**Autumn  
Sprint & Distance  
Meet 2023**

**hosted jointly by**

Peterlee ASC and Derwentside ASC

(Level 2 Meet - Licensed by ASANER 2NE231802)

at

The Louisa Centre, Stanley

7 - 8 October 2023

|  |  |
| --- | --- |
| **Saturday Session 1**  **Warmup 8:00am Start 9:00am** Event 101 Open/Male 09/Over 100m Butterfly  Event 102 Female 09/Over 100m Freestyle  Event 103 Open/Male 09/Over 50m Backstroke  Event 104 Female 09/Over 50m Butterfly  Event 105 Open/Male 09/Over 100m Breaststroke  Event 106 Female 09/Over 100m Backstroke  Event 107 Open/Male 09/Over 50m Freestyle  Event 108 Female 09/Over 50m Breaststroke Event 109 Open/Male 09/Over 100 IM | **Sunday Session 3 Warmup 8:00am Start 9:00am**  Event 201 Female 09/Over 100m Butterfly  Event 202 Open/Male 09/Over 100m Freestyle  Event 203 Female 09/Over 50m Backstroke  Event 204 Open/Male 09/Over 50m Butterfly  Event 205 Female 09/Over 100m Breaststroke  Event 206 Open/Male 09/Over 100m Backstroke  Event 207 Female 09/Over 50m Freestyle  Event 208 Open/Male 09/Over 50m Breaststroke Event 209 Female 09/Over 100 IM |
| Session 2  Warmup TBA  Event 201 Female 10/Over 400m Freestyle  Event 202 Open/Male 10/Over 400IM  Event 203 Mixed 10/Over 800m Freestyle | Session 4 Warm up TBA  Event 401 Open/Male 10/Over 400m Freestyle  Event 402 Female 10/Over 400IM  Event 403 Mixed 10/Over 1500m Freestyle |

Entries will OPEN at 8am on Tuesday 29th August 2023 & CLOSE on 23 September 2023

**Meet Conditions**

1. Held under ASA Laws & ASA Technical Rules.

2. Meet to be held at The Louisa Centre, Stanley – the Pool length is 25m of variable depth with 6

lanes & anti-wave lane ropes. A separate swim down facility will be available, a lifeguard will be

present for safety reasons. However, club coaches will be responsible for the behaviour of their

own swimmers. An external starting strobe facility will be available.  
  
3. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are

for information only.

4. Entries open **8am on 29th August 2023**  and will be closed on **23 September 2023**.

5. Swimmers will be permitted to compete for only one club during the meet.

6. The Female category is for birth sex females in accordance with Swim England’s Transgender and Non-Binary Competition Policy. By entering the ‘Female’ category, a swimmer confirms that their birth sex is female

7. If necessary, entry times should be converted to 25m pool times by use of ASA Conversion

Tables.

8. Entry times must be NO slower than the accompanying QTs and should be from Rankings.

9. Ages are as at **8th October 2023**.

10. Age groups/Events will be:

9 years: 50m, 100m: 100IM   
10/Over years: 50m, 100m, 400m, 800m & 1500m form strokes; 100IM & 400IM

All events will be Heat Declared Winner by Age Group (see item 14). 

11. Entry fees: £7.00 per 50m/100m/400m swim: £10 for 800/1500m swim    
\*Poolside entries will be £10 and only accepted if meet not full and at the discretion of the Meet Manager\*

12. A Poolside pass will cost £20.00 Weekend/£10 Day which includes start sheets and refreshments; Coaches and Team Managers will **NOT** be permitted on poolside without the necessary pass.

13. Entries must be submitted on the Entry Manager file.

Sportsystems Entry Manager fileshould be emailed to **galasec@peterleeasc.org.uk**

For **Online payment details**, please see summary sheet. A valid email address must be supplied for entry confirmation.

**cheques for entry fees** should be posted to: -  
-Kevin Hughes, 2 Meadowfield Way, Tanfield Lea, Stanley, Co Durham, DH9 9PG.   
Cheques should be made payable to "Derwentside ASC" Please include a Self-Addressed Envelope for entry confirmation.

14. The organisers reserve the right to limit entries. If the Meet is oversubscribed, entries will be rejected based on the slowest submitted times within each age group/event.

15. Heats will be seeded by submitted entry times from slowest to fastest all heats will be spearheaded.

16. Awards will be made to the first three in each age group: 9, 10, 11, 12, 13, 14 and 15Over.

Awards for the first three disability swimmers will be made in each event. Positions are determined based on relative Multi-classification points rather than time.

