



Derwentside & Gateshead Swim Team **SPRINT MEET 2025**



(Licensed by ASANER – 3NE250363)

at

The Louisa Centre, Stanley
Saturday 22nd February 2025

Session 1

Warmup 8:00am

Event 101 Female
Event 102 Male/Open
Event 103 Female
Event 104 Male/Open
Event 105 Female
Event 106 Male/Open
Event 107 Female
Event 108 Male/Open
Event 109 Female
SKINS Male/Open

Start 9:00am

9/Over 100m Butterfly
9/Over 100IM
9/Over 50m Breaststroke
9/Over 50m Butterfly
9/Over 100m Freestyle
9/Over 100m Backstroke
9/Over 100m Breaststroke
9/Over 50m Freestyle
9/Over 50m Backstroke
Qualifiers MALE SKINS Event

Session 2

Warmup TBA

Event 201 Male/Open
Event 202 Female
Event 203 Male/Open
Event 204 Female
Event 205 Male/Open
Event 206 Female
Event 207 Male/Open
Event 208 Female
Event 209 Male/Open
SKINS Female

9/Over 100m Butterfly
9/Over 100IM
9/Over 50m Breaststroke
9/Over 50m Butterfly
9/Over 100m Freestyle
9/Over 100m Backstroke
9/Over 100m Breaststroke
9/Over 50m Freestyle
9/Over 50m Backstroke
Qualifiers FEMALE SKINS Event

Entries Open for Clubs at 8am on 13th January 2025



Derwentside & Gateshead Swim Team

SPRINT MEET 2025



Meet Conditions

1. Held under Swim England Regulations & Technical Rules, licensed by Swim England NER as a Level 3 meet.
2. Meet to be held at The Louisa Centre, Stanley – the Pool length is 25m of variable depth with 6 lanes & anti-wave lane ropes; a separate swim down facility is available, a lifeguard will be present for safety reasons. However, club coaches will be responsible for the behaviour of their own swimmers. An external starting strobe facility will not be available.
3. Colorado Electronic Timing will be in operation with scoreboard display. Times displayed are for information only.
4. Entries open 8am on 13th January 2025 - Entries will be accepted until such time as each session is full, and the meet will then be closed.
5. Swimmers will be permitted to compete for only one club during the meet.
6. The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female
7. Entry times must be NO faster than the accompanying QTs and should be from Rankings or a training time – 'YES' times maybe entered.
If necessary, entry times should be converted to 25m pool times by use of Swim England Conversion Tables.
8. Ages are as at **22 February 2025**.
9. Age groups/Events will be:
9/Over years: 50m, 100m and 100IM
All events will be Heat Declared Winner by Age Group (see item 14).
10. Entry fees: £7.00 per event (Poolside Entries will be accepted at £10 per swim if meet is not oversubscribed and at the discretion of the Meet Manager).
11. A Poolside pass will cost £10 each and includes start sheets, lunch and a full copy of results start sheets; Coaches and Team Managers will NOT be permitted on poolside without the necessary pass.
12. Entries must be submitted on the Entry Manager file.

SportSystems Entry Manager file should be emailed to: di.jamieson@gawswim.org.uk

Online payment details, please see summary sheet. A valid email address must be supplied for entry confirmation.



Derwentside & Gateshead Swim Team **SPRINT MEET 2025**



13. Heats will be seeded by submitted entry times from slowest to fastest all heats will be spearheaded.

The organisers reserve the right to limit entries. If the event is oversubscribed, entries will be rejected from the FASTEST entries fairly across all age groups to ensure completion of the meet within the scheduled timescale.

Any entry not accepted will be refunded in full; no other monies will be refunded.

Any withdrawal requests due to medical grounds, will only be considered with supporting documentary evidence, e.g. doctor's note, hospital letter.

14. Awards will be made to the first six in each age group: 9 and 10; the first three in 11, 12, 13, 14 and 15/Over.

Awards for the first three disability swimmers will be made in each event. Positions are determined based on relative multi-classification points rather than time.

