



Middlesbrough Amateur Swimming Club

Founded in 1886

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

SwimMark
ESSENTIAL CLUB

Swim
England

MIDDLESBROUGH ASC Spring Meet 2025 Saturday 8th & Sunday 9th March 2025

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

1. Gala to be held at The Neptune, Middlesbrough, TS3 7RP on Saturday 8th & Sunday 9th March 2025. The pool length is 25 metres of variable depth with 8 lanes and anti-wave ropes. A separate swim down pool is available.
2. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only. A secondary strobe starting unit will be available.
3. Age group/events will be:
 - 9 Years: 50m, 100m, 200m all strokes plus 100m IM and 200m IM
 - 10 Years: 50m, 100m, 200m all strokes plus 400m Freestyle and 100m and 200m Individual Medley.
 - 11 Years and over: 50m, 100m, 200m all strokes plus 400m, 800m and 1500m Freestyle and 100m and 200m Individual Medley.

All events will be Heat Declared.

4. Middlesbrough ASC complies with Swim England's Transgender and Non-Binary Competition policy. The Female category at this event is for birth sex females only. By entering the female category, a swimmer confirms their birth sex is female.
5. **Ages are as at 9th March 2025**
6. Entry Fees: £7.00 per individual swim, £9 per individual swim for 800m and 1500m Freestyle, entries must be submitted electronically.
7. Poolside passes cost £10.00 and includes entry and start sheets. Coaches & Team Managers will not be permitted on poolside without the necessary pass. Lunch will not be provided for Coaches and Team Managers. All swimmers must be supervised by a Coach and or Team Manager in possession of a pass. All Coaches/Team Managers must be DBS checked and meet Swim England requirements.
8. Middlesbrough ASC will not be responsible for any unaccompanied swimmers at the Meet. Swimmers are the responsibility of the Club to which they are affiliated and must be

supervised by a responsible adult possessing a poolside pass and the relevant accreditations (as per paragraph 7).

9. Entries should be made using Sportsystems Entries Manager V2. Please apply to the meet secretary for a file set. Entries will open at 0800 on 12th January 2025 and will close once the gala is full or at 1900hrs on 16th February 2025 Entries will be accepted on a first come, first served basis.
10. A list of accepted entries will be available prior to the Meet. Please check your entries to ensure they are correct and notify us of any errors. Middlesbrough ASC reserves the right to limit entry numbers of each event to manage session times.
11. If the Meet is undersubscribed, MASC reserve the right to accept late entries or entries faster than Upper Qualifying Time providing that the priority has already been given to entries received before the closing date. Accepted entries that are faster than Upper Qualifying Time will not be eligible for awards.
12. Payment should be made to Middlesbrough ASC at the time of entry. Preferred method of payment is by bank transfer to Middlesbrough ASC sort code :05-06-01 Account Number: 15711014. Where payment is not received 7 days prior to the Meet, entries may not be guaranteed.
13. Entry times should be converted to 25m pool times by use of ASA Conversion Tables.
14. Refunds will only be given if:
 - The withdrawal is before the Gala has closed, which may be prior to the advertised closing date if the Meet is full.
 - The withdrawal is after the Meet has closed on medical grounds, subject to submission of an appropriate medical certificate. In such cases, the swimmer will be withdrawn from all other events
15. Poolside entries will be at the discretion of the Meet Organiser and will be £8.00 per entry.
16. Heats will be seeded according to submitted entries.
17. Presentations will be made to the first six in both 9 years and 10 years age groups and top three in each other individual age group.
18. Swimmers are only permitted to swim for one Club during the Meet.
19. 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. Backstroke ledges will be available for relevant events.
20. Admission for spectators will be £7 per day (cash payment). Seating is limited and will be on a first come first served basis. Children & Concessions £4.00 per day. The Meet programmes will only be available online.

21. Disability competitors

- Swimmers with a disability shall swim under World Para Swimming 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.

22. 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.

23. 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.

24. 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.

25. In line with Everyone Actives Policy, the use of photography equipment within the pool and spectator areas will not be permitted.

26. The Lead Referee for the meet is Gillian Smith.

27. The Referee's decision is Final.

28. 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

Kirsty Chaytor

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 ASC

Spring Meet 2025

Saturday 8th & Sunday 9th March 2025

Individual Age Groups
(Age as at 9th March 2025)

