



# Hetton ASC

## AUTUMN INVITATIONAL SHORT COURSE SPRINTS MEET

**SUNDAY 22<sup>nd</sup> September 2019, Louise Centre, Stanley.**

**THIS EVENT IS LICENSED AT LEVEL 4**

We would like to invite your Club to attend our level 4 gala. The gala is aimed at swimmers who have not yet achieved county times for their sprint distances. (8 year old swimmers can compete.) If you could confirm whether your Club will be attending and we will be accepting entries from 1<sup>st</sup> July 2019.

Thank you

**Hetton ASC**

<b>Session 1</b>	<b>Session 2</b>
<b>Warm Ups 8:00am</b>	<b>Warm Ups TBC</b>
<b>101 Girls 9yrs+ 100IM</b>	<b>201 9yrs+ Boys 100IM</b>
<b>102 Boys 8yrs+ 50m Breaststroke</b>	<b>202 8yrs+ Girls 50m Backstroke</b>
<b>103 Girls 8yrs+ 50m Breaststroke</b>	<b>203 8yrs+ Boys 50m Backstroke</b>
<b>104 Boys 9yrs+ 100 m Backstroke</b>	<b>204 9yrs+ Girls 100m Breaststroke</b>
<b>105 Girls 9yrs+ 100 m Backstroke</b>	<b>205 9yrs+ Boys 100m Breaststroke</b>
<b>106 Boys 8yrs+ 50m Freestyle</b>	<b>206 8yrs+ Girls 50m Butterfly</b>
<b>107 Girls 8yrs+ 50m Freestyle</b>	<b>207 8yrs+ Boys 50m Butterfly</b>
<b>108 Boys 9yrs+ 100 m Butterfly</b>	<b>208 9yrs+ Girls 100m Freestyle</b>
<b>109 Girls 9yrs+ 100 m Butterfly</b>	<b>209 9yrs+ Boys 100m Freestyle</b>

All races held under ASA Laws and ASA Technical Rules with Colorado Electronic timing.

**Entry Fees: £4.00 per individual entry**

**Closing date for entries: 22<sup>nd</sup> August 2019**

## **Meet Conditions**

1. Meet to be held at Louisa Centre, Stanley – the Pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes. There will be a swim down facility available during the gala.
2. This meet is an Invitational Meet with only 8 Clubs allowed to attend.
3. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only. Result sheets will be displayed poolside and in the spectator area.
4. Events will be 50m and 100m all strokes plus 100m Individual medley. 8 year olds can only swim 50m races. All events will be heat declared winners. (Swim England category 1 swimmers can enter a level 4 gala.)
5. Entry times must be no faster than the accompanying QTs and must be from Rankings or a training time – “YES” times will be only accepted for 8 and 9 year olds. (If necessary, entry times should be converted to 25m pool times by use of ASA Conversion Tables.)
6. Ages are as at 22<sup>nd</sup> September 2019. Age groups for awards are 8yrs, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs and 14/over yrs. Medals will be awarded to the first three in each age group.
7. Entry fees: £4.00 for individual swims made through the Sportsystems entries. Entry file from Meet Manager – Darren Dodd, email Darren.dodd@icloud.com. Payment by bank transfer to Hetton Amateur Swimming Club (sort code 20 27 41 account number 40469955), use reference YOUR CLUB NAME, or by cheque made payable to Hetton ASC (contact meet manager for postal address).
8. Coach passes cost £5.00 which includes refreshments at the interval. Coaches will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person displaying a coach pass. Individuals are responsible for their own belongings. Hetton ASC are not responsible for any unaccompanied swimmer poolside. Swimmers who exit the pool and changing area are the responsibility of their parent or guardian.
9. Entries will be accepted from 01/07/2019 and the closing date for entries will be 22<sup>nd</sup> August 2019. Should entries be over-subscribed, individuals will be rejected from the fastest entries ages 10/Over years.
10. Seeded heat start lists will be produced prior to start of each session. Any withdrawal forms must be presented no later than 45 minutes before start of each session.
11. For safety reasons only swimmers who can perform an ASA competitive start may perform a shallow racing dive from the starting blocks. Where possible, over-the-top starts will be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
12. Admission for spectators - £3 per session or £5 for full day. Programme £2. Children under 5 years and not requiring a seat will be admitted free of charge.
13. Coaches/Team managers are responsible for ensuring competitors report to the marshalling area at the required time. Swimmers failing to report to the competitive marshals in time for the start of their race may not be allowed to compete.