15. For safety reasons only swimmers who can perform an SE 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.

16. Swimmers are NOT allowed to wear Watches, Fitbits or any other Timing devices.

17. Disability swimmers:

- a. Swimmers with a disability shall swim under IPC Rules;
- b. Qualifying times for disability swimmers are not required, however qualifying time shall be submitted for seeding of heats;
- c. Poolside passes will attract the advertised fee and chaperones/personal care assistants must conform to the Swim England Child Protection Procedures and hold a current DBS Certificate: **please advise the club in advance if any swimmer requires support to get changed so a changing room pass can be arranged.**
- d. The competition format will be based on disability inclusion within the able-bodied programme – there will be no separate events for disability swimmers;
- e. Disability swimmers will be included in the results for their age group.

18. Admission for spectators will be: -

£5 a session or £10 per day
50p start sheets per session.

Concessions - £4 a session, £8 per day.

Children 12 and under -accompanied by adults, will be admitted free.

Admission for Spectators can be made via payment card, our preferred payment method.

19. **The use of image-capturing equipment (Still or Video) during the meet in the pool, changing and spectator area for any reason, including educational, is**

STRICTLY FORBIDDEN.

Anyone found acting contrary to this policy will be reported and may be subject to further action and may be asked to leave the premises.



Derwentside & Gateshead Swim Team **SPRINT MEET 2025**



20. Swimmers and parents are not permitted on the stairways down to poolside as these are for official and emergency use only.
21. Derwentside & Gateshead Swim Team will **NOT** be responsible for any unaccompanied swimmer on the poolside. The responsibility falls on the club entering the swimmer who must monitor and manage the behaviour of their children.

It is the competing club's responsibility to provide the correct ratio of Team Managers to Swimmers, according to the latest Swim England guidance.
22. Within the pool area and changing rooms, swimmers are the responsibility of their club coach/team manager. Swimmers who EXIT the pool and changing area are the responsibility of their parent or guardian.
23. The use of any **mobile phones** in the **changing areas** during any Swim England regulated event **is prohibited**. This includes - making/receiving calls, emails, messages, accessing the internet, listening to music or podcasts as well as use for photography/videography.

When in the changing areas, phones should remain out of sight in bags or pockets. This applies to everyone involved in the activity - swimmers, coaches/team staff, officials, meet management, and volunteers.
24. Anyone found damaging or misusing property or equipment or displaying anti-social behavior 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.
25. Swimmers leaving the pool area **MUST** wear a top, shorts and footwear.
26. Only pool staff, swimmers, coaches, team managers, officials and authorised club volunteers are allowed in the changing area and on poolside – a poolside wristband or Swim England pass must be worn at all times and coaches, team managers and authorised club helpers should wear an identifying club top/ID Badge.

Parents are NOT permitted in the changing area and will be requested to leave.
27. Coaches or Team Managers should advise the recorders of any withdrawals by 5pm the day before an AM session and at least 1 hour before the PM session start. Seeded AM heat start lists will be produced the evening before prior to the start time of the session. Complying with this condition will keep the number of empty lanes to a minimum.
28. 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. **We will not call for individual swimmers.**
29. NO hot drinks are allowed on poolside.



Derwentside & Gateshead Swim Team **SPRINT MEET 2025**



30. Derwentside & Gateshead Swim Team 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.
31. Full results will be posted externally (Derwentside & Gateshead Swim Team website, Rankings and possibly competing club websites) – entering the meet is acceptance of this point.
32. A Copy of the meet expenses policy is available on request and will be distributed to all officials at the point of invitation to allow an informed decision to be made on whether to volunteer.
33. The Lead Referee will be - Chris Johnston: ndofficials@gmail.com
34. All competing Clubs are requested to provide officials to ensure the smooth running of the meet, please contact **Gillian Reid** on gillian.reid@gawswim.org.uk
35. The promoter reserves the right to amend the Programme of Events, to ensure the smooth running of the meet. Any points not covered here will be at the discretion of the meet organiser's.
36. The submission of entries will indicate acceptance of these conditions.



