**Welcome**

As Chairman of Billingham Amateur Swimming Club, I would like to welcome you to the Billingham Forum, the home of our swimming club.

Our September Meet is normally the start of the season for most clubs with swimmers in hard training. As we know this year has been different than others and it feels like we a returning to a different sort of normality after a very strange 18 months. Swimmers have had a long spell out of the water returning to restricted training with limitations on both times and numbers.

Swimming clubs faced additional challenges in implementing restrictions, balancing finances and close co-ordination with pool providers. Coaches trained swimmers without the prospect of a competition on the horizon putting their motivation skills to the test. Sadly, some swimmers didn’t return to the pool and took a different path during these difficult times.

I hope with this meet and with the other competitions in the N&D calendar – it is the start of swimming returning to normal. Whatever that may look like!

Good luck to all the swimmers and we hope you enjoy the weekend.

Finally, I would also like to thank everyone who has helped, supported or contributed in any way to the running of the meet. Without the army of willing volunteers and officials it would be impossible to host the event.

**Mark Blackmore**

**Chairman BASC**

**Schedule of Events**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
| Session 1 - Saturday - Warm up 8am - Start 9am | | |  | Session 2 - Saturday - Warm up TBC - Start 2pm | | |
| 101 | 200m IM | Boys |  | 201 | 200m Back | Girls |
| 102 | 50m Free | Girls |  | 202 | 100m Free | Boys |
| 103 | 50m Breast | Boys |  | 203 | 50m Fly | Girls |
| 104 | 200m Breast | Girls |  | 204 | 200m Fly | Boys |
| 105 | 100m Back | Boys |  | 205 | 100m Breast | Girls |
| 106 | 100m Fly | Girls |  | 206 | 50m Back | Boys |
| 107 | Boys Skins |  |  | 207 | 200m Free | Girls |
|  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| Session 3 - Sunday - Warm up 8am - Start 9am | | |  | Session 4 - Sunday - Warm up TBC - Start 2pm | | |
| 301 | 200m IM | Girls |  | 401 | 200m Back | Boys |
| 302 | 50m Free | Boys |  | 402 | 100m Free | Girls |
| 303 | 50m Breast | Girls |  | 403 | 50m Fly | Boys |
| 304 | 200m Breast | Boys |  | 404 | 200m Fly | Girls |
| 305 | 100m Back | Girls |  | 405 | 100m Breast | Boys |
| 306 | 100m Fly | Boys |  | 406 | 50m Back | Girls |
| 307 | Girls Skins |  |  | 407 | 200m Free | Boys |
|  |  |  |  |  |  |  |

**Age Groups :** 9/10 years, 11/12 years, 13/14 years, 15/16 years, 17 years & over

**Medals:** Heat declared winner and medals to the first three in each age group

**Age as at 26th September 2021**

**Meet Information & Conditions**

1. The meet will be held under ASA law & technical rules licensed by the ASA.
2. The Billingham Forum is a 6 lane, 25m pool with full Colorado electronic timing system. Warm up / swim-down pool will be in operation. Coaches / team managers are responsible for ensuring that their swimmers use this facility for the purpose intended.
3. Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool. Backstroke starting platforms will be used at this meet.
4. Strictly no climbing over the pads is permitted during the warm up in the competition pool.
5. The meet is card less and will use start sheets to facilitate flow. All entries and rejections will be posted on the Billingham ASC website; there is no requirement to send a stamped addressed envelope.
6. Only pass holders, swimmers & officials will be allowed on poolside.
7. Swimmers must wear footwear when leaving the pool area. No swimmers are allowed up to the spectator area other than via the main staircase.
8. Billingham ASC cannot be held responsible for the loss or damage of spectators’ or competitors’ property. Competitors are advised to use the lockers in the changing area.
9. The promoters reserve the right to refuse admission to any competitor or spectator.
10. Ages as at 26th September 2021.
11. Events will be 50m all strokes, 100m all strokes, 200m all strokes and 200m Individual Medley. All events will be Heat Declared Winners.
12. Age Groups are 9/10yrs, 11/12yrs, 13/14yrs, 15/16yrs & 17/over.
13. All entry withdrawal forms must be presented in the recorder’s office no later than 45 minutes before the commencement of each session.
14. Heats will be seeded according to submitted entry times and will be spearheaded. All events are Heat Declared Winner, with the exception of the skins competition
15. Medals will be made for each event to the first three in all age groups.
16. Late entries / poolside entries is at the discretion of the meet manager.

