



Tynemouth Amateur Swimming Club

Autumn Meet 2023

24th - 26th November 2023

@ Tynemouth Pool

(Held under Swim England laws and technical rules: License Level 3)



Information available online at www.tynemouthasc.co.uk

Email: tascompsec@outlook.com



Autumn Meet 24th - 26th November 2023

Programme of events

Session 1 – 24 th November			
Warm-up: 17:45		Start: 18:15	
Event	Gender	Distance	Stroke
101	Mixed	800	Free
102	Mixed	1500	Free

Session 2 – 25 th November			
Warm-up: 8:00		Start: 9:00	
Event	Gender	Distance	Stroke
201	Female	400	IM
202	Open/Male	200	IM
203	Female	50	Breast
204	Open/Male	50	Free
205	Female	200	Fly
206	Open/Male	200	Back
207	Female	100	Back
208	Open/Male	100	Fly

Session 4 – 26 th November			
Warm-up: 8:00		Start: 9:00	
Event	Gender	Distance	Stroke
401	Open/Male	400	IM
402	Female	200	IM
403	Open/Male	50	Breast
404	Female	50	Free
405	Open/Male	200	Fly
406	Female	200	Back
407	Open/Male	100	Back
408	Female	100	Fly

Session 3 – 25 th November			
Warm-up: TBC		Start: TBC	
Event	Gender	Distance	Stroke
301	Open/Male	400	Free
302	Female	50	Fly
303	Open/Male	50	Back
304	Female	200	Free
305	Open/Male	200	Breast
306	Female	100	Breast
307	Open/Male	100	Free
308	Female	100	IM

Session 5 – 26 th November			
Warm-up: TBC		Start: TBC	
Event	Gender	Distance	Stroke
501	Female	400	Free
502	Open/Male	50	Fly
503	Female	50	Back
504	Open/Male	200	Free
505	Female	200	Breast
506	Open/Male	100	Breast
507	Female	100	Free
508	Open/Male	100	IM

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Upper Time Limits

Swimmers must not have ranked faster times since 1st January 2021

Female						Event	Open/Male					
9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14+		9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14+
00:33:00	00:31:00	00:29:00	00:28:00	00:27:00	00:25:50	50 Free	00:33:00	00:30:00	00:27:00	00:25:00	00:24:00	00:23:00
01:19:00	01:09:00	01:04:00	01:01:00	00:59:00	00:59:00	100 Free	01:17:00	01:07:00	00:59:00	00:57:00	00:54:00	00:52:00
02:43:00	02:27:00	02:18:00	02:11:00	02:06:00	02:04:00	200 Free	02:41:00	02:26:00	02:10:00	02:04:00	01:59:00	01:55:00
05:30:00	05:10:00	04:59:00	04:42:00	04:33:00	04:30:00	400 Free	05:15:00	05:00:00	04:44:00	04:29:00	04:18:00	04:09:00
No limit	No limit	08:45:00	08:40:00	08:35:00	08:30:00	800 Free	No limit	No limit	08:45:00	08:40:00	08:35:00	08:30:00
No limit	No limit	16:45:00	16:40:00	16:35:00	16:30:00	1500 Free	No limit	No limit	16:45:00	16:40:00	16:35:00	16:30:00
00:38:00	00:36:00	00:34:00	00:32:00	00:30:00	00:29:00	50 Back	00:38:00	00:35:00	00:31:00	00:29:00	00:27:00	00:26:00
01:28:00	01:19:00	01:13:00	01:09:00	01:04:00	01:02:00	100 Back	01:27:00	01:18:00	01:07:00	01:03:00	01:00:00	00:57:00
03:01:00	02:46:00	02:34:00	02:26:00	02:19:00	02:16:00	200 Back	03:00:00	02:44:00	02:25:00	02:17:00	02:11:00	02:05:00
00:44:00	00:40:00	00:38:00	00:36:00	00:34:00	00:33:00	50 Breast	00:44:00	00:40:00	00:35:00	00:33:00	00:31:00	00:28:00
01:39:00	01:29:00	01:23:00	01:18:00	01:13:00	01:10:00	100 Breast	01:39:00	01:29:00	01:17:00	01:13:00	01:09:00	01:06:00
03:30:00	03:11:00	02:58:00	02:48:00	02:38:00	02:31:00	200 Breast	03:28:00	03:11:00	02:47:00	02:37:00	02:30:00	02:22:00
00:38:00	00:34:00	00:33:00	00:31:00	00:29:00	00:28:00	50 Fly	00:37:00	00:34:00	00:30:00	00:28:00	00:27:00	00:25:00
01:29:00	01:19:00	01:13:00	01:08:00	01:04:00	01:02:00	100 Fly	01:29:00	01:19:00	01:07:00	01:03:00	01:00:00	00:56:00
03:26:00	02:57:00	02:41:00	02:29:00	02:21:00	02:16:00	200 Fly	03:24:00	02:54:00	02:29:00	02:21:00	02:14:00	02:07:00
01:19:00	01:17:00	01:15:00	01:13:00	01:09:00	01:04:00	100 IM	01:19:00	01:17:00	01:15:00	01:13:00	01:09:00	01:04:00
03:06:00	02:49:00	02:38:00	02:29:00	02:23:00	02:20:00	200 IM	03:04:00	02:48:00	02:28:00	02:20:00	02:14:00	02:09:00
06:20:00	06:00:00	05:39:00	05:19:00	05:05:00	04:59:00	400 IM	06:00:00	05:39:00	05:19:00	04:59:00	04:49:00	04:35:00