Derwentside & Gateshead Swim Team

SPRINT MEET 2025



Skins Information

1. The opportunity to compete in the skins event will be offered to 6 male and 6 female swimmers aged 13years and under and 14years and over, who have completed the fastest 100 IM time from that session.
2. If less than 6 swimmers accept in either category wish to compete, we will invite swimmer's 7th, 8th, 9th etc. into the event.
3. The skins competition is based on 100 IM, with all four strokes available to swim in each round. A random draw will take place before each round to decide the stroke to be swum.
4. At the end of each race, the swimmer who finishes last or is disqualified, will be eliminated from the competition.
5. Prizes will be awarded to all placed male and female swimmers.
6. The skins race distance will be 50m.
7. Both male and female events will start with 6 swimmers.
8. Male 13yrs & under and 14yrs & over will run alternately between each age group race.
9. Female 13yrs & under and 14yrs & over will run alternately between each age group race.
10. The referee and/or officials will select the stroke for each race through a random process of drawing a coloured ball from a hat. Each time, the ball will be returned to the hat prior to the next race selection.
11. The first race start will be made according to ASA normal starting procedure.
12. Subsequent rounds, the starter will give the command 'Ten seconds' before the end of each 3-minute time slot. There is NO whistle or verbal commands, **just the start signal**. Swimmers should then take up starting positions ready for the start signal to sound.
13. If a swimmer "False Starts" and enters the water the remaining swimmers will be stood down and the race re-started when it is safe to do so. Health and Safety of all the swimmers is very important and the race cannot be re-started until safe to do so. The swimmer who "false started" will be eliminated instead of the slowest swimmer in that race.
14. The referee will determine the slowest swimmer, who is to be eliminated in each round using either Automatic Officiating Equipment (AOE) or by placing and will inform the slowest or disqualified swimmer of this following every race. To determine this, if AOE is used, the referee will determine whether it operated correctly. The referee will then inform the eliminated swimmer. If no clear decision can be reached (e.g., a dead heat) all swimmers will swim in the next heat, where two swimmers will be eliminated.
15. The races proceed according to these rules with the races in each event being 3 minutes apart, until there is an overall male and female winner.
16. Swimmers will remain in their original assigned lanes throughout the event other than during the final, where the two middle lanes will be used.
17. In all matters pertaining to the Skins event not covered by these rules the Referee's decision is final.



Derwentside & Gateshead Swim Team
SPRINT MEET 2025



UPPER TIME LIMITS

FEMALE

Event	9 years	10 years	11 years	12 years	13 years	14 years	15/Over
50m Freestyle	No Upper Limit						
100m Freestyle	01:20.00	01:15.00	01:11.50	01:03.30	01:00.10	00:57.20	00:55.00
50m Backstroke	No Upper Limit						
100m Backstroke	01:34.00	01:29.00	01:25.00	01:14.00	01:09.20	01:07.40	01:03.70
50m Breaststroke	No Upper Limit						
100m Breaststroke	01:45.00	01:40.00	01:36.20	01:24.30	01:19.90	01:18.20	01:15.00
50m Butterfly	No Upper Limit						
100m Butterfly	01:41.00	01:36.00	01:32.60	01:15.20	01:10.10	01:06.50	01:03.00
100IM	01:22:00	01:18:00	01:14:00	01:10:00	01:07:00	01:04:00	00:59:00

UPPER TIME LIMITS

OPEN/MALE

Event	9 years	10 years	11 years	12 years	13 years	14 years	15/Over
50m Freestyle	No Upper Limit						
100m Freestyle	01:20.00	01:15.00	01:14.80	01:06.90	01:00.50	00:55.50	00:52.20
50m Backstroke	No Upper Limit						
100m Backstroke	01:36.00	01:31.00	01:27.30	01:14.90	01:10.20	01:05.40	01:01.00
50m Breaststroke	No Upper Limit						
100m Breaststroke	01:50.00	01:45.00	01:41.30	01:28.30	01:18.20	01:14.20	01:07.60
50m Butterfly	No Upper Limit						
100m Butterfly	01:47.00	01:41.00	01:39.80	01:17.10	01:11.10	01:04.30	00:57.00
100IM	01:22.00	01:18.00	01:14.00	01:11:00	01:08.00	01:05.00	00:58.00



Derwentside & Gateshead Swim Team
SPRINT MEET 2025



Saturday 22nd February 2025

SUMMARY OF ENTRIES

Club: _____
 Contact Name: _____
 Address: _____
 Contact Number: _____
 Email Address: _____
 (A valid email address must be supplied for entry confirmation)

<u>Entries</u>	£
_____ x Male Entries @ £7.00 per swim	_____
_____ x Female Entries @ £7.00 per swim	_____
_____ x 1 Day Poolside Pass @ £10.00	_____
Total Entry Fee:	=====

Clubs may make payment by Online Banking to:

Sort Code 20-33-51
Account Number 70509000

Club name should be added as a reference and this Summary Sheet emailed to:

derwentsidecompsec@hotmail.co.uk