



### 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> May 2023**.
- Each swimmer's full date of birth must be included on the entry form.
- Entries which are not countersigned or submitted 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 estimated 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.
- SportSystems entry file: **£6.00** per event. Paper entries: **£6.50** per event.
- Poolside Passes: **£20.00** 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 and must be DBS checked.
- 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) with a Summary Sheet by a representative of a club. No entries will be accepted through parents.
- Payment by cheque should be posted to **South Tyneside SC, c/o Stacy Watson, 43 Skegness Parade, HEBBURN, NE31 2AJ** 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: **Friday 5<sup>th</sup> May 2023**.

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 £7.00, may be accepted subject to space being available in an event.

**To help this competition run smoothly where possible if competing clubs could please provide at least one official that would be much appreciated.** Officials please email [officials@stswim79.co.uk](mailto:officials@stswim79.co.uk) with availability and qualification.

### Event Information

- Heats will be seeded according to submitted entry times. All events are **Heat Declared Winner**.
- A secondary strobe will 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. A DBS checked adult with a Poolside Pass.

Coaches are requested to inform the recorders, no later than 60 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.



## Provisional Schedule

| <b>Session 1</b> Saturday 27th May 2023 |                    |        |            | Warm-up 7:50a.m. Start 9.00a.m. |
|---|--------------------|--------|------------|---------------------------------|
| Event 101                               | 200m I.M.          | Female | 9/Over     |                                 |
| Event 102                               | 200m Freestyle     | Male   | 9/Over     |                                 |
| Event 103                               | 50m Butterfly      | Female | 9/Over     |                                 |
| Event 104                               | 50m Backstroke     | Male   | 9/Over     |                                 |
| Event 105                               | 200m Breaststroke  | Female | 9/Over     |                                 |
| Event 106                               | 100m Butterfly     | Male   | 9/Over     |                                 |
| Event 107                               | 100m Backstroke    | Female | 9/Over     |                                 |
| SKINS                                   | FEMALE SKINS EVENT | Female | Qualifiers |                                 |

| <b>Session 2</b> Saturday 27th May 2023 |                   |        |         | Warm-up <i>TBC</i> Start <i>TBC</i> |
|---|-------------------|--------|---------|-------------------------------------|
| Event 201                               | 400m Freestyle    | Male   | 10/Over |                                     |
| Event 202                               | 200m Butterfly    | Female | 9/Over  |                                     |
| Event 203                               | 50m Freestyle     | Male   | 9/Over  |                                     |
| Event 204                               | 50m Breaststroke  | Female | 9/Over  |                                     |
| Event 205                               | 200m Backstroke   | Male   | 9/Over  |                                     |
| Event 206                               | 100m Freestyle    | Female | 9/Over  |                                     |
| Event 207                               | 100m Breaststroke | Male   | 9/Over  |                                     |

| <b>Session 3</b> Sunday 28th May 2023 |                   |        |            | Warm-up 7:50a.m. Start 9.00a.m. |
|---------------------------------------|-------------------|--------|------------|---------------------------------|
| Event 301                             | 200m I.M.         | Male   | 9/Over     |                                 |
| Event 302                             | 200m Freestyle    | Female | 9/Over     |                                 |
| Event 303                             | 50m Butterfly     | Male   | 9/Over     |                                 |
| Event 304                             | 50m Backstroke    | Female | 9/Over     |                                 |
| Event 305                             | 200m Breaststroke | Male   | 9/Over     |                                 |
| Event 306                             | 100m Butterfly    | Female | 9/Over     |                                 |
| Event 307                             | 100m Backstroke   | Male   | 9/Over     |                                 |
| SKINS                                 | MALE SKINS EVENT  | Male   | Qualifiers |                                 |

| <b>Session 4</b> Sunday 28th May 2023 |                   |        |         | Warm-up <i>TBC</i> Start <i>TBC</i> |
|---------------------------------------|-------------------|--------|---------|-------------------------------------|
| Event 401                             | 400m Freestyle    | Female | 10/Over |                                     |
| Event 402                             | 200m Butterfly    | Male   | 9/Over  |                                     |
| Event 403                             | 50m Freestyle     | Female | 9/Over  |                                     |
| Event 404                             | 50m Breaststroke  | Male   | 9/Over  |                                     |
| Event 405                             | 200m Backstroke   | Female | 9/Over  |                                     |
| Event 406                             | 100m Freestyle    | Male   | 9/Over  |                                     |
| Event 407                             | 100m Breaststroke | Female | 9/Over  |                                     |