17. For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where possible, over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

18. Swimmers are NOT allowed to wear Watches, Fitbits or any other Timing devices.

19. Disability swimmers:

a. Swimmers with a disability shall swim under IPC Rules;

b. Qualifying times for disability swimmers are not required, however qualifying time shall

be submitted for seeding of heats;

c. Poolside passes will attract the advertised fee and chaperones and personal care

assistants must conform to the Swim England Child Protection Procedures and hold a

current DBS Certificate: please advise the club in advance if any swimmer requires

support to get changed so a changing room pass can be arranged.

d. The competition format will be based on disability inclusion within the able-bodied

programme – there will be no separate events for disability swimmers;

e. Disability swimmers will be included in the results for their age group. 

20. Admission of Spectators :-

£5 a session or £7 per day

50p start sheets per session.  
Concessions - £4 a session, £6 per day

Children 12 and under -accompanied by adults, will be admitted free.

Admission for Spectators can be made via payment card, our preferred payment method.

21. The use of image-capturing equipment (Still or Video) during the meet in the pool, changing and spectator area for any reason, including educational, is **STRICTLY FORBIDDEN**. Anyone found acting contrary to this policy will be reported and may be subject to further action.  
  
Only an officially designated photographer will be permitted on poolside.

22. Swimmers and parents are not permitted on the stairways down to poolside as these are for official and emergency use only. 

23. Peterlee ASC & Derwentside ASC will NOT be responsible for any unaccompanied swimmer on the poolside. The responsibility falls on the club entering the swimmer, who should appoint an individual to be on the poolside i.e., a DBS (CRB) checked adult with a coach’s pass.

24. Within the pool area and changing rooms, swimmers are the responsibility of their club coach/team manager. Swimmers who EXIT the pool and changing area are the responsibility of their parent or guardian.

25. Anyone found damaging or misusing property or equipment or displaying anti-social behaviour at the host venue may be disqualified from any further involvement in the competition and may be subject to further action from the pool management. Any swimmer banned from the poolside by the referee or pool management, because of their unacceptable behaviour, shall not be given a refund and may be banned from all future meets at the venue.

26. Swimmers leaving the pool area MUST wear a top, shorts and footwear.

27. Only pool staff, swimmers, coaches, officials and authorised club volunteers are allowed in the changing area and on poolside – a poolside wristband or ASA pass must be worn at all times and coaches and authorised club helpers should wear an identifying club top/ID Badge.

**Parents are NOT permitted in the changing area and will be requested to leave.**

28. Coaches or Team Managers should advise the recorders of any missing swimmers at least 45 minutes before the session start. Seeded AM heat start lists will be produced the evening before prior to the start time of the session. Complying with this condition will keep the number of empty lanes to a minimum.

29. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the competitive marshals in time for the start of their race may not be allowed to compete.

30. NO hot drinks are allowed on poolside.

31. Peterlee ASC, Derwentside ASC and Durham County Council cannot be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers (50p refundable) in the changing rooms and not to leave belongings unattended in the changing area or on poolside.

32. Full results will be posted externally (Peterlee ASC website, Derwentside ASC website, ASA Rankings and possibly competing club websites) – entering the meet is acceptance of this point.