**Billingham Skins**

The Open Skins and Junior Skins (12/under) will consist of 6 swimmers. Swimmers will be allocated lanes based on results of the 200m IM heats and must remain in that lane for the duration of the skins.

An Open skin will run concurrently with a Junior skin:

* Saturday 21st September – Male Open and Junior Boys Skins.
* Sunday 22nd September – Ladies and Junior Girls Skins.

Separate conditions are applicable for the Skins events which do not fall within the Meet conditions.

There will be five rounds, each round will comprise of a 50 metre race.

The stroke to be swum will be determined by drawing a coloured ball from a bag prior to the start of each round. The stroke drawn will be announced as soon as it is drawn and again immediately following the whistle, prior to each round. The ball will be replaced in the hat after it is drawn.

The stroke selected must be swum in accordance with the ASA Racing Technical rules.

The starting sequence in the first round will be in accordance with the ASA Racing Technical Rules. The starting signal of each subsequent round will be given exactly 2 minutes after the start of the previous one.

In the second and subsequent rounds there will be no preparatory command "Take your Marks." This will be replaced by a whistle blast 10 seconds before the starting signal, which will be given by the klaxon. In the event of a failure of the starting signal this will be replaced with a single whistle blow.

Any swimmer starting before the starting signal will be disqualified unless they return to the end of the pool and start normally. In the event that one or more swimmers have been disqualified for an early start or other infringement of the ASA Racing Technical Rules then the slowest swimmer will not be eliminated.

In the event that two or more swimmers are eliminated then the subsequent rounds shall continue without elimination until the appropriate round. For example if two swimmers are disqualified for a false start in round one, no swimmers will be eliminated in round 2. One swimmer will be eliminated in round 3 as normal.

In the event of a tie for last place, both swimmers will continue into the next round. In this event two swimmers will be eliminated from the next round. In the event of a tie in the final there will be a further round.

It is the individual swimmer's responsibility to be in their starting position at the start of each round. The starting signal will not be delayed in the event that a swimmer is missing.

The winner will be the swimmer who is placed first in the final round.

Skins Prizes are: 1st £50 / 2nd £30 / 3rd £25 / 4th £20 / 5th £15 / 6th £10 for each age group

Red Ball – Freestyle Yellow Ball – Fly

Green Ball – Backstroke Blue Ball – Breaststroke

**Competing Clubs**

Aquaforce Hartlepool Guisborough

Billingham Hartlepool

Borough of Stockton Loftus Dolphins

Darlington Sedgefield 75

Gateshead & Whickham South Tyneside

**Upcoming Billingham ASC Gala Events – Long Distance Meet – 14th November 2021**

This event is an opportunity for those swimmers who love long distance swimming to get an official time to use for entry in future events. All events are mixed boys/girls and each entry must be submitted with a time – either in competition or obtained from training or even an estimate. Entries open on **Monday 4th October and is on a first comes first served basis and age as at 14th November 2021.**

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| --- | --- | --- | --- | --- | --- | --- |
| **Session 1:** | | |  | **Session 2:** | | |
| Sunday 14th November 2021 | | |  | Sunday 14th November 2021 | | |
| Warm up 9:15am / Start 10:00am | | |  | Warm up 12:30pm / Start 1:00pm | | |
| 101 | Mixed | 1500m Freestyle |  | 201 | Mixed | 800m Freestyle |
|  |  |  |  | 202 | Mixed | 400m IM |

