



**Autumn Meet**  
**September 13<sup>th</sup> & 14<sup>th</sup> 2014**  
**at**  
**Haven Point**

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





## Autumn Meet Information Haven Point, South Shields 13<sup>th</sup> & 14<sup>th</sup> September 2014

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

Omega Electronic Timing  
Separate swim down facility

### Entry Information

- Age as at **14<sup>th</sup> September 2014**
- 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.
- **100m events and 400m Freestyle are open to swimmers age 10/Over only.**
- Entries will not be accepted from swimmers who have swum faster than the enclosed cut off times.
- Sportsystem entry files: **£4.50** per event. Paper entries: **£5.00** per event.
- Coaches Passes: **£15.00** each – includes programme, start sheets and lunch.
- Electronic Entry is preferred and the Entry File will be available via the Event Page on our website. This should be emailed to [philip@blencathra.org.uk](mailto:philip@blencathra.org.uk)
- Entry reports should be returned, accompanied by a completed consolidation form and the relevant entry fees to: **South Tyneside SC, Mr P Powell, Blencathra, North Road, Dipton, Co Durham, DH9 9BB.** Cheques payable to STSC. Payment must be received within 5 days of the closing date.
- Closing date for entries: **Wednesday 13<sup>th</sup> August 2014.**

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 £5.00, 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 coaches pass.

Coaches are requested to inform the recorders, no later than 30 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 starting 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 for all non-essential items (£1.00 returnable) as space on poolside is limited. A No Outdoor Footwear Policy exists 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.



## Autumn Meet Schedule of Events

**13<sup>th</sup> & 14<sup>th</sup> September 2014**

This meet is licensed by **ASANER** as **Level 3**

<b>Session 1</b> Saturday 13 <sup>th</sup> September 2014				Warm-up <b>8.00a.m.</b> Start <b>9.00a.m.</b>
Event 1	<b>200m I.M.</b>	Female	9/Over	
Event 2	<b>200m Freestyle</b>	Male	9/Over	
Event 3	<b>50m Butterfly</b>	Female	9/Over	
Event 4	<b>50m Backstroke</b>	Male	9/Over	
Event 5	<b>200m Breaststroke</b>	Female	9/Over	
Event 6	<b>100m Butterfly</b>	Male	10/Over	
Event 7	<b>100m Backstroke</b>	Female	10/Over	
<b>Session 2</b> Saturday 13 <sup>th</sup> September 2014				Warm-up <b>TBC</b> Start <b>TBC.</b>
Event 8	<b>400m Freestyle</b>	Male	10/Over	
Event 9	<b>200m Butterfly</b>	Female	9/Over	
Event 10	<b>50m Freestyle</b>	Male	9/Over	
Event 11	<b>50m Breaststroke</b>	Female	9/Over	
Event 12	<b>200m Backstroke</b>	Male	9/Over	
Event 13	<b>100m Freestyle</b>	Female	10/Over	
Event 14	<b>100m Breaststroke</b>	Male	10/Over	
<b>Session 3</b> Sunday 14 <sup>th</sup> September 2014				Warm-up <b>8.00a.m.</b> Start <b>9.00a.m.</b>
Event 15	<b>200m I.M.</b>	Male	9/Over	
Event 16	<b>200m Freestyle</b>	Female	9/Over	
Event 17	<b>50m Butterfly</b>	Male	9/Over	
Event 18	<b>50m Backstroke</b>	Female	9/Over	
Event 19	<b>200m Breaststroke</b>	Male	9/Over	
Event 20	<b>100m Butterfly</b>	Female	10/Over	
Event 21	<b>100m Backstroke</b>	Male	10/Over	
<b>Session 4</b> Sunday 14 <sup>th</sup> September 2014				Warm-up <b>TBC</b> Start <b>TBC</b>
Event 22	<b>400m Freestyle</b>	Female	10/Over	
Event 23	<b>200m Butterfly</b>	Male	9/Over	
Event 24	<b>50m Freestyle</b>	Female	9/Over	
Event 25	<b>50m Breaststroke</b>	Male	9/Over	
Event 26	<b>200m Backstroke</b>	Female	9/Over	
Event 27	<b>100m Freestyle</b>	Male	10/Over	
Event 28	<b>100m Breaststroke</b>	Female	10/Over	