33. The Lead Referee will be - Chris Johnston: [ndofficials@gmail.com](mailto:ndofficials@gmail.com)

34. Any points not covered here will be at the discretion of the meet organisers.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| LOWER LIMIT (Must be faster than) | | | | | |  |  |
| **FEMALE** |  |  |  |  |  |  |  |
| **EVENT** | **9 years** | **10 years** | **11 years** | **12 years** | **13 years** | **14 years** | **15/Over** |
| 50 Freestyle | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Freestyle | 01:29.00 | 01:29.00 | 01:27.00 | 01:21.00 | 01:19.00 | 01:16.00 | 01:13.00 |
| 400 Freestyle |  | 06:37.00 | 06:32.00 | 05:45.00 | 05:32.00 | 05:22.00 | 05:13.00 |
| 800 Freestyle |  | 15:00.00 | 15:00.00 | 15:00.00 | 15:00.00 | 15:00.00 | 15:00.00 |
| 1500 Freestyle |  | 25:00.00 | 25:00.00 | 25:00.00 | 25:00.00 | 25:00.00 | 25:00.00 |
| 50 Breaststroke | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Breaststroke | 01:58.00 | 01:58.00 | 01:56.00 | 01:42.00 | 01:37.00 | 01:33.00 | 01:31.00 |
| 50 Butterfly | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Butterfly | 01:53.00 | 01:53.00 | 01:52.00 | 01:32.00 | 01:27.00 | 01:23.00 | 01:21.00 |
| 50 Backstroke | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Backstroke | 01:48.00 | 01:48.00 | 01:47.00 | 01:30.00 | 01:27.00 | 01:25.00 | 01:22.00 |
| 100IM | 01:42.00 | 01:42.00 | 01:37.00 | 01:32.00 | 01:27.00 | 01:23.00 | 01:21.00 |
| 400 IM |  | 07:38.00 | 06:57.00 | 06:33.00 | 06:12.00 | 05:58.00 | 05:46.00 |
| **OPEN/MALE** |  |  |  |  |  |  |  |
| **EVENT** | **9 years** | **10 years** | **11 years** | **12 years** | **13 years** | **14 years** | **15/Over** |
| 50 Freestyle | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Freestyle | 01:30.00 | 01:30.00 | 01:25.00 | 01:17.00 | 01:13.00 | 01:11.00 | 01:08.00 |
| 400 Freestyle |  | 06:31.80 | 06:05.00 | 05:39.00 | 05:22.00 | 05:07.00 | 04:58.00 |
| 800 Freestyle |  | 15:00.00 | 15:00.00 | !5:00.00 | 15:00.00 | 15:00.00 | !5:00.00 |
| 1500 Freestyle |  | 25:00.00 | 25:00.00 | 25:00.00 | 25:00.00 | 25:00.00 | 25:00.00 |
| 50 Breaststroke | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Breaststroke | 01:55.00 | 01:55.00 | 01:55.00 | 01:40.00 | 01:35.00 | 01:30.00 | 01:26.00 |
| 50 Butterfly | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Butterfly | 01:55.00 | 01:55.00 | 01:55.00 | 01:30.00 | 01:25.00 | 01:20.00 | 01:18.00 |
| 50 Backstroke | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 | 00:59.00 |
| 100 Backstroke | 01:45.50 | 01:45.50 | 01:45.00 | 01:29.00 | 01:23.00 | 01:20.00 | 01:18.00 |
| 100IM | 01:39.60 | 01:39.60 | 01:35.00 | 01:30.00 | 01:25.00 | 01:20.00 | 01:18.00 |
| 400 IM |  | 07:35.60 | 06:55.00 | 06:31.00 | 06:16.00 | 05:54.00 | 05:42.00 |
|  |  |  |  |  |  |  |  |

**Peterlee ASC & Derwentside ASC  
NEW YEAR MEET 2022**

**Saturday 8th & Sunday 9th October 2023**

**SUMMARY OF ENTRIES**

|  |  |
| --- | --- |
| Club: |  |
| Contact Name: |  |
| Address: |  |
| Contact Number: |  |
| Email Address: |  |
|  | (A valid email address must be supplied for entry confirmation) |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Entries** |  |  |  |  | **£** |
|  | x | Male Entries (50m/100m/400m) @ £7.00 per swim | |  |  |
|  | x | Female Entries(50m/100m/400m)@ £7.00 per swim | |  |  |
|  | x | Male Entries (800m/1500m) @ £10.00 per swim | |  |  |
|  | x | Female Entries (800m/1500m) @ £10.00 per swim | |  |  |
|  |  |  |  |  |  |
|  |  | **Total Entry Fee:** | |  |  |
|  | x | 1 Day Poolside Passes @ £10.00 | |  |  |
|  | x | Weekend Poolside Passes @ £20.00 | |  |  |
|  |  |  |  |  |  |
|  |  |  | **TOTAL:** |  |  |

Clubs may make payment by Online Banking to:

Sort Code - 20-33-51   
Account Number - 90663050

Club name should be added as a reference and this Summary Sheet emailed to:  
[**klemhughes@yahoo.co.uk**](mailto:klemhughes@yahoo.co.uk)

Any Paper entries, Summary Sheets or cheques for entry fees   
should be posted to: -  
  
**Kevin Hughes, 2 Meadowfield Way, Tanfield Lea, Stanley, Co Durham, DH9 9PG.**

Cheques should be made payable to "Derwentside ASC" Please include a Self-Addressed Envelope for entry confirmation.