



Middlesbrough Amateur Swimming Club

Founded in 1886

Affiliated to Swim England, N.E.R & N & D



MIDDLESBROUGH ASC MARCH 2023 MEET Saturday 11th & Sunday 12th March 2023

This event is licensed Level 3 by Swim England for entry into County and Regional championships - License Number to be advised

This Gala will be compliant with Swim England Return to Training Guidance and fully compliant with Government guidance relating to social distancing, in addition to the specific health and safety requirements of the venue (this may be subject to change at any time)

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 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 12th March 2023**
4. Entry fees are £6.00 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 **7pm on 10th Feb 2023**. 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. Once an entry has been submitted improved times will not be accepted.
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
 - Should a swimmer withdraw from an event on medical grounds they will be removed from all events.
9. Accepted swimmer's details will be sent to attending clubs and posted on 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 will not be possible to make changes or include swimmers on the day of the gala.
10. Withdrawals – Clubs are asked to notify details of any swimmer not competing by email to the Meet Secretary before 4pm on Friday 10th March 2023 for Saturday's events and 4pm on Saturday 11th March 2023 for Sunday's Events

11. 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
12. 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.
13. 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
14. Backstroke ledges will be available for relevant events
15. Swimmers will be permitted to compete for only one club during the meet
16. Poolside passes cost £10.00 and includes entry and start 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
17. Admission for spectators will be £6 per day. Children & Concessions £3 per day (this may be subject to change in compliance with Government guidance and/or the Neptune Centre safety/protective measures in relation to COVID-19). Spectator entry cannot be guaranteed, and numbers may be limited to 1 per swimmer. The Meet programmes will only be available online
18. 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
19. 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
20. 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
21. 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
22. The Lead Referee for the meet is Gillian Smith
23. The Referees decision is Final
24. The Promoter reserves the right to refuse admission to any Competitor or Spectator
25. Any swimmer/team failing to comply with any of the foregoing conditions may not be allowed to compete in the Meet
26. All other matters regarding the running and administration of the Meet shall be at the discretion of the promoter or their agent(s).

27. The Data Protection Act 2018 requires us to provide you with certain information and to obtain your consent before processing data about you. Processing includes: obtaining, recording, holding, disclosing, destruction or retaining information. We require certain personal data for the purposes of making entries to the competition, managing the Meet and the submission of results to British Swimming Rankings. The information provided by you will be processed in accordance with the Data Protection Act 2018. Consent to process such personal data is deemed to have been given by the submission of the entry. Where the personal data of competitors, officials and coaches/team managers has been passed to us by a third party, such as a Club rather than by the individuals themselves, we rely on the third party to ensure that consent has been obtained.

Meet Secretary

Scott Morton and Jon Shipley e-mail: meetsecretary@middlesbroughasc.org.uk

Meet Promoter

Joanne Morris e-mail: galapromoter@middlesbroughasc.org.uk

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 gillian.smith@middlesbroughasc.org.uk

Travel expenses will be paid at a rate of 45p per mile. Where volunteers have a swimmer competing then 50% of the total mileage will be paid. Volunteers who are only doing one session per day will also be paid 50% of the total mileage.

MIDDLESBROUGH AA GRADE 2023 Gala

Saturday 11th & Sunday 12th March 2023

Individual Age Groups (Age as at 12 th March 2023)	9 years 12 years 15 years & over	10 years 13 years	11 years 14 years
--	--	----------------------	----------------------

Order of Events

Saturday 11th March 2023			Sunday 12th March 2023		
Session 1 - 8:00am Warm Up - 9:00am Start			Session 3 - 8:00am Warm up - 9:00am Start		
101	Girls	200m Individual Medley	301	Boys	200m Individual Medley
102	Boys	400m Freestyle (10 years & over)	302	Girls	400m Freestyle (10 years & over)
103	Girls	100m Breaststroke	303	Boys	100m Breaststroke
104	Boys	50m Backstroke	304	Girls	50m Backstroke
105	Girls	50m Butterfly	305	Boys	50m Butterfly
106	Boys	200m Butterfly	306	Girls	200m Butterfly
107	Girls	200m Breaststroke	307	Boys	200m Breaststroke
108	Boys	100m Freestyle	308	Girls	100m Freestyle
109	Girls	12/under - Skins Event	309	Boys	12/under - Skins Event
110	Girls	13/over – Skins Event	310	Boys	13/over – Skins Event
Session 2 - Warm Up & Start Time TBC			Session 4 - Warm Up & Start Time TBC		
201	Boys	400m Individual Medley (10 years & over)	401	Girls	400m Individual Medley (10 years & over)
202	Girls	50m Freestyle	402	Boys	50m Freestyle
203	Boys	100m Backstroke	403	Girls	100m Backstroke
204	Girls	200m Freestyle	404	Boys	200m Freestyle
205	Boys	50m Breaststroke	405	Girls	50m Breaststroke
206	Girls	100m Butterfly	406	Boys	100m Butterfly
207	Boys	200m Backstroke	407	Girls	200m Backstroke

MIDDLESBROUGH AA GRADE 2023 Gala

Saturday 11th & Sunday 12th March 2023

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
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
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 2023 Gala
Saturday 11th & Sunday 12th March 2023

SUMMARY OF ENTRIES

Club: _____

Contact Name: _____

Address: _____

Contact Number: _____

Email Address _____

£

Male Entries _____ @ £6.00 _____

Female Entries _____ @ £6.00 _____

Poolside Passes _____ @ £10.00 _____

Total Entry Fee Enclosed _____