



**INVITATIONAL SHRIMP GALA
TYNEMOUTH POOL
SATURDAY 9th MARCH 2024**

PROGRAMME OF EVENTS

Session 1

Warm up: 8:00am

Start: 9:00am

Male/Open	8 - 10 years	100m	Freestyle
Male/Open	11-12 years	200m	Freestyle
Female	8 - 12 years	50m	Butterfly
Male/Open	8 - 12 years	50m	Breaststroke
Female	8 - 10 years	100m	Individual Medley
Female	11-12 years	200m	Individual Medley
Male/Open	8 - 12 years	50m	Backstroke
Female	8 - 12 years	50m	Freestyle

Session 2

Warm up: TBC

Start: TBC

Female	8 - 10 years	100m	Freestyle
Female	11-12 years	200m	Freestyle
Male/Open	8 - 12 years	50m	Butterfly
Female	8 - 12 years	50m	Breaststroke
Male/Open	8 - 10 years	100m	Individual Medley
Male/Open	11-12 years	200m	Individual Medley
Female	8 - 12 years	50m	Backstroke
Male/Open	8 - 12 years	50m	Freestyle

closing date for entries: Friday 23rd February 12 Noon

Entry Fee: £6.50 per swim

All Events HDW(*Heat Declared Winner*)basis

Age Groups (Male/Open & Female) are 8yrs, 9yrs, 10yrs, 11yrs, 12yrs
(Age as at 9th March 2024).

Entry file available from: admin@newcastleswimteam.co.uk



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UPPER LIMITS**

MALE/OPEN UPPER LIMITS					FEMALE UPPER LIMITS					
8 Years	9 Years	10 Years	11 Years	12 Years	Events	8 Years	9 Years	10 Years	11 Years	12 Years
Open	Open	Open	31.00	30.00	50 Free	Open	Open	Open	30.50	30.00
Open	Open	Open			100 Free	Open	Open	Open		
			2.24.00	2.20.00	200 Free				2.24.00	2.20.00
Open	Open	Open	35.00	34.00	50 Back	Open	Open	Open	35.00	34.00
Open	Open	Open	40.50	40.00	50 Breast	Open	Open	Open	39.50	38.50
Open	Open	Open	35.00	33.50	50 Fly	Open	Open	Open	33.00	32.00
Open	Open	Open			100 IM	Open	Open	Open		
			2.40.00	2.30.00	200 IM				2.40.00	2.30.00



Invitational Shrimp Gala

SATURDAY 9TH MARCH 2024

Tynemouth Pool



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. Swiss 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. There will be no strobe available. In the water backstroke starts may be used to comply with session times.
5. There will be no backstroke ledges used.
6. Events will be all strokes 50m plus 100 Freestyle (8,9,10y) 100IM (8,9,10y), 200IM (11,12 yrs), 200 Freestyle (11,12yrs). All events will be HDW. (Heat Declared Winner)
7. Gender categories are Male/Open or Female.
8. 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.
9. Entrants can only compete in one gender category for the duration of the meet.
10. Entries will be accepted from rankings and training times. If there is no time entered then the swimmer will be rejected from the event.
11. 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 slowest submitted times in each age group**.
12. Age Groups are 8 yrs, 9 yrs, 10 yrs, 11yrs, 12 yrs **Age as at 9th March 2024**.
13. Medals will be issued to the first six places in age groups 8, 9, 10, 11 and 12 in events as listed above.
14. Poolside entries will **not be accepted**.
15. Entry Fees £6.50 per swim
Coaches passes £10.00 to include lunch. A full set of results will be e-mailed to clubs.
16. BACS payments should be paid to HSBC S/C: 40 37 37 A/C No. 51446959 Reference Shrimp March 24
17. Entries should be submitted via sportsystems or entry form and should be e-mailed to Julie Row on admin@newcastleswimteam.co.uk by Friday 23rd February 2024 at 12 noon.
18. Any withdrawal should be notified to the recorders by 8.00am for the morning session and 60 minutes prior to the commencement of the afternoon session.
19. 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.

20. 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.



Invitational Shrimp Gala
Saturday 9th March 2024
Tynemouth Pool



21. 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. Anyone who is unable to dive from the blocks or the side and has to do an in water start the club must notify the referees before the start of the session.
22. Access to pool-side will be restricted to swimmers, coaches, officials and authorised helpers in line with SE Child Protection Policy. All coaches and Team Managers should be wearing club teamwear and be easily identifiable.
23. 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.
24. 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 North Tyneside Council and Newcastle Swim Team.
25. Neither Newcastle Swim Team nor North Tyneside MBC can be held responsible for loss or damage to spectators or swimmers property. A No Outdoor Footwear Policy exists in the changing village and on poolside and this will be enforced. We ask that you please inform your swimmer in advance of the gala so they can come prepared to comply with these requests.
26. The address for Tynemouth Pool is Preston Rd N, North Shields NE29 9PX. There is ample parking available near the pool, both outside the building and opposite in Morrison's car park. Parking fees may apply.
27. The Lead Referee for this event will be Brian Denholm. The referee's decision is final
28. Admission for spectators will be £10, children will be admitted for free.
29. A swimwear supplier may display over the weekend.

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

It would be greatly appreciated if any officials from your club can support our meet. If any are available and willing to support, please contact Brian Denholm on officials@newcastleswimteam.co.uk



Invitational Shrimp Gala
SATURDAY 9th March 2024
Tynemouth Pool



SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TEL NO _____

E-MAIL _____

Female Entries _____ @ £6.50 £ _____

Male/Open Entries _____ @ £6.50 £ _____

Coaches Pass _____ @ £10.00 £ _____

Total Entry Fee Enclosed £ _____

Closing date for entries: Friday 23rd February 2024 12 NOON

Please email this sheet along with your entries to:
admin@newcastleswimteam.co.uk

Bank Details:- HSBC S/C: 40 37 37 A/C No. 51459457 Reference Shrimp Meet March 24