



Middlesbrough Amateur Swimming Club

Founded in 1886



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

MIDDLESBROUGH ASC

Last Chance NER Qualifier Meet 2025 Saturday 18th & Sunday 19th October 2025 Level 2

This event is licensed Level 2 by Swim England for entry into County, Regional and National short course championships - License Number 2NE251650

1. Gala to be held at The Neptune, Middlesbrough, TS3 7RP on Saturday 18th & Sunday 19th October 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 a 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, 100m, 200m and 400m Individual Medley.
 - 11 Years and over: 50m, 100m, 200m all strokes plus 400m, 800m and 1500m Freestyle and 100m, 200m and 400m 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 19th October 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 will be accepted based on qualifying times for each age group. Entries will open 8am on Friday 1st August 2025 and will close at 6pm Thursday 2nd October 2025. In the event that the gala is oversubscribed, swimmers with the slowest entry times in each age group will be rejected.
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. Payment should be made to Middlesbrough ASC at the time of entry. The 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.
12. Entry times should be converted to 25m pool times by use of ASA Conversion Tables.
13. Refunds will only be given if:
 - The withdrawal is before the Gala has closed.
 - 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
14. Poolside entries will be at the discretion of the Meet Organiser and will be £8.00 per entry for all events other than the distance Freestyle.
15. Heats will be seeded according to submitted entries.
16. Medals will be awarded to the top three in each individual age group.
17. Swimmers are only permitted to swim for one Club during the Meet.
18. 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.

19. Para-swimming competitors

- Para - swimmers shall swim under World Para Swimming Rules.
- Qualifying times for para-swimming 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 para-swimmers being included within the non-para programme i.e. there will be no separate para-swimming events. All swimmers will be seeded in the heats according to their entry times. Para-swimming competitors will be included within the results for their age group and separate awards will not be made.

20. 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.

21. Anyone who is found to be 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.

22. 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 the poolside.

23. In line with Everyone Active's Policy, the use of photography equipment within the pool and spectator areas will not be permitted unless specific permission is sought.

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

25. The Referee's decision is final.

26. 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

Officials

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

Last Chance NER Qualifier Meet 2025

Saturday 18th & Sunday 19th October 2025

Individual Age Groups (Age as at 19 th October 2025)	9years 13 years	10 years 14 years	11 years 15 years & over	12 years 15 years & over
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Order of Events

Saturday 18 th October 2025			Sunday 19 th October 2025		
Session 1 Warm Up TBA Start TBA			Session 3 Warm TBA Start TBA		
101	Open	400m Freestyle (10 years & over)	301	Female	400m Freestyle (10 years & over)
102	Female	50m Butterfly	302	Open	50m Butterfly
103	Open	100m Butterfly	303	Female	100m Butterfly
104	Female	100m Backstroke	304	Open	100m Backstroke
105	Open	200m Individual Medley	305	Female	200m Individual Medley
106	Female	200m Freestyle	306	Open	200m Freestyle
107	Open	50m Breaststroke	307	Female	50m Breaststroke
108	Mixed	800m Freestyle mixed (11 years & over, Max 5 heats)	308	Mixed	1500m Freestyle mixed (11 years & over, Max 3 heats)
Session 2 - Warm Up TBA Start TBA			Session 4 - Warm Up TBA Start TBA		
201	Open	200m Backstroke	401	Female	200m Backstroke
202	Female	400m Individual Medley (10years and over)	402	Open	400m Individual Medley (10years and 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	200m Breaststroke	406	Open	200m Breaststroke
207	Open	200m Butterfly	407	Female	200m Butterfly
208	Female	100m Freestyle	408	Open	100m Freestyle
209	Open	100 Individual Medley	409	Female	100 Individual Medley

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Open Qualifying times must have been achieved after 1st January 2024

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	47.0	47.0	42.0	39.0	37.0	35.0	33.0
100m Freestyle	1.30	1.30	1.25	1.17	1.13	1.11	1.08
200m Freestyle	3.20	3.20	3.06	2.41	2.33	2.27	2.21
400m Freestyle		6.05	6.05	5.39	5.22	5.07	4.58
800m Freestyle			12.45	12.0	10.45	10.10	9.37
1500m Freestyle			23.45	23.0	19.50	18.50	18.3
50m Backstroke	55.0	55.0	50.0	47.0	44.0	42.0	40.0
100m Backstroke	1.45	1.45	1.40	1.29	1.23	1.20	1.18
200m Backstroke	3.45	3.45	3.40	3.09	2.59	2.49	2.43
50m Breaststroke	59.0	59.0	54.0	51.0	47.0	44.0	42.0
100m Breaststroke	1.55	1.55	1.50	1.40	1.35	1.30	1.26
200m Breaststroke	4.10	4.10	3.55	3.36	3.20	3.15	3.05
50m Butterfly	54.0	54.0	49.0	45.0	42.0	39.0	37.0
100m Butterfly	1.55	1.55	1.50	1.30	1.25	1.20	1.18
200m Butterfly	3.59	3.59	3.59	3.15	3.05	2.55	2.45
100m Individual Medley	1.39	1.39	1.35	1.30	1.25	1.20	1.18
200m Individual Medley	3.32	3.32	3.29	3.09	3.04	2.55	2.45
400m Individual Medley		7.00	7.00	6.31	6.16	5.54	5.42

Female Qualifying times must have been achieved after 1st January 2024

Stroke	9	10	11	12	13	14	15/ov
50m Freestyle	50.0	50.0	45.0	42.0	40.0	38.0	36.0
100m Freestyle	1.27	1.27	1.25	1.19	1.17	1.15	1.12
200m Freestyle	3.20	3.20	3.06	2.47	2.40	2.36	2.32
400m Freestyle		6.30	6.30	5.43	5.30	5.20	5.15
800m Freestyle			12.45	12.05	10.45	10.32	9.54
1500m Freestyle			23.59	23.00	21.10	19.40	19.01
50m Backstroke	55.00	55.00	50.0	47.0	45.0	42.0	39.0
100m Backstroke	1.45	1.45	1.40	1.28	1.25	1.23	1.20
200m Backstroke	3.48	3.48	3.40	3.09	2.59	2.51	2.48
50m Breaststroke	59.0	59.0	54.0	51.0	47.0	45.0	43.0
100m Breaststroke	1.55	1.55	1.50	1.40	1.35	1.31	1.29
200m Breaststroke	3.59	3.59	3.59	3.36	3.20	3.15	3.10
50m Butterfly	54.0	54.0	49.0	45.0	42.0	40.0	38.0
100m Butterfly	1.50	1.50	1.50	1.30	1.25	1.21	1.19
200m Butterfly	3.59	3.59	3.59	3.15	3.05	2.56.0	2.47
100m Individual Medley	1.39	1.39	1.35	1.30	1.25	1.21	1.19
200m Individual Medley	3.32	3.32	3.31	3.09	3.04	2.57	2.47
400m Individual Medley		7.00	7.00	6.31	6.10	5.56	5.44



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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 _____