

Dear all,

Attached is the final programme for our Tynemouth ASC Junior Invitational Meet on 28th January 2024.

Please could you forward the following information to your swimmers, coaches, officials, volunteers and spectators:

Warm-up and Session Timings:

Session 1:

Warm-up times

08:00- 08:20: all open/male

08:20- 08:40: female 10/under

08:40- 09:00: all female 11/over

Session starts at 09:00 (anticipated finish 11:40)

Session 2:

Warm-up times

13:00- 13:20: female 11/over

13:20- 13:40: female 10/under

13:40- 14:00: all open/male

Session starts at 14:00 (anticipated finish 16:45)

Swimmers will be admitted from 07:40, spectators from 08:00.

The charges for spectators are as follows (free entry for children <5 years old):

Single session: £5.00

Full day: £8.00

Live results will be available on the day using the following link:

<http://liveresults.tynemouthasc.co.uk/live/>

There will be a coffee van, *Really Awesome Coffee*, parked outside the main entrance to the building.

If there are any withdrawals, could you please inform our competitions secretary, Tina Diddee, on tascompsec@outlook.com as soon as possible, and at the latest by 12 noon on Friday 26th January.

If you have any questions about the event then please contact our meet manager, Rachel Richardson, on rachleyrichardson@gmail.com

If you would like to officiate at this event then please contact our lead for officials, Nicola Comrie, on nicolacomrie@gmail.com

We look forward to seeing you at Tynemouth Pool on 28th January.

Cheers,

Tina Diddee
Competitions Secretary for Tynemouth ASC