14. Only pool staff, swimmers, coaches, officials and authorised club volunteers are allowed in the changing area and on poolside – a poolside wristband or ASA pass must be worn at all times. Parents are not permitted in the changing area and will be requested to leave.

**15. Swimmers and parents are not permitted on the stairways down to poolside as these are for official and emergency use only.**

16. Swimmers leaving the pool area must wear a top, shorts and footwear.

17. Anyone found damaging or misusing property or equipment or displaying anti-social behaviour 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. Any swimmer banned from the poolside by the referee or pool management, because of their unacceptable behaviour, shall not be given a refund and may be banned from all future meets at the venue.

**18. The use of image-capturing equipment during the meet in the pool, changing and spectator areas is strictly forbidden – this includes filming for educational purposes. Anyone found acting contrary to this policy will be reported and may be subject to further action.**

19. No hot drinks are allowed on poolside.

20. Hetton ASC and Durham County Council cannot be held responsible for loss or damage to spectators' or swimmers' property. Swimmers are advised to use the lockers (50p refundable) in the changing rooms and not to leave belongings unattended in the changing area or on poolside.

21. The Lead Referee will be: TBC

22. Any points not covered here will be at the discretion of the meet organisers and the referees decision is final.

23. If you require any further information please contact Hetton ASC at [hettonasc@hotmail.co.uk](mailto:hettonasc@hotmail.co.uk)

## Upper Times

## Girls

Event	8/9	10/11	12	13	14	15	16/over
50 Freestyle	No Upper Limited	34.4	31.9	30.3	29.80	29.3	28.80
100 Freestyle		1.17.90	1.10.30	1.08.30	1.05.70	1.04.70	1.03.7
50 Breaststroke	No Upper Limited	46.3	42.8	40.7	38.7	38.20	37.70
100 Breaststroke		1.43.80	1.35.20	1.28.60	1.26.60	1.25.00	1.24.50
50 Backstroke	No Upper Limited	40.5	37.0	35.4	34.5	33.4	33.40
100 Backstroke		1.29.10	1.21.00	1.17.40	1.15.90	1.11.90	1.11.90
50 Fly	No Upper Limited	39.0	35.5	33.4	33.4	32.4	31.40
100 Fly		1.35.20	1.24.10	1.19.00	1.16.00	1.13.00	1.12.0
100 IM		No Upper Limited	No Upper Limited	No Upper Limited	No Upper Limited	No Upper Limited	No Upper Limited

## Boys

Event	8/9	10/11	12	13	14	15	16/over
50 Freestyle	No Upper Limited	34.4	32.4	30.8	29.3	28.8	26.2
100 Freestyle		1.16.90	1.12.40	1.08.30	1.03.70	1.01.10	57.1
50 Breaststroke	No Upper Limited	46.3	44.3	40.7	38.7	37.7	35.6
100 Breaststroke		1.43.80	1.37.70	1.32.60	1.25.50	1.21.50	1.18.4
50 Backstroke	No Upper Limited	41.0	38.5	37.0	33.9	33.4	31.4
100 Backstroke		1.29.10	1.24.50	1.20.00	1.14.40	1.10.30	1.08.8
50 Fly	No Upper Limited	39.5	36.0	34.5	31.9	31.4	29.4
100 Fly		1.39.20	1.29.10	1.21.60	1.13.00	1.12.00	1.06.9
100 IM		No Upper Limited	No Upper Limited	No Upper Limited	No Upper Limited	No Upper Limited	No Upper Limited