring Meet Schedule of Events

27<sup>th</sup> & 28<sup>th</sup> April 2019

This meet is licensed by ASANER as Level 3

<b>Session 1</b> Saturday 27 <sup>th</sup> April 2019			Warm-up <b>8.00a.m.</b> Start <b>9.00a.m.</b>
Event 1	<b>100m I.M.</b>	Male	9/Over
Event 2	<b>200m I.M.</b>	Female	9/Over
Event 3	<b>200m Freestyle</b>	Male	9/Over
Event 4	<b>50m Butterfly</b>	Female	9/Over
Event 5	<b>50m Backstroke</b>	Male	9/Over
Event 6	<b>200m Breaststroke</b>	Female	9/Over
Event 7	<b>100m Butterfly</b>	Male	9/Over
Event 8	<b>100m Backstroke</b>	Female	9/Over
<b>Session 2</b> Saturday 27 <sup>th</sup> April 2019			Warm-up <b>TBC</b> Start <b>TBC</b>
Event 9	<b>400m Freestyle</b>	Male	10/Over
Event 10	<b>200m Butterfly</b>	Female	9/Over
Event 11	<b>50m Freestyle</b>	Male	9/Over
Event 12	<b>50m Breaststroke</b>	Female	9/Over
Event 13	<b>200m Backstroke</b>	Male	9/Over
Event 14	<b>100m Freestyle</b>	Female	9/Over
Event 15	<b>100m Breaststroke</b>	Male	9/Over
<b>Session 3</b> Sunday 28 <sup>th</sup> April 2019			Warm-up <b>8.00a.m.</b> Start <b>9.00a.m.</b>
Event 16	<b>100m I.M.</b>	Female	9/Over
Event 17	<b>200m I.M.</b>	Male	9/Over
Event 18	<b>200m Freestyle</b>	Female	9/Over
Event 18	<b>50m Butterfly</b>	Male	9/Over
Event 20	<b>50m Backstroke</b>	Female	9/Over
Event 21	<b>200m Breaststroke</b>	Male	9/Over
Event 22	<b>100m Butterfly</b>	Female	9/Over
Event 23	<b>100m Backstroke</b>	Male	9/Over
<b>Session 4</b> Sunday 28 <sup>th</sup> April 2019			Warm-up <b>TBC</b> Start <b>TBC</b>
Event 24	<b>400m Freestyle</b>	Female	10/Over
Event 25	<b>200m Butterfly</b>	Male	9/Over
Event 26	<b>50m Freestyle</b>	Female	9/Over
Event 27	<b>50m Breaststroke</b>	Male	9/Over
Event 28	<b>200m Backstroke</b>	Female	9/Over
Event 29	<b>100m Freestyle</b>	Male	9/Over
Event 30	<b>100m Breaststroke</b>	Female	9/Over





**Spring Meet Entry Form**  
 Closing Date **25<sup>th</sup> March 2019**  
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<b>Club:</b>	<b>Male/Female (delete as applicable)</b>
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Name	Full date of birth	Freestyle				Backstroke			Breaststroke			Butterfly			I.M.	I.M.
		50	100	200	400	50	100	200	50	100	200	50	100	200	100	200



Club Name: \_\_\_\_\_  
Contact Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
\_\_\_\_\_  
Telephone: \_\_\_\_\_  
Email: \_\_\_\_\_

Entry Type	Electronic/Paper	Qty	Price	Total
Male	Electronic		@ £5.00 each	
Male	Paper		@ £5.50 each	
Female	Electronic		@ £5.00 each	
Female	Paper		@ £5.50 each	
Poolside Passes			@ £15.00 each	
			<b>Final Total</b>	<b>£</b>

Please make **cheques** payable to SOUTH TYNESIDE SWIMMING CLUB and send along with a completed Summary Sheet to: South Tyneside SC, c/o Gary Kirsop, 19 Durham Drive, JARROW, NE32 4TF.

If **paying on online** please email [galasec@stswim79.co.uk](mailto:galasec@stswim79.co.uk) with date of transfer and reference used (see below) and attach a completed Summary Sheet, an electronic version is available on the event page on our website.

Bank: Barclays (South Shields)  
Sort Code: 20 80 47  
Account: 30434280  
Ref: SM followed by your club initials

**Payment should be  
made within 5 days of  
the closing date.**

**Please note Entry Files and all entry queries should be emailed to:**

Craig Brotherton      [entrymanager@stswim79.co.uk](mailto:entrymanager@stswim79.co.uk)

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

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



## 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
00:32.0	00:29.0	00:27.0	00:26.0	00:24.0	00:22.0	<b>50 Free</b>	00:32.0	00:29.0	00:27.0	00:25.0	00:25.0	00:24.0
01:13.0	01:05.0	00:59.0	00:57.0	00:53.0	00:49.0	<b>100 Free</b>	01:12.0	01:06.0	01:01.0	00:58.0	00:56.0	00:54.0
02:39.0	02:18.0	02:11.0	02:08.0	01:56.0	01:50.0	<b>200 Free</b>	02:38.0	02:22.0	02:14.0	02:06.0	02:03.0	01:56.0
No swim	04:00.0 (number of heats may be restricted)					<b>400 Free</b>	No swim	04:10.0 (number of heats may be restricted)				
00:36.0	00:35.0	00:32.0	00:29.0	00:27.0	00:24.0	<b>50 Back</b>	00:39.0	00:31.0	00:31.0	00:30.0	00:28.0	00:27.0
01:22.0	01:12.0	01:08.0	01:04.0	01:00.0	00:53.0	<b>100 Back</b>	01:22.0	01:13.0	01:08.0	01:01.0	01:00.0	01:00.0
02:49.0	02:35.0	02:28.0	02:22.0	02:08.0	02:03.0	<b>200 Back</b>	02:55.0	02:33.0	02:27.0	02:13.0	02:07.0	02:06.0
00:43.0	00:39.0	00:36.0	00:33.0	00:30.0	00:28.0	<b>50 Breast</b>	00:43.0	00:39.0	00:36.0	00:32.0	00:32.0	00:30.0
01:32.0	01:26.0	01:20.0	01:11.0	01:07.0	01:01.0	<b>100 Breast</b>	01:36.0	01:22.0	01:18.0	01:12.0	01:11.0	01:07.0
03:24.0	03:02.0	02:55.0	02:36.0	02:26.0	02:15.0	<b>200 Breast</b>	03:16.0	02:59.0	02:49.0	02:39.0	02:32.0	02:26.0
00:37.0	00:32.0	00:30.0	00:28.0	00:27.0	00:23.0	<b>50 Fly</b>	00:35.0	00:32.0	00:30.0	00:28.0	00:28.0	00:26.0
01:21.0	01:15.0	01:11.0	01:04.0	00:59.0	00:53.0	<b>100 Fly</b>	01:21.0	01:14.0	01:08.0	01:01.0	01:01.0	00:57.0
03:21.0	02:47.0	02:33.0	02:27.0	02:10.0	02:01.0	<b>200 Fly</b>	03:33.0	02:46.0	02:36.0	02:24.0	02:18.0	02:07.0
01:22.0	01:16.0	01:11.0	01:05.0	01:02.0	01:57.0	<b>100 I.M.</b>	01:24.0	01:16.0	01:13.0	01:06.0	01:04.0	01:03.0
02:54.0	02:42.0	02:33.0	02:21.0	02:14.0	02:01.0	<b>200 I.M.</b>	03:01.0	02:42.0	02:32.0	02:19.0	02:19.0	02:10.0

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