**MIDDLESBROUGH AA GRADE 2020 Gala**

**Saturday 22nd & Sunday 23rd February 2020**

**This event is licensed Level 3 by Swim England for entry into County and Regional championships - (Swim England License to be confirmed) subject to Swim England Laws and Regulations and Swim England Technical Rules of Racing**

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 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
3. **Ages are as at 23rd February 2020**
4. Entry fees are £5.50 per individual swim entry by file.
5. 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 **1st Feb 2020.**  Payment should be made to Middlesbrough ASC. Our preferred method of payment is by BACS transfer to Middlesbrough ASC Sort Code 05-06-01 Account Number 15711014
6. Entry times should be converted to 25m pool times by use of ASA Conversion Tables
7. Submitted entry times shall be used for seeding and rejection purposes as required
8. 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

1. Once an entry has been submitted improved times will not be accepted
2. Accepted swimmer’s details will be posted onto the MASC website as soon as possible after the closing date for the competition. It is the responsibility of each individual club to ensure that entries are correct and the Meet Secretary must be notified of any omissions or corrections no later than 48 hours prior to start of gala, as it may not be possible to make changes or include swimmers on the day of the gala
3. 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
4. Should a swimmer withdraw from an event on medical grounds they will be removed from all other events
5. Withdrawals – Clubs are asked to notify details of any swimmer not competing by email to the Meet Secretary before 5pm on Friday 21st February for Saturday’s events and 4pm on Sunday 22nd February for Sunday’s Events
6. Medals 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
7. Skins event will be held for the male and female 12 years and under and 13 years and over age groups. The 8 fastest times recorded on the day for the 200m IM will produce the start lists. Cash prizes will be awarded to the competitors. 8th, 7th & 6th Place- £5, 5th Place - £10, 4th Place - £15, 3rd Place - £20, 2nd Place £25 and 1st Place £30 in each age group.
8. Poolside entries will be at the discretion of the Meet Secretary, these will be at £7.00 per swim
9. Over-the-top starts will be used during the meet. Secondary strobe starts will be available. .Swimmers are requested to remain in the water until asked to leave the pool
10. Backstroke ledges will be available for relevant events
11. Swimmers will be permitted to compete for only one club during the meet
12. In order to run this gala a large number of licenced officials are required, if your club has any licenced officials willing to help please contact meetsecretary@middlesbroughasc.org.uk. Expenses will be paid at 45p per mile up to a maximum of £50 per day and lunch will be provided, for those attending two sessions per day.
13. 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
14. Admission for spectators will be £6 per day. Children & Concessions £3 per day. Programme will be £2. Parking is free.
15. 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

1. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet
2. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s)
3. 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
4. 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
5. 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
6. Paper Entries which are not countersigned by an official from the swimmer’s club will be returned
7. The Lead Referee for the meet is Ian McConville
8. The Referees decision is Final
9. Any points not covered here will be at the discretion of the Promoter / Meet organisers
10. The Promoter reserves the right to refuse admission to any Competitor or Spectator

**Meet Secretary**

David Ross

43 Shandon Park

Marton

Middlesbrough

TS8 9XS e-mail: [meetsecretary@middlesbroughasc.org.uk](mailto:meetsecretary@middlesbroughasc.org.uk)

**Meet Promoter**

Joanne Morris e-mail: [galapromoter@middlesbroughasc.org.uk](mailto:galapromoter@middlesbroughasc.org.uk)

**MIDDLESBROUGH AA GRADE 2020 Gala**

**Saturday 22nd & Sunday 23rd February 2020**

**Individual Age Groups 9 years 10 years 11 years**

**(Age as at 23rd Feb 2020) 12 years 13 years 14 years**

**15 years & over**

**Order of Events**

**Saturday 22nd February 2020**

**Session 1 08.00 Warm up 09.00 Start**

1. Girls 200m Individual Medley
2. Boys 200m Breaststroke
3. Girls 50m Butterfly
4. Boys 50m Breaststroke
5. Girls 100m Backstroke
6. Boys 200m Backstroke
7. Girls 200m Freestyle
8. Boys 100m Butterfly
9. Girls 12/under - Skins Event
10. Girls 13/over – Skins Event

**Session 2 Warm up & start time tbc**

1. Boys 400m Freestyle (10 years & over)
2. Girls 400m Individual Medley (10 years & over)
3. Boys 50m Backstroke
4. Girls 100m Breaststroke
5. Boys 100m Individual Medley
6. Girls 200m Butterfly
7. Boys 100m Freestyle
8. Girls 50m Freestyle

**Sunday 23rd February 2020**

**Session 3 08.00 Warm up 09.00 Start**

1. Boys 200m Individual Medley
2. Girls 200m Breaststroke
3. Boys 50m Butterfly
4. Girls 50m Breaststroke
5. Boys 100m Backstroke
6. Girls 200m Backstroke
7. Boys 200m Freestyle
8. Girls 100m Butterfly
9. Boys 12/under - Skins Event
10. Boys 13/over – Skins Event

**Session 4 Warm up & start time tbc**

1. Girls 400m Freestyle (10 years & over)
2. Boys 400m Individual Medley (10 years & over)
3. Girls 50m Backstroke
4. Boys 100m Breaststroke
5. Girls 100m Individual Medley
6. Boys 200m Butterfly
7. Girls 100m Freestyle
8. Boys 50m Freestyle

**MIDDLESBROUGH AA GRADE 2020 Gala**

**Saturday 22nd & Sunday 23rd February 2020**

**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 | 1.20.0 | 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 |

**MIDDLESBROUGH AA GRADE 2020 Gala**

**Saturday 22nd & Sunday 23rd February 2020**

**SUMMARY OF ENTRIES**

Club:

Contact Name:

Address:

Contact Number:

Email Address

£

Male Entries @ £5.50

Female Entries @ £5.50

Poolside Passes @ £20.00

Total Entry Fee Enclosed \_\_\_\_\_\_\_\_\_\_\_