

# MIDDLESBROUGH XMAS GALA 2014

## 13<sup>TH</sup> AND 14<sup>TH</sup> DECEMBER 2014

(ASA Licensed tbc)

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 11 years, 12 years, 13 years, 14 years & 15 years/over have been based on AA Grade Tables 2009 published by ASA. The 9 & 10 years age groups are open.
3. Individual events will be 50m, 100m, 200m all strokes plus 200m, 400m Individual Medley and 400m freestyle. All events will be Heat Declared.
4. **Ages are as at 14th December 2014.**
5. Entry fees are £5.00 per individual swim entry by file, £5.50 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 **25<sup>th</sup> November 2014**. 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. **Should entries be over-subscribed, entries will be accepted on a payment first-come, first-serve basis.**
9. All entry withdrawal forms must be presented in the recorder's office no later than 60 minutes before the commencement of each session.
10. Medals / trophies will be awarded to the first six in both 9years and 10 years age groups and top three in each other individual age group who do not exceed cut-off times. Any swimmers exceeding cut off time by more than two seconds will be issued with a speeding ticket.
11. Swimmers will be permitted to compete for only one club during the meet.
12. Over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
13. Coach passes cost £20.00 which includes programme, lunch ticket and results sheets. Coaches will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person possessing a coach's pass.
14. Admission for spectators will be £5 per day. Children, accompanied by adults, will be admitted free. Concessions £3 per day. Parking is free at the Neptune.
15. Photography will be permitted under the usual ASA conditions, but there will be an official MASC photographer at this event. This event by its very nature, is in the public arena and when entering for the event the participant and their parents acknowledge this fact, which may result in the recording and publication of his/her image. All photographs taken at this event will be password protected when posted on the official website. All photographers have been CRB checked and operate within a strict child protection policy and code of ethics

David Ross

Meet Secretary

43 Shandon Park

Marton in Cleveland

TS89XS

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Individual Age Groups (Age as at 14 December 2014)	9 years 12 years	10 years 13 years 15 years & over	11 years 14 years
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## ORDER OF EVENTS

### SATURDAY 13<sup>th</sup> DECEMBER 2014

#### **SESSION 1                    8.00AM WARM UP, 9.00 AM START**

- 101.    GIRLS 400M IND MEDLEY
- 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                    TBA**

- 201.    GIRLS 200M IND MEDLEY
- 202.    BOYS 400M FREESTYLE
- 203.    GIRLS 50M FREESTYLE
- 204.    BOYS 50M BACKSTROKE
- 205.    GIRLS 100M BREASTSTROKE
- 206.    BOYS 100M FREESTYLE
- 207.    GIRLS 200M BUTTERFLY

### SUNDAY 14<sup>th</sup> DECEMBER 2014

#### **SESSION 3                    8.00AM WARM UP, 9.00 AM START**

- 301.    BOYS 400M IND MEDLEY
- 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                    TBA**

- 401.    BOYS 200M INDIVIDUAL MEDLEY
- 402.    GIRLS 400M FREESTYLE
- 403.    BOYS 50M FREESTYLE
- 404.    GIRLS 50M BACKSTROKE
- 405.    BOYS 100M BREASTSTROKE
- 406.    GIRLS 100M FREESTYLE
- 407.    BOYS 200M BUTTERFLY

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## SWIMMERS SHOULD NOT HAVE SWUM FASTER THAN THE TIMES BELOW

### BOYS

	50m Free	50m Back	50m Br	50m Fly	100m Free	100m Back	100m Br	100m Fly	200m Free	200m Back	200m Br	200m Fly	400m Free	200m I.M.	400m I.M
9 YRS	ALL EVENTS OPEN TIMES														
10 YRS	ALL EVENTS OPEN TIMES														
11 YRS	33.0	37.9	42.8	36.5	1.11.5	1.20.6	1.32.1	1.20.7	2.34.7	2.51.8	3.17.9	2.56.5	5.23.3	2.55.4	6.12.0
12 YRS	31.1	36.0	40.2	34.6	1.07.1	1.15.9	1.26.2	1.15.4	2.25.8	2.42.2	3.06.0	2.46.2	5.05.7	2.45.6	5.49.4
13 YRS	29.6	33.8	37.6	32.6	1.03.5	1.11.4	1.20.6	1.10.8	2.18.1	2.33.1	2.54.8	2.36.4	4.50.9	2.37.1	5.31.9
14 YRS	28.3	32.5	35.9	31.1	1.00.8	1.07.9	1.16.9	1.07.3	2.12.2	2.25.9	2.46.3	2.28.9	4.39.7	2.29.2	5.16.2
15+ YRS	27.3	31.1	34.5	29.7	0.59.0	1.05.4	1.14.0	1.04.6	2.08.3	2.20.8	2.40.6	2.21.9	4.30.9	2.24.3	5.05.1

### GIRLS

	50m Free	50m Back	50m Br	50m Fly	100m Free	100m Back	100m Br	100m Fly	200m Free	200m Back	200m Br	200m Fly	400m Free	200 I.M	400m I.M
9 YRS	ALL EVENTS OPEN TIMES														
10 YRS	ALL EVENTS OPEN TIMES														
11 YRS	33.6	38.1	43.0	36.9	1.12.2	1.20.9	1.32.1	1.21.0	2.35.4	2.51.0	3.17.7	2.58.5	5.23.1	2.55.6	6.10.1
12 YRS	32.0	36.2	40.6	35.0	1.08.3	1.16.3	1.27.1	1.16.1	2.27.0	2.42.4	3.06.8	2.46.8	5.06.0	2.46.1	5.49.6
13 YRS	31.0	35.0	39.1	33.8	1.06.3	1.13.5	1.23.4	1.13.4	2.22.2	2.37.2	2.58.8	2.40.2	4.56.6	2.41.1	5.37.2
14 YRS	30.3	34.1	38.1	32.9	1.04.7	1.11.8	1.20.6	1.11.2	2.19.3	2.33.7	2.54.1	2.35.5	4.50.9	2.37.1	5.29.7
15+ YRS	29.7	33.7	37.3	32.2	1.03.9	1.10.4	1.19.6	1.10.3	2.17.0	2.30.6	2.51.8	2.32.6	4.46.0	2.34.7	5.24.7

## NO MORE THAN TWO SECONDS IMPROVEMENT ALLOWED ON THE DAY

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## SUMMARY OF ENTRIES

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELE NO \_\_\_\_\_

E-mail \_\_\_\_\_

£

Male Entries \_\_\_\_\_ @ £5.00

Female Entries \_\_\_\_\_ @ £5.00

Coach Passes \_\_\_\_\_ @ £20.00

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

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