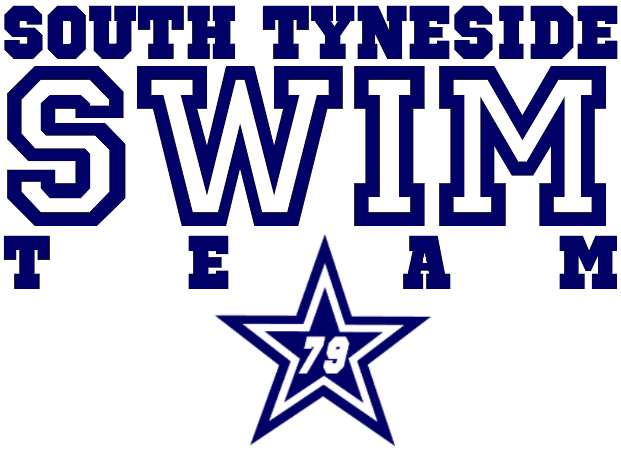
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**Spring Meet**

**14th & 15th April 2018**

**at**

**Haven Point**

**ASANER Level 3**

**Licence No: TBC**

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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 **15th April 2018**
* Entry times are **Short Course** (25m). Long Course (50m) times must be converted.
* **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 files: **£5.00** per event. Paper entries: **£5.50** per event.
* Closing date for entries for Durham Swimmers:  **1st March 2018.**

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. 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 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 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Session 1** Saturday 14th April 2018 | | | | 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 14th April 2018 | | | | 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 15th April 2018 | | | | 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 15th April 2018 | | | | 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 | |  |



**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 | 00:31.0 | 00:30.0 | 00:28.0 | 00:25.0 | **50 Free** | 00:35.0 | 00:33.0 | 00:31.0 | 00:29.0 | 00:27.0 | 00:26.0 |
| 01:20.0 | 01:16.0 | 01:12.0 | 01:06.0 | 01:02.0 | 00:54.0 | **100 Free** | 01:14.0 | 01:11.0 | 01:08.0 | 01:02.0 | 01:00.0 | 00:58.0 |
| 02:50.0 | 02:41.0 | 02:35.0 | 02:19.0 | 02:15.0 | 02:03.0 | **200 Free** | 02:40.0 | 02:34.0 | 02:28.0 | 02:18.0 | 02:11.0 | 02:10.0 |
| No swim | 04:25.0 (number of heats may be restricted) | | | | | **400 Free** | No swim | 04:33.0 (number of heats may be restricted) | | | | |
| 00:41.0 | 00:39.0 | 00:36.0 | 00:35.0 | 00:34.0 | 00:30.0 | **50 Back** | 00:40.0 | 00:38.0 | 00:36.0 | 00:35.0 | 00:33.0 | 00:31.0 |
| 01:28.0 | 01:24.0 | 01:20.0 | 01:15.0 | 01:10.0 | 01:04.0 | **100 Back** | 01:27.0 | 01:23.0 | 01:19.0 | 01:17.0 | 01:13.0 | 01:09.0 |
| 03:13.0 | 03:04.0 | 02:53.0 | 02:43.0 | 02:40.0 | 02:23.0 | **200 Back** | 03:06.0 | 02:58.0 | 02:50.0 | 02:46.0 | 02:38.0 | 02:28.0 |
| 00:48.0 | 00:45.0 | 00:42.0 | 00:40.0 | 00:36.0 | 00:33.0 | **50 Breast** | 00:44.0 | 00:42.0 | 00:40.0 | 00:37.0 | 00:34.0 | 00:33.0 |
| 01:52.0 | 01:44.0 | 01:36.0 | 01:26.0 | 01:20.0 | 01:15.0 | **100 Breast** | 01:39.0 | 01:35.0 | 01:30.0 | 01:22.0 | 01:17.0 | 01:15.0 |
| 03:36.0 | 03:30.0 | 03:23.0 | 03:10.0 | 03:07.0 | 02:47.0 | **200 Breast** | 03:24.0 | 03:19.0 | 03:14.0 | 03:00.0 | 02:55.0 | 02:50.0 |
| 00:38.0 | 00:36.0 | 00:34.0 | 00:31.0 | 00:29.0 | 00:26.0 | **50 Fly** | 00:37.0 | 00:35.0 | 00:33.0 | 00:32.0 | 00:30.0 | 00:29.0 |
| 01:27.0 | 01:24.0 | 01:21.0 | 01:19.0 | 01:15.0 | 01:02.0 | **100 Fly** | 01:25.0 | 01:22.0 | 01:19.0 | 01:13.0 | 01:10.0 | 01:06.0 |
| 03:24.0 | 03:18.0 | 03:12.0 | 03:08.0 | 02:59.0 | 02:20.0 | **200 Fly** | 03:08.0 | 03:05.0 | 03:03.0 | 02:40.0 | 02:35.0 | 02:25.0 |
| 01:25.0 | 01:23.0 | 01:21.0 | 01:16.0 | 01:12.0 | 01:06.0 | **100 I.M.** | 01:28.0 | 01:25.0 | 01.22.00 | 01:14.0 | 01:12.0 | 01:10.0 |
| 03:08.0 | 02:59.0 | 02:53.0 | 02:42.0 | 02:34.0 | 02:23.0 | **200 I.M.** | 03:05.0 | 02:57.0 | 02:49.0 | 02:40.0 | 02:36.0 | 02:31.0 |

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