**Swimming Word Search Puzzle**



BREASTROKE POOL

DIVE RIVER

DOG PADDLE SCUBA

FINS SIDE STROKE

FLOATING SNORKEL

FRONT CRAWL SPLASH

HORSEPLAY SUMMER

LAKE SURFING

LIFEGUARD SWIMSUIT

OCEAN WATER

**Upcoming Billingham ASC Gala Events – New Year Meet – 8th & 9th January 2022**

A great opportunity to get those final County Championship times or blow of the Christmas rust. The closing date for entries will be **Friday 10th December 2021 and age as at 9th January 2022.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Session 1:** | | |  | **Session 2:** | | |
| Saturday 8th January 2022 | | |  | Saturday 4th January 2022 | | |
| Warm up 8:00am / Start 9:00am | | |  | Warm up TBC / Start TBC | | |
| 101 | Girls 9 years & over | 50m Breaststroke |  | 201 | Boys 9 years & over | 50m Butterfly |
| 102 | Boys 9 years & over | 50m Freestyle |  | 202 | Girls 9 years & over | 50m Backstroke |
| 103 | Girls 9 years & over | 200m Freestyle |  | 203 | Boys 9 years & over | 100m Breaststroke |
| 104 | Boys 9 years & over | 100m Backstroke |  | 204 | Girls 9 years & over | 100m Freestyle |
| 105 | Girls 9 years & over | 100m Butterfly |  | 205 | Boys 9 years & over | 200m Butterfly |
| 106 | Boys 9 years & over | 200m IM |  | 206 | Girls 9 years & over | 200m Breaststroke |
| 107 | Girls 9 years & over | 200m Backstroke |  |  |  |  |
| **FINALS** | | |  | **FINALS** | | |
| **108** | **Boys - under 14** | 50m Freestyle |  | **207** | **Boys - under 14** | 50m Butterfly |
| **109** | **Boys - 15 and over** | 50m Freestyle |  | **208** | **Boys - 15 and over** | 50m Butterfly |
| **110** | **Girls - under 14** | 50m Breaststroke |  | **209** | **Girls - under 14** | 50m Backstroke |
| **111** | **Girls - 15 and over** | 50m Breaststroke |  | **210** | **Girls - 15 and over** | 50m Backstroke |
| **112** | **Boys - under 14** | 100m Backstroke |  | **211** | **Boys - under 14** | 100m Breaststroke |
| **113** | **Boys - 15 and over** | 100m Backstroke |  | **212** | **Boys - 15 and over** | 100m Breaststroke |
| **114** | **Girls - under 14** | 100m Butterfly |  | **213** | **Girls - under 14** | 100m Freestyle |
| **115** | **Girls - 15 and over** | 100m Butterfly |  | **214** | **Girls - 15 and over** | 100m Freestyle |
| **Session 3:** | | |  | **Session 4:** | | |
| Sunday 9th January 2022 | | |  | Sunday 9th January 2022 | | |
| Warm up 8:00am / Start 9:00am | | |  | Warm up TBC / Start TBC | | |
| 301 | Boys 9 years & over | 50m Breaststroke |  | 401 | Girls 9 years & over | 50m Butterfly |
| 302 | Girls 9 years & over | 50m Freestyle |  | 402 | Boys 9 years & over | 50m Backstroke |
| 303 | Boys 9 years & over | 200m Freestyle |  | 403 | Girls 9 years & over | 100m Breaststroke |
| 304 | Girls 9 years & over | 100m Backstroke |  | 404 | Boys 9 years & over | 100m Freestyle |
| 305 | Boys 9 years & over | 100m Butterfly |  | 405 | Girls 9 years & over | 200m Butterfly |
| 306 | Girls 9 years & over | 200m IM |  | 406 | Boys 9 years & over | 200m Breaststroke |
| 307 | Boys 9 years & over | 200m Backstroke |  |  |  |  |
| **FINALS** | | |  | **FINALS** | | |
| **308** | **Girls - under 14** | 50m Freestyle |  | **407** | **Girls - under 14** | 50m Butterfly |
| **309** | **Girls - 15 and over** | 50m Freestyle |  | **408** | **Girls - 15 and over** | 50m Butterfly |
| **310** | **Boys - under 14** | 50m Breaststroke |  | **409** | **Boys - under 14** | 50m Backstroke |
| **311** | **Boys - 15 and over** | 50m Breaststroke |  | **410** | **Boys - 15 and over** | 50m Backstroke |
| **312** | **Girls - under 14** | 100m Backstroke |  | **411** | **Girls - under 14** | 100m Breaststroke |
| **313** | **Girls - 15 and over** | 100m Backstroke |  | **412** | **Girls - 15 and over** | 100m Breaststroke |
| **314** | **Boys - under 14** | 100m Butterfly |  | **413** | **Boys - under 14** | 100m Freestyle |
| **315** | **Boys - 15 and over** | 100m Butterfly |  | **414** | **Boys - 15 and over** | 100m Freestyle |