Autumn Meet 24th - 26th November 2023

Meet Conditions

1. The meet will be held under ASA Laws and Technical Rules. This is a level 3 licensed meet – licence number – **3NE231810**.
2. The pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available. Venue address: Tynemouth Pool, Preston Road North, North Shields, NE29 9PX.
3. The starting gun will provide an internal starting strobe, but no external starting strobe facility will be provided.
4. Swiss Electronic Timing will be in operation with scoreboard display. Times and places shown on the scoreboard are for information only and are not necessarily the official result.
5. The age groups will be 9, 10, 11, 12, 13, 14+. **Age at 26th November 2023**
6. All events will be Heat Declared Winner (HDW).
7. Awards will be made to the first three in each age category. These awards will be available for collection after the winners are announced for each event.
8. Copies of the results will be available over the duration of the gala along with live results.
9. Swimmers must not have swum faster than the **upper qualifying times** since 1st January 2021. Entry times should be valid short course times, converted times will be accepted. Heats will be seeded slowest to fastest based on submitted entry times. All entries to swim must have an entry time for seeding purposes or they will be rejected. Coaches realistic times are acceptable.
10. The female category is for birth sex females in accordance with Swim England's transgender and non-binary competition policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female. Swimmers may only compete in one gender category for the duration of the meet.
11. Closing date: **Thursday 2nd November 2023**. Entries will be selected on a **first come first served basis (from 08:00 on Thursday 19th October 2023)**. Entries may be further restricted to comply with session limits. Tynemouth ASC reserves the right to fill any empty places with its own eligible swimmers.
12. Entries Fees are as follows:
 - Per event £7.00 (all swims up to and including 400m), £9.00 (800m and 1500m)
 - Coaches passes £20.00 to include start lists & lunch (Saturday and Sunday only)
13. **Entries are to be submitted using the Sport Systems entry file** which is available from the Competition Secretary via email: tascompsec@outlook.com. The entry file should be submitted together with a completed **Summary of Entries sheet**.
14. BACS payment should be made at the time of submitting the entry file to **Barclays bank, sort code: 20-62-09, account no: 63311791** – please use as a reference your **club code + NOV2023**
15. If a swimmer is not swimming an event, we request that the recorders are informed no later than 45 minutes prior to the session start time. Complying with this request will keep the number of empty lanes to a minimum which will be much appreciated. No refunds will be given for a withdrawals after the closing date other than for withdrawals on medical grounds supported by documentary evidence, e.g. doctor's note.
16. Coaches/Team Managers are responsible for ensuring that competitors report to the marshalling area at the required time. Failure to report to marshalling in good time may result in elimination from the event.
17. Tynemouth ASC will not be responsible for any unaccompanied swimmers on the poolside. The responsibility falls with the club entering the swimmer, who should appoint a responsible individual to be on poolside.
18. Tynemouth ASC cannot be held responsible for loss or damage to spectators' or swimmers' property.

19. Access to poolside will be restricted to swimmers, coaches, officials and authorised helpers in line with the SE Child Protection Policy.
20. The Lead Referee for this event will be: **Paula Gibbons-Fewster**. The referee's decision is final.
21. **Spectator admission will be £5.00 per Sat/Sun session, £8.00 for a full day or £14 for a weekend pass (excluding Friday). Admission for the Friday session will be £3.** Spectator spaces are restricted to 250 and entry to the gallery is on a 1st arrival basis.
22. The use of any photographic equipment (still, video or digital, including mobile phones with camera function) by members of the public will not be allowed anywhere on the premises. We aim to support requests for recording for exam purposes, but an enquiry must be made at the time of entry submission and the decision will be at the discretion of the lead referee.
23. By entering this gala, it is assumed a swimmer accepts these terms & conditions.
24. Any points not covered above will be at the discretion of the meet organisers.



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Summary of Entries form

Club _____

Contact Name _____

Address _____

Telephone no. _____

E-mail address _____

Female entries _____ @ £7.00 £ _____

Female entries _____ @ £9.00 £ _____

Open/Male entries _____ @ £7.00 £ _____

Open/Male entries _____ @ £9.00 £ _____

Coaches passes _____ @ £20.00 £ _____

Total entry fee enclosed £ _____

Please email this sheet along with your entry file to: tasccompsec@outlook.com

Bank Details: Barclays bank, sort code: 20-62-09, account no: 63311791, ref: your club code + NOV2023