INVITATIONAL SHRIMP GALA
LOUISA CENTRE, STANLEY
SUNDAY 8th March 2020

PROGRAMME OF EVENTS

Session 1

Warm up: 8:00am
Start: 9:00am

Boys	**8 - 9 years**	**100m**	**Freestyle**
Boys	**10-11 years**	**200m**	**Freestyle**
Girls	**8 - 11 years**	**50m**	**Butterfly**
Boys	**8 - 11 years**	**50m**	**Breaststroke**
Girls	**8 - 9 years**	**100m**	**Individual Medley**
Girls	**10-11 years**	**200m**	**Individual Medley**
Boys	**8 - 11 years**	**50m**	**Backstroke**
Girls	**8 - 11 years**	**50m**	**Freestyle**

Session 2

Warm up: TBC
Start: TBC

Girls	**8 - 9 years**	**100m**	**Freestyle**
Girls	**10-11 years**	**200m**	**Freestyle**
Boys	**8 - 11 years**	**50m**	**Butterfly**
Girls	**8 - 11 years**	**50m**	**Breaststroke**
Boys	**8 - 9 years**	**100m**	**Individual Medley**
Boys	**10 - 11 years**	**200m**	**Individual Medley**
Girls	**8 - 11 years**	**50m**	**Backstroke**
Boys	**8 - 11 years**	**50m**	**Freestyle**

closing date for entries: Friday 28th February 2020 12 Noon

Entry Fee: £6.00 per swim
All Events HDW*(Heat Declared Winner)*basis
Age Groups (Boys & Girls) are 8yrs, 9yrs, 10yrs, 11yrs.
(Age as at 8th March 2020).

Newcastle Swim Team hope you have fun, swim well & enjoy it ☺

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UPPER LIMITS

MALE UPPER LIMITS					FEMALE UPPER LIMITS			
8 Years	9 Years	10 Years	11 Years	**Events**	8 Years	9 Years	10 Years	11 Years
Open	Open	32.30	31.10	**50 Free**	Open	Open	32.10	30.50
Open	Open			**100 Free**	Open	Open		
		2.34.00	2.24.00	**200 Free**			2.33.00	2.24.00
Open	Open	37.00	35.00	**50 Back**	Open	Open	36.50	35.00
Open	Open	43.50	40.50	**50 Breast**	Open	Open	42.00	39.50
Open	Open	37.00	35.00	**50 Fly**	Open	Open	36.00	33.00
Open	Open			**100 IM**	Open	Open		
		2.54.00	2.42.00	**200 IM**			2.51.00	2.42.00

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1. The meet will be swum under ASA Laws and Technical Rules and will be as a [Level 4].

2. The pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available. It is the responsibility of coaches to ensure that the swim facility is used correctly – in the event that it is not, the pool will be closed.

3. Colorado Electronic Timing will be in operation with scoreboard display. Times and places shown on the electronic scoreboard are for information only, and are not necessarily the official result.

4. Events will be all strokes 50m plus 100 Freestyle (8,9y) 100IM (8,9y), 200IM (10,11y), 200 Freestyle (10,11y). All events will be HDW. (Heat Declared Winner)

5. Entries will be accepted from rankings and training times. If there is no time entered then the swimmer will be rejected from the event.

6. Upper limit times will apply. Swimmers must not have swam faster than the upper time limit and any swimmers entered on times above the upper time for their age and event **will be excluded.** All entry times must be converted to 25m pool times by use of the ASA Conversion tables. Entries **may** be limited to comply with session limits. Should the meet be oversubscribed**, entries will be rejected on the basis of fastest submitted times in each age group.**

7. Age Groups are 8 yrs, 9 yrs,10 yrs, 11yrs **Age as at 8th March 2020.**

8. Medals will be issued to the first six places in age groups 8, 9, 10 and 11 in events as listed above.
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9. Poolside entries will **not be accepted.**

10. Entry Fees £6.00 per swim
    Coaches passes £10.00 to include full programme and meal. A full set of results will be e-mailed.

11. **PAYMENTS ARE VIA CHESTER-LE-STREET ASC USING YOUR CLUB ACCOUNT**

12. **ENTRIES MUIST BE SUBMITTED VIA CHESTER-LE-STREET ASC USING YOUR CLUB ACCOUNT**

13. Seeded heat start lists will be produced prior to the start of the meet. Any withdrawal should be notified to CLS ASC BY 3pm on Friday 6th March 2020.

14. Coaches/Team Managers are responsible for ensuring 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.

15. For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where appropriate, over the top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

16. Access to pool-side will be restricted to swimmers, coaches, officials and authorised helpers in line with ASA Child Protection Policy.

17. To comply with the Data Protection Act you agree that we may publish your personal information as part of the results of the event and may pass such information to the governing body or any affiliated organisation for the purpose of insurance, licenses or for publishing results either for the event alone or combined with or compare to other events. Results may include (but not limited to) name, any club affiliation, race times, age category.

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18. The use of any photographic equipment (still, video or digital including mobile phones with photo facilities) by members of the public is strictly prohibited by Derwentside Leisure Trust.

19. The Lead Referee for this event will be: Lesley Murray. The referee's decision is final

20. Admission for spectators will be £5 to include start lists. Children, accompanied by adults, will be admitted free.

21. A swimwear supplier will display over the weekend.

Any points not covered above will be at the discretion of the meet manager.