**Autumn Meet Entry Form**  
Closing Date **13<sup>th</sup> August 2014**  
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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.
		50	100	200	400	50	100	200	50	100	200	50	100	200	200



## Autumn Meet Consolidated Entry Form

Closing Date **13<sup>th</sup> August 2014**

This meet is licensed by **ASANER** as **Level 3**

**Club Name:** \_\_\_\_\_

**Contact Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Telephone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

Entry Type	Electronic/Paper	Qty	Price	Total
Male	Electronic		@ £4.50 each	
Male	Paper		@ £5.00 each	
Female	Electronic		@ £4.50 each	
Female	Paper		@ £5.00 each	
Coaches Passes			@ £15.00 each	
<b>Final Total</b>				<b>£</b>

Please make all cheques payable to:

**SOUTH TYNESIDE SC**

Return all entries by the closing date to:

SOUTH TYNESIDE SC  
P Powell  
Blencathra  
North Road  
Dipton  
Co Durham  
DH9 9BB

**Payment must be  
received within  
5 days of the closing  
date.**

If you have any queries please contact:

Philip Powell

Telephone:

01207 571427

Email:

[philip@blencathra.org.uk](mailto:philip@blencathra.org.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
00:34.0	00:32.0	00:30.0	00:28.0	00:27.0	00:25.0	<b>50 Free</b>	00:35.0	00:32.0	00:31.0	00:30.0	00:29.0	00:28.0
No Swim	01:09.0	01:02.0	01:02.0	00:58.0	00:56.0	<b>100 Free</b>	No Swim	01:12.0	01:02.5	01:02.5	01:01.0	00:59.5
02:47.0	02:32.0	02:14.0	02:14.0	02:05.0	02:00.0	<b>200 Free</b>	02:49.0	02:33.0	02:14.0	02:14.0	02:10.0	02:08.0
No Swim	04:15.0 (max 5 heats)					<b>400 Free</b>	No Swim	04:27.0 (max 5 heats)				
00:40.0	00:37.0	00:35.0	00:34.0	00:32.0	00:28.5	<b>50 Back</b>	00:40.0	00:37.0	00:35.0	00:34.0	00:32.0	00:31.5
No Swim	01:15.0	01:09.0	01:09.0	01:05.0	01:02.0	<b>100 Back</b>	No Swim	01:16.0	01:11.0	01:11.0	01:07.0	01:05.0
03:35.0	02:50.0	02:29.0	02:29.0	02:20.0	02:13.0	<b>200 Back</b>	03:08.0	02:52.0	02:29.0	02:29.0	02:24.0	02:20.0
00:46.0	00:42.0	00:40.0	00:38.0	00:36.0	00:29.0	<b>50 Breast</b>	00:45.0	00:42.0	00:39.0	00:38.0	00:36.0	00:35.5
No Swim	01:29.0	01:20.0	01:20.0	01:15.0	01:11.0	<b>100 Breast</b>	No Swim	01:29.0	01:20.0	01:20.0	01:16.5	01:16.0
03:35.0	03:19.0	02:51.0	02:51.0	02:41.0	02:32.0	<b>200 Breast</b>	03:37.0	03:18.0	02:52.0	02:52.0	02:43.0	02:42.0
00:39.0	00:36.0	00:34.0	00:33.0	00:31.0	00:25.5	<b>50 Fly</b>	00:40.0	00:36.0	00:34.0	00:33.0	00:32.0	00:29.0
No Swim	01:13.0	01:09.0	01:09.0	01:05.0	01:02.0	<b>100 Fly</b>	No Swim	01:15.0	01:10.0	01:10.0	01:07.0	01:06.0
03:30.0	03:00.0	02:33.0	02:33.0	02:24.0	02:16.0	<b>200 Fly</b>	03:33.0	03:03.0	02:36.0	02:36.0	02:26.5	02:25.0
03:10.0	02:54.0	02:32.0	02:32.0	02:23.0	02:18.0	<b>200 I.M.</b>	03:10.0	02:54.0	02:33.0	02:33.0	02:26.5	02:25.0

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