

MIDDLESBROUGH ASC 2019 JUNE MEET

Saturday 15th & Sunday 16th June 2019

This event is licensed Level 3 by Swim England for entry into County and Regional championships - (Swim England License Number: 3NE180011)

1. Gala to be held at The Neptune, Middlesbrough – 8 lanes, 25m pool with full Colorado electronic timing system. Swim-down pool will be in operation
2. Individual consideration times for all age groups have been based on AA Grade Tables 2009 published by Swim England
3. Individual events will be 50m, 100m, 200m all strokes plus 100m, 200m & 400m Individual Medley's and 400m Freestyle. All events will be Heat Declared, 9 year olds are **NOT** permitted to swim either the 400 Freestyle or 400 IM events
4. **Ages as at 16th June 2019**
5. Entry fees are £5.50 per individual swim entry by file, or £6.00 if paper entry
6. Entries should be made using Sportsystems Entries Manager V2. Please apply to the meet secretary for a file set. E-mailed entries and mailed payment should be sent to the meet secretary by **24th May 2019**. Payment should be made to Middlesbrough ASC. Preferred method of payment is by bank transfer to Middlesbrough ASC sort code :05-06-01 Account Number : 15711014
7. Entry times should be converted to 25m pool times by use of ASA Conversion Tables
8. Submitted entry times shall be used for seeding and rejection purposes as required
9. Refunds will only be given:
 - Where a competitor whose entry has been accepted, has to withdraw on medical grounds subject to an appropriate medical certificate being received by the Meet Promoter
10. Once an entry has been submitted improved times will not be accepted
11. Accepted swimmer's details will be posted onto the MASC website as soon as possible after the closing date for the competition
12. There will be no refund of entry fees for withdrawals unless the withdrawal is for medical reasons in which case an appropriate medical certificate must be provided
13. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events
14. Withdrawals – Clubs are asked to notify details of any swimmer not competing by email to the Meet Secretary before 4pm on Friday 14th June for Saturday's events and 4pm on Saturday 15th June for Sunday's Events
15. Medals / trophies will be awarded to the first six in both 9 years and 10 years age groups and top three in each other individual age group
16. Poolside entries will be at the discretion of the Meet Secretary, these will be at £7.00 per swim
17. 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 will be permitted to compete for only one club during the meet
19. Poolside passes cost £20.00 which includes programme, Buffet Lunch and results sheets. Coaches & Team Managers will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person possessing a pass
20. Admission for spectators will be £6 per day. Children & Concessions £3 per day. Programme will be £2. Parking is free at the Neptune
21. Disability competitors
 - Swimmers with a disability shall swim under IPC Rules
 - Qualifying times for disability competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats
 - Poolside passes, coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures and hold a current DBS certificate
 - Competition format: The competition format will be based on disability inclusion within the able-bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group
22. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet
23. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s)
24. Coaches/Team Managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the marshals in time for the start of their race may not be allowed to compete
25. Anyone found damaging or misusing property or equipment 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
26. Neither Middlesbrough ASC, the Neptune Centre nor Everyone Active can be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers (£1 refundable) in the changing rooms and not to leave belongings unattended in the changing area or on poolside
27. Paper Entries which are not countersigned by an official from the swimmer's club will be returned
28. The Lead Referee for the meet is Ian McConville
29. The Referees decision is Final
30. Any points not covered here will be at the discretion of the Promoter / meet organisers
31. The Promoter reserves the right to refuse admission to any Competitor or Spectator

Meet Secretary

Claire Redshaw
24 Egton Avenue
Nunthorpe
Middlesbrough
TS7 0QY

e-mail: meetsecretary@middlesbroughasc.org.uk

Meet Promoter

Joanne Morris

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Individual Age Groups (Age as at 16 th June 2019)	9 years 13 years	10 years 14 years	11 years 15 years & over	12 years 15 years & over
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Order of Events

Saturday 15th June 2019

Session 1	08.00 Warm up	09.00 Start
101.	Girls	400m Individual Medley (10 years & over)
102.	Boys	200m Breaststroke
103.	Girls	50m Butterfly
104.	Boys	50m Breaststroke
105.	Girls	100m Backstroke
106.	Boys	200m Backstroke
107.	Girls	200m Freestyle
108.	Boys	100m Butterfly

Session 2	Warm up & start time tbc	
201.	Girls	200m Individual Medley (10 years & over)
202.	Boys	400m Freestyle
203.	Girls	50m Freestyle
204.	Boys	50m Backstroke
205.	Girls	100m Breaststroke
206.	Boys	100m Individual Medley
207.	Girls	200m Butterfly
208.	Boys	100m Freestyle