9 years
13 years

10 years
14 years

11 years
15 years & over

Order of Events

Saturday 8 th March 2025			Sunday 9 th March 2025		
Session 1A 7:40am Warm Up 8:00am Start			Session 3A 7:40am Warm Up 8:00am Start		
101	Mixed	1500m Freestyle mixed (11 years & over, Max 3 heats)	301	Mixed	800m Freestyle mixed (11 years & over, Max 5 heats)
Session 1B 9.00am Warm Up 10:00am Start			Session 3B 9.00am Warm Up 10:00am Start		
102	Open	200m Breaststroke	302	Female	200m Breaststroke
103	Female	50m Butterfly	303	Open	50m Butterfly
104	Open	100m Butterfly	304	Female	100m Butterfly
105	Female	100m Backstroke	305	Open	100m Backstroke
106	Open	200m Backstroke	306	Female	200m Backstroke
107	Female	200m Freestyle	307	Open	200m Freestyle
108	Open	50m Breaststroke	308	Female	50m Breaststroke
Session 2 - Warm Up & Start Time TBC			Session 4 - Warm Up & Start Time TBC		
201	Open	200m Individual Medley	401	Female	200m Individual Medley
202	Female	400m Freestyle (10 years & over)	402	Open	400m Freestyle (10 years & over)
203	Open	50m Freestyle	403	Female	50m Freestyle
204	Female	50m Backstroke	404	Open	50m Backstroke
205	Open	100m Breaststroke	405	Female	100m Breaststroke
206	Female	100m Individual Medley	406	Open	100m Individual Medley
207	Open	200m Butterfly	407	Female	200m Butterfly
208	Female	100m Freestyle	408	Open	100m Freestyle

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Open Qualifying times – Swimmers Must Not Have Swum Faster Than the Times Below

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	No Limit	32.4	30.8	29.1	27.7	26.6	25
100m Freestyle	No Limit	1.10.6	1.06.6	1.02.5	59.2	57	53.9
200m Freestyle	No Limit	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
800m Freestyle			8.45	8.40	8.35	8.30	8.25
1500m Freestyle			16.45	16.40	16.35	16.30	16.25
50m Backstroke	No Limit	37.4	35.5	33.6	31.6	30.5	28.4
100m Backstroke	No Limit	1.21.4	1.15.3	1.10.9	1.06.7	1.03.8	59.6
200m Backstroke	No Limit	2.50.8	2.40.1	2.31.2	2.22.9	2.16.9	2.09.3
50m Breaststroke	No Limit	42.5	40	37.5	35.1	33.7	31.4
100m Breaststroke	No Limit	1.32.8	1.26.0	1.20.5	1.15.3	1.12.2	1.07.4
200m Breaststroke	No Limit	3.18.1	3.04.7	2.53.6	2.43.2	2.36.1	2.26.3
50m Butterfly	No Limit	36.4	34.1	32.3	30.5	29.2	27.1
100m Butterfly	No Limit	1.22.6	1.15.4	1.10.4	1.06.2	1.03.2	58.9
200m Butterfly	No Limit	3.00.8	2.44.7	2.35.1	2.26.3	2.19.9	2.09.1
100m Individual Medley	No Limit	1.22.4	1.18.2	1.13.9	1.09.8	1.06.5	1.02.0
200m Individual Medley	No Limit	2.54.9	2.43.4	2.34.2	2.26.6	2.19.9	2.12.2

Female Qualifying times - Swimmers Must Not Have Swum Faster Than the Times Below

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	No Limit	32.8	31.3	29.9	29	28.5	27.9
100m Freestyle	No Limit	1.12.2	1.07.2	1.03.7	1.02.0	1.00.9	59.6
200m Freestyle	No Limit	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
800m Freestyle			8.45	8.40	8.35	8.30	8.25
1500m Freestyle			16.45	16.40	16.35	16.30	16.25
50m Backstroke	No Limit	37.4	35.5	33.9	32.8	32.1	31.3
100m Backstroke	No Limit	1.21.4	1.15.4	1.11.2	1.08.8	1.07.6	1.05.9
200m Backstroke	No Limit	2.52.2	2.39.1	2.31.3	2.27.3	2.24.6	2.19.9
50m Breaststroke	No Limit	42.7	40.1	38	36.6	35.8	34.9
100m Breaststroke	No Limit	1.33.3	1.25.9	1.21.3	1.18.1	1.15.8	1.14.0
200m Breaststroke	No Limit	3.18.3	3.04.4	2.54.3	2.47.5	2.43.7	2.40.6
50m Butterfly	No Limit	36.3	34.5	32.7	31.7	31	30.3
100m Butterfly	No Limit	1.22.5	1.15.7	1.11.0	1.08.8	1.07.0	1.05.4
200m Butterfly	No Limit	3.03.1	2.46.5	2.35.8	2.30.2	2.26.4	2.21.9
100m Individual Medley	No Limit	1.20.8	1.18.0	1.14.3	1.11.7	1.10.8	1.08.8
200m Individual Medley	No Limit	2.54.8	2.43.2	2.34.7	2.30.7	2.27.7	2.24.1



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Spring Meet 2025

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SUMMARY OF ENTRIES

Club: _____

Contact Name: _____

Address: _____

Contact Number: _____

Email Address _____

			£
Open Entries	_____	@ £7.00	_____
Female Entries	_____	@ £7.00	_____
Open 800m, 1500m Entries		@ £9.00	_____
Female 800m, 1500m Entries		@ £9.00	_____
Poolside Passes	_____	@ £10.00	_____
Total Entry Fee Enclosed			_____