



Spring Meet
16th and 17th May 2020
at
Haven Point

SE Level 3
Licence No: TBC



clubmark

SwimMark
ESSENTIAL CLUB

Swim
England



Spring Meet Information

Haven Point, South Shields

16th & 17th May 2020

This meet is licensed by SENE as Level 3

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 **17th May 2020**.
- 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.
- All entries to swim must have an entry time for seeding purposes. Coaches realistic times are acceptable.
- **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 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 20th April 2020**.

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.

Event Information

- Heats will be seeded according to submitted entry times. All events are **Heat Declared Winner**.
- A secondary strobe will not be available.
- 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

16th & 17th May 2020

This meet is licensed by SENE as Level 3

Session 1 Saturday 16 th May 2020			Warm-up 8.00a.m. Start 9.00a.m.	
Event 1	100m I.M.	Male	9/Over	
Event 2	200m I.M.	Female	9/Over	
Event 3	200m Freestyle	Male	9/Over	
Event 4	50m Butterfly	Female	9/Over	
Event 5	50m Backstroke	Male	9/Over	
Event 6	200m Breaststroke	Female	9/Over	
Event 7	100m Butterfly	Male	9/Over	
Event 8	100m Backstroke	Female	9/Over	
Session 2 Saturday 16 th May 2020			Warm-up TBC Start TBC	
Event 9	400m Freestyle	Male	10/Over	
Event 10	200m Butterfly	Female	9/Over	
Event 11	50m Freestyle	Male	9/Over	
Event 12	50m Breaststroke	Female	9/Over	
Event 13	200m Backstroke	Male	9/Over	
Event 14	100m Freestyle	Female	9/Over	
Event 15	100m Breaststroke	Male	9/Over	
Session 3 Sunday 17 th May 2020			Warm-up 8.00a.m. Start 9.00a.m.	
Event 16	100m I.M.	Female	9/Over	
Event 17	200m I.M.	Male	9/Over	
Event 18	200m Freestyle	Female	9/Over	
Event 18	50m Butterfly	Male	9/Over	
Event 20	50m Backstroke	Female	9/Over	
Event 21	200m Breaststroke	Male	9/Over	
Event 22	100m Butterfly	Female	9/Over	
Event 23	100m Backstroke	Male	9/Over	
Session 4 Sunday 17 th May 2020			Warm-up TBC Start TBC	
Event 24	400m Freestyle	Female	10/Over	
Event 25	200m Butterfly	Male	9/Over	
Event 26	50m Freestyle	Female	9/Over	
Event 27	50m Breaststroke	Male	9/Over	
Event 28	200m Backstroke	Female	9/Over	
Event 29	100m Freestyle	Male	9/Over	
Event 30	100m Breaststroke	Female	9/Over	





Spring Meet Entry Form
Closing Date **20th April 2020**
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Club:	Male/Female (delete as applicable)
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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



Spring Meet Summary Sheet
Closing Date **20th April 2020**
This meet is licensed by **SENE** as **Level 3**

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	
Final Total				£

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 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

On behalf of the above club, I declare that ALL swimmers entered are eligible competitors under Swim England Regulations and Technical Rules.

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	50 Free	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	100 Free	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	200 Free	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)					400 Free	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	50 Back	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	100 Back	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	200 Back	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	50 Breast	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	100 Breast	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	200 Breast	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	50 Fly	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	100 Fly	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	200 Fly	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	00:57.0	100 I.M.	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	200 I.M.	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.