Sunday 16th June 2019

Session 3	08.00 Warm up	09.00 Start
301.	Boys	400m Individual Medley (10 years & over)
302.	Girls	200m Breaststroke
303.	Boys	50m Butterfly
304.	Girls	50m Breaststroke
305.	Boys	100m Backstroke
306.	Girls	200m Backstroke
307.	Boys	200m Freestyle
308.	Girls	100m Butterfly

Session 4	Warm up & start time tbc	
401.	Boys	200m Individual Medley (10 years & over)
402.	Girls	400m Freestyle
403.	Boys	50m Freestyle
404.	Girls	50m Backstroke
405.	Boys	100m Breaststroke
406.	Girls	100m Individual Medley
407.	Boys	200m Butterfly
408.	Girls	100m Freestyle

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Boys Qualifying times

Swimmers Must Not Have Swum Faster Than the Times Below

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	34.9	32.4	30.8	29.1	27.7	26.6	25.0
100m Freestyle	1.18.9	1.10.6	1.06.6	1.02.5	59.2	57.0	53.9
200m Freestyle	2.47.9	2.32.3	2.24.0	2.15.6	2.08.7	2.03.8	1.57.4
400m Freestyle		5.20.3	5.00.4	4.44.0	4.30.9	4.21.9	4.07.6
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	28.4
100m Backstroke	1.29.6	1.21.4	1.15.3	1.10.9	1.06.7	1.03.8	59.6
200m Backstroke	3.06.5	2.50.8	2.40.1	2.31.2	2.22.9	2.16.9	2.09.3
50m Breaststroke	46.0	42.5	40.0	37.5	35.1	33.7	31.4
100m Breaststroke	1.44.0	1.32.8	1.26.0	1.20.5	1.15.3	1.12.2	1.07.4
200m Breaststroke	3.35.4	3.18.1	3.04.7	2.53.6	2.43.2	2.36.1	2.26.3
50m Butterfly	39.7	36.4	34.1	32.3	30.5	29.2	27.1
100m Butterfly	1.36.6	1.22.6	1.15.4	1.10.4	1.06.2	1.03.2	58.9
200m Butterfly	3.30.1	3.00.8	2.44.7	2.35.1	2.26.3	2.19.9	2.09.1
100m Individual Medley	1.29.5	1.22.4	1.18.2	1.13.9	1.09.8	1.06.5	1.02.0
200m Individual Medley	3.10.8	2.54.9	2.43.4	2.34.2	2.26.6	2.19.9	2.12.2
400m Individual Medley		6.16.4	5.46.6	5.25.2	5.09.6	4.56.4	4.39.7

Girls Qualifying times

Swimmers Must Not Have Swum Faster Than the Times Below

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	35.3	32.8	31.3	29.9	29.0	28.5	27.9
100m Freestyle	1.2	1.12.2	1.07.2	1.03.7	1.02.0	1.00.9	59.6
200m Freestyle	2.49.7	2.33.1	2.24.5	2.16.9	2.12.9	2.10.9	2.07.8
400m Freestyle		5.24.9	5.00.1	4.44.6	4.37.2	4.33.1	4.26.8
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.3
100m Backstroke	1.31.1	1.21.4	1.15.4	1.11.2	1.08.8	1.07.6	1.05.9
200m Backstroke	3.08.4	2.52.2	2.39.1	2.31.3	2.27.3	2.24.6	2.19.9
50m Breaststroke	46.8	42.7	40.1	38.0	36.6	35.8	34.9
100m Breaststroke	1.44.3	1.33.3	1.25.9	1.21.3	1.18.1	1.15.8	1.14.0
200m Breaststroke	3.37.5	3.18.3	3.04.4	2.54.3	2.47.5	2.43.7	2.40.6
50m Butterfly	40.2	36.3	34.5	32.7	31.7	31.0	30.3
100m Butterfly	1.37.6	1.22.5	1.15.7	1.11.0	1.08.8	1.07.0	1.05.4
200m Butterfly	3.33.1	3.03.1	2.46.5	2.35.8	2.30.2	2.26.4	2.21.9
100m Individual Medley	1.30.7	1.20.8	1.18.0	1.14.3	1.11.7	1.10.8	1.08.8
200m Individual Medley	3.12.5	2.54.8	2.43.2	2.34.7	2.30.7	2.27.7	2.24.1
400m Individual Medley		6.15.5	5.44.3	5.25.6	5.15.3	5.09.7	5.02.9

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SUMMARY OF ENTRIES

Club: _____

Contact Name: _____

Address: _____

Contact Number: _____

Email Address _____

			£
Male Entries	_____	@ £5.50	_____
Male Entries (Paper)	_____	@ £6.00	_____
Female Entries	_____	@ £5.50	_____
Female Entries (Paper)	_____	@ £6.00	_____
Poolside Passes	_____	@ £20.00	_____
Total Entry Fee Enclosed			=====