(Licensed by ASANER – TBA)

at

The Louisa Centre, Stanley  
25th February 2024

**Session 1**

**Warmup 8:00am Start 9:00am**Event 101 Female 9/Over 100m Butterfly

Event 102 Male/Open 9/Over 100IM

Event 103 Female 9/Over 50m Breaststroke

Event 104 Male/Open 9/Over 50m Butterfly

Event 105 Female 9/Over 100m Freestyle

Event 106 Male/Open 9/Over 100m Backstroke

Event 107 Female 9/Over 100m Breaststroke

Event 108 Male/Open 9/Over 50m Freestyle

Event 109 Female 9/Over 50m Backstroke  
SKINS Male/Open Qualifiers MALE SKINS Event

**Session 2**   
*Warmup TBA*

Event 201 Male/Open 9/Over 100m Butterfly

Event 202 Female 9/Over 100IM

Event 203 Male/Open 9/Over 50m Breaststroke

Event 204 Female 9/Over 50m Butterfly

Event 205 Male/Open 9/Over 100m Freestyle

Event 206 Female 9/Over 100m Backstroke

Event 207 Male/Open 9/Over 100m Breaststroke

Event 208 Female 9/Over 50m Freestyle

Event 209 Male/Open 9/Over 50m Backstroke  
SKINS Female Qualifiers FEMALE SKINS Event

Entries CLOSE at 12 noon on Friday 9th February 2024

**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 is available. There will be no backstrokes ledges or a strobe available.

3. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only.

4. **Entries CLOSE at 12 noon on Friday 9th February 2024**

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. Entry times must be NO faster than the accompanying QTs and should be from Rankings or a training time – ‘YES’ times maybe entered.   
If necessary, entry times should be converted to 25m pool times by use of ASA Conversion Tables.

8. Ages are as at **25 February 2024**

9. Age groups/Events years:

9/Over years: 50m, 100m and 100IM

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

10. Entry fees: £7.00 per event (Poolside Entries will be accepted at £10 per swim if meet is not oversubscribed and at the discretion of the Meet Manager).

11. A Poolside pass will cost £10 each which includes start sheets and refreshments; Coaches and Team Managers will NOT be permitted on poolside without the necessary pass.

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

Sportsystems Entry Manager fileshould be emailed to:-   
**galamanager@derwentsideasc.org.uk**

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

**Any Cheques for entry fees** must include a copy of summary sheet 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.

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

The organisers reserve the right to limit entries. If the event is oversubscribed, entries will be rejected from the **FASTEST entries** fairly across all age groups to ensure completion of the meet within the scheduled timescale of 3 hours.

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

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.

15. 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.

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

17. 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. 

18. Admission for spectators will be: -  
£5 a session or £7 for the day  
50p start sheets per session.  
Concessions - £3 a session, £5 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.

**19. 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.

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

21. 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.

22. 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.

23. Anyone found damaging or misusing property or equipment or displaying anti-social behavior 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.

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

25. 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.**

26. 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.

27. 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. **We will not call for individual swimmers.**

28. NO hot drinks are allowed on poolside.

29. 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.

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

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

32. Any points not covered here will be at the discretion of the meet organiser’s.

**Skins Information**

1. ​ The opportunity to compete in the skins event will be offered to 6 male and 6 female swimmers aged 13years and under and 14years and over, who have completed the fastest   
100 IM time from that session.

2. ​ If less than 6 swimmers accept in either category wish to compete, we will invite swimmer’s 7th, 8th, 9th etc. into the event.

3.  ​The skins competition is based on 100 IM, with all four strokes available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.

4.  ​​At the end of each race, the swimmer who finishes last or is disqualified, will be eliminated from the competition.

5.  ​Prizes will be awarded to all placed male and female swimmers.

6.​ The skins race distance will be 50m.

7.  ​Both male and female events will start with 6 swimmers.

8.  ​Male 13yrs & Under and 14yrs & Over will run alternately between each age group race.

9. ​Female 13yrs & Under and 14yrs & Over will run alternately between each age group race.

10. ​The referee and/or officials will select the stroke for each race through a random process of drawing coloured balls from a hat. Each time, the ball will be returned to the hat prior to the next race selection.

11. ​The first race start will be made according to ASA normal starting procedure.

12. ​Subsequent rounds, the starter will give the command ‘Ten seconds’ before the end of each 3-minute time slot. There is N0 whistle or verbal commands, **just the start signal**. Swimmers should then take up starting positions ready for the start signal to sound.