**Billingham Autumn Meet Records**

The first meet took place in September 2016 and no meet took place in 2020.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **BOYS** | |  | **GIRLS** | |
| **Under 14** | **Over 15** |  | **Under 14** | **Over 15** |
| **00:26.19** | **00:24.63** | **50m Free** | **00:28.50** | **00:26.90** |
| Max Upton | Samuel Chell | Laura Burgless | Hannah Trowsdale |
| *Billingham - 2018* | *Billingham - 2018* | *Darlington - 2019* | *Loftus Dol - 2017* |
| **00:58.62** | **00:54.73** | **100m Free** | **01:01.27** | **01:02.19** |
| Henry Comforth | Jack Hurworth | Agatha Scott | Chloe Oliver |
| *Whitby - 2019* | *Darlington - 2019* | *Harrogate - 2019* | *Darlington - 2017* |
| **02:10.18** | **01:57.27** | **200m Free** | **02:14.80** | **02:06.25** |
| Max Upton | Henry Hickson | Laura Burgless | Hannah Trowsdale |
| *Billingham - 2018* | *Loftus Dol - 2017* | *Darlington - 2019* | *Loftus Dol - 2017* |
| **00:28.80** | **00:28.26** | **50m Back** | **00:32.40** | **00:30.15** |
| Tom Ward | Jamie Ewart | Caitlin Cambrook | Imogen Vollans |
| *Bo Stockton - 2017* | *AFS Hartlepool - 2019* | *Co Sunderland - 2017* | *Harrogate - 2019* |
| **01:04.99** | **01:01.38** | **100m Back** | **01:09.45** | **01:09.21** |
| Ethan Brown | Owen Robson | Harriot Rogers | Hayley Briggs |
| *Billingham - 2017* | *Loftus Dol - 2019* | *Darlington - 2018* | *Billingham - 2017* |
| **02:19.33** | **02:11.64** | **200m Back** | **02:30.80** | **02:22.85** |
| Jack Ridley | Scott Jenkinson | Melody Jones | Imogen Vollans |
| *Bo Stockton - 2019* | *Loftus Dol - 2017* | *Bo Stockton - 2017* | *Harrogate - 2019* |
| **00:32.96** | **00:30.60** | **50m Breast** | **00:34.51** | **00:35.80** |
| Owen Westerhope | Sean Armstrong | Maia Hall | Lauren Lacy |
| *AFS Hartlepool - 2016* | *Loftus Dol - 2018* | *Loftus Dol - 2016* | *Bo Stockton - 2019* |
| **01:14.00** | **01:08.46** | **100m Breast** | **01:18.80** | **01:19.84** |
| Christopher Mayes | Drew Chesters | Laura Grey | Ava Garcia |
| *AFS Hartlepool - 2016* | *Loftus Dol - 2019* | *Loftus Dol - 2017* | *Harrogate - 2019* |
| **02:31.45** | **02:28.29** | **200m Breast** | **02:48.62** | **02:54.93** |
| Aidan Fothergill | Jay Manners | Millie Ellicker | Ava Garcia |
| *Team Jorvik - 2019* | *Co Sunderland - 2017* | *Loftus Dol - 2018* | *Harrogate - 2019* |
| **00:29.00** | **00:25.84** | **50m Fly** | **00:30.60** | **00:29.20** |
| Jack Ridley | Jamie Ewart | Chloe Oliver | Hannah Trowsdale |
| *Bo Stockton - 2019* | *AFS Hartlepool - 2019* | *Darlington - 2016* | *Loftus Dol - 2019* |
| **01:04.40** | **00:59.57** | **100m Fly** | **01:09.44** | **01:07.09** |
| Jack Ridley | Jamie Ewart | Leone Young | Hannah Trowsdale |
| *Bo Stockton - 2019* | *AFS Hartlepool - 2019* | *Billingham - 2018* | *Loftus Dol - 2016* |
| 02:24.46 | 02:11.41 | **200m Fly** | **02:32.20** | **02:20.79** |
| Gregor Batley | William Murden | Amelia Hyndman | Hannah Trowsdale |
| *Alnwick Dol - 2019* | *AJ Newcastle - 2018* | *Bo Stockton - 2019* | *Loftus Dol - 2018* |
| **02:21.49** | **02:15.09** | **200m IM** | **02:27.38** | **02:24.88** |
| Owen Westerhope | Henry Hickson | Maia Hall | Hannah Trowsdale |
| *AFS Hartlepool - 2016* | *Loftus Dol - 2017* | *Loftus Dol - 2016* | *Loftus Dol - 2019* |