## SUMMARY SHEET:

**Club Name:****Contact Name:****Address:****Telephone:****Email:**

| Entry Type      | Electronic/Paper | Qty | Price              | Total    |
|-----------------|------------------|-----|--------------------|----------|
| Male            | Electronic       |     | @ £6.00 each       |          |
| Male            | Paper            |     | @ £6.50 each       |          |
| Female          | Electronic       |     | @ £6.00 each       |          |
| Female          | Paper            |     | @ £6.50 each       |          |
| Poolside Passes |                  |     | @ £20.00 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 Stacy Watson, 43 Skegness Parade, HEBBURN, NE31 2AJ.

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

Account Name: South Tyneside Swimming Club

Sort Code: 20 80 47

Account Number: 30434280

Ref: *SM followed by your club initials***Please note Entry Files and all queries should be emailed to:**

Craig Brotherton

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



**Upper Qualifying Times** – Swimmers must not have ranked times faster than the above in the time period since 1st January 2021

| 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 |
| No Upper Limit |          |          |          |          |         | <b>50 Free</b>    | No Upper Limit |          |          |          |          |         |
| 01:16.0        | 01:07.0  | 01:03.0  | 00:57.0  | 00:55.0  | 00:50.0 | <b>100 Free</b>   | 01:17.0        | 01:04.0  | 01:01.0  | 00:59.0  | 00:57.0  | 00:54.0 |
| 02:45.0        | 02:23.0  | 02:15.0  | 02:09.0  | 02:01.0  | 01:51.0 | <b>200 Free</b>   | 02:40.0        | 02:18.0  | 02:13.0  | 02:10.0  | 02:04.0  | 02:02.0 |
| No Swim        | 04:00.0  | 04:00.0  | 04:00.0  | 04:00.0  | 04:00.0 | <b>400 Free</b>   | No Swim        | 04:10.0  | 04:10.0  | 04:10.0  | 04:10.0  | 04:10.0 |
| No Upper Limit |          |          |          |          |         | <b>50 Back</b>    | No Upper Limit |          |          |          |          |         |
| 01:30.0        | 01:15.0  | 01:13.0  | 01:10.0  | 01:04.0  | 00:58.0 | <b>100 Back</b>   | 01:31.0        | 01:12.0  | 01:07.0  | 01:06.0  | 01:04.0  | 01:00.0 |
| 03:07.0        | 02:40.0  | 02:36.0  | 02:27.0  | 02:19.0  | 02:07.0 | <b>200 Back</b>   | 03:28.0        | 02:35.0  | 02:25.0  | 02:20.0  | 02:16.0  | 02:12.0 |
| No Upper Limit |          |          |          |          |         | <b>50 Breast</b>  | No Upper Limit |          |          |          |          |         |
| 01:39.0        | 01:30.0  | 01:20.0  | 01:12.0  | 01:07.0  | 01:04.0 | <b>100 Breast</b> | 01:42.0        | 01:28.0  | 01:19.0  | 01:15.0  | 01:12.0  | 01:09.0 |
| 03:20.0        | 03:10.0  | 02:55.0  | 02:37.0  | 02:31.0  | 02:19.0 | <b>200 Breast</b> | 03:45.0        | 03:10.0  | 02:51.0  | 02:40.0  | 02:36.0  | 02:32.0 |
| No Upper Limit |          |          |          |          |         | <b>50 Fly</b>     | No Upper Limit |          |          |          |          |         |
| 01:26.0        | 01:17.0  | 01:13.0  | 01:06.0  | 01:01.0  | 00:58.0 | <b>100 Fly</b>    | 01:46.0        | 01:21.0  | 01:13.0  | 01:06.0  | 01:03.0  | 01:00.0 |
| 03:10.0        | 02:47.0  | 02:37.0  | 02:34.0  | 02:19.0  | 02:07.0 | <b>200 Fly</b>    | 03:33.0        | 03:05.0  | 02:44.0  | 02:32.0  | 02:24.0  | 02:16.0 |
| 03:47.0        | 02:40.0  | 02:34.0  | 02:25.0  | 02:13.0  | 02:03.0 | <b>200 I.M.</b>   | 03:33.0        | 02:54.0  | 02:34.0  | 02:24.0  | 02:20.0  | 02:10.0 |