13.  ​If a swimmer is ‘moving at the start’ the heat will continue and the swimmer ‘moving at the start’ will be eliminated at the end of the race instead of the slowest swimmer in that race.

14. ​If a swimmer “False Starts” and enters the water the remaining swimmers will be stood down and the race re-started when it is safe to do so. Health and Safety of all the swimmers is very important and the race cannot be re-started until safe to do so. The swimmer who “false started” will be eliminated instead of the slowest swimmer in that race.

15. ​ The referee will determine the slowest swimmer, who is to be eliminated in each round using either Automatic Officiating Equipment (AOE) or by placing and will inform the slowest or disqualified swimmer of this following every race. To determine this, if AOE is used, the referee will determine whether it operated correctly. The referee will then inform the eliminated swimmer. If no clear decision can be reached (e.g., a dead heat) all swimmers will swim in the next heat, where two swimmers will be eliminated.

16.  ​If a swimmer is disqualified for a stroke infringement, then they will be eliminated and not the slowest swimmer in that race. Strokes will be in accordance with FINA laws and Technical Rules.

17.  ​The races proceed according to these rules with the races in each event being 3 minutes apart, until there is an overall male and female winner.

18. Swimmers will remain in their original assigned lanes throughout the event other than during the final, where the two middle lanes will be used.

19. In all matters pertaining to the Skins event not covered by these rules the Referee’s decision is final.

**UPPER TIME LIMITS**

**FEMALE**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | **9 years** | **10 years** | **11 years** | **12 years** | **13 years** | **14 years** | **15/Over** |
| **50m Freestyle** | No Upper Limit | | | | | | |
| **100m Freestyle** | 01:23.00 | 01:18.00 | 01:14.50 | 01:06.30 | 01:03.10 | 01:00.20 | 00:58.00 |
| **50m Backstroke** | No Upper Limit | | | | | | |
| **100m Backstroke** | 01:37.00 | 01:32.00 | 01:28.00 | 01:17.00 | 01:12.20 | 01:10.40 | 01:06.70 |
| **50m Breaststroke** | No Upper Limit | | | | | | |
| **100m Breaststroke** | 01:48.00 | 01:43.00 | 01:39.20 | 01:27.30 | 01:22.90 | 01:21.20 | 01:18.00 |
| **50m Butterfly** | No Upper Limit | | | | | | |
| **100m Butterfly** | 01:44.00 | 01:39.00 | 01:35.60 | 01:18.20 | 01:13.10 | 01:09.50 | 01:06.00 |
| **100IM** | 01:26:00 | 01:24:00 | 01:20:00 | 01:16.00 | 01.14:00 | 01:10:00 | 01:06:00 |

**UPPER TIME LIMITS**

**OPEN/MALE**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Event** | **9 years** | **10 years** | **11 years** | **12 years** | **13 years** | **14 years** | **15/Over** |
| **50m Freestyle** | No Upper Limit | | | | | | |
| **100m Freestyle** | 01:23.00 | 01:18.00 | 01:14.80 | 01:06.90 | 01:02.50 | 00:58.50 | 00:52.20 |
| **50m Backstroke** | No Upper Limit | | | | | | |
| **100m Backstroke** | 01:39.00 | 01:34.00 | 01:30.30 | 01:17.90 | 01:13.20 | 01:08.40 | 01:04.00 |
| **50m Breaststroke** | No Upper Limit | | | | | | |
| **100m Breaststroke** | 01:53.00 | 01:48.00 | 01:44.30 | 01:31.30 | 01:21.20 | 01:17.20 | 01:10.60 |
| **50m Butterfly** | No Upper Limit | | | | | | |
| **100m Butterfly** | 01:50.00 | 01:45.00 | 01:41.80 | 01:20.10 | 01:13.10 | 01:07.30 | 00:59.00 |
| **100IM** | 01:26:00 | 01:24.00 | 01:20.00 | 01:16.00 | 01.12:00 | 01:06:00 | 01:04.00 |

**Derwentside ASC  
SPRINT MEET 2024**

**Sunday 25th February 2024**

**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 @ £7.00 per swim | |  |  |
|  | x | Female Entries @ £7.00 per swim | |  |  |
|  |  |  | |  |  |
|  | x | 1 Day Poolside Pass @ £10.00 | |  |  |
|  |  |  |  |  |  |
|  |  |  | Total Entry Fee: |  |  |

Clubs may make payment by Online Banking to:

Sort Code 20-33-51  
Account Number 70509000

Club name should be added as a reference and this Summary Sheet emailed to:  
**derwentsidecompsec@hotmail.co.uk**

Any 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.