



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Long Course New Year Meet

(Under asa Laws & Technical Rules)

Sat 14th January & Sun 15th January 2012

**This event is licensed Level 3 by the ASA for entry into
Regional Championships and levels 1 & 2
Licence number: TBC**

- 1 Sunderland Aquatic Centre is a 10 lane 50m pool with a full electronic timing system. A Warm up / swim-down pool will be in operation.
- 2 Events will be 50m all strokes, 100m all strokes, 200m all strokes, 200m Individual Medley, 400m Individual Medley, 400m Freestyle, 800m Freestyle (girls), 1500m Freestyle (boys), 4x100m Medley and Freestyle team relays. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over
- 4 **Age at 15th January 2012**
- 5 Entry cut off times are National Qualifying Times 2012. Entries will not be accepted from any swimmer who (age on 15th January 2012) has a national qualifying time in that event, including relays. For 800m & 1500m Entry cut off times will be NER Qualifying Times 2011
- 6 Non-refundable entry fee of £5.00 per swim (to include licence fee). Team events are £10 per team. An admin fee of £10 will be charged for all paper entries.
- 7 All entries must state the club and show name, ASA number and full date of birth for each swimmer
- 8 Entry forms should be returned to the Meet Manager by **Monday 12th December 2011** enclosing fees and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **Electronic entry is preferred** – the electronic entry file will be available for download at www.cityofsunderlandasc.co.uk. Contact the meet manager with any further enquiries.
- 9 Entry times are Long Course. The meet will be managed using Sportsystems. The entry file will convert all short course times to long course automatically. Paper entry times which are short course should be converted to LC times by use of ASA Conversion Tables. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet. Times to be confirmed on the British Swimming Database.
- 10 Should entries be over-subscribed, entries will be rejected on the basis of performance within each age group. In the first instance the 800m/1500m events will be considered. COSASC reserve the right to limit entry numbers to each event to manage the session time.

- 11** The meet is cardless. All entry withdrawal forms must be presented in the recorders office no later than 45 minutes before the commencement of each session.
- 12** All events will be heat declared winners – heats will be swum with all age groups combined and swimmers seeded by entry times.
- 13** Awards and Trophies - The following shall apply ,.....
- There will be an award for the Top Club.
 - Medals will be awarded for each event as follows ...
 - Top 6 swimmers in age groups 9yrs to 12yrs
 - Top 3 swimmers in age groups 13yrs to 16yrs & Over
 - An award will be made to overall top girl/top boy in each age group.
 - There will be an award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual.
 - Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system.
- 14** Late entries / poolside entries will be at the discretion of the promoter.
- 15** Swimmers can compete for only one club during the meet.
- 16** Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.
- 17** Spectators are not allowed onto poolside at anytime.
- 18** Weekend coach passes cost £20.00. This includes a programme, lunch tickets and results sheets. Coaches will not be allowed on poolside without a valid pass.
- 19** Admission for spectators will be:
- | | | |
|------------------|---|-----------------|
| ALL DAY SATURDAY | – | £7.00 |
| ALL DAY SUNDAY | – | £7.00 |
| WEEKEND PASS | – | £13.00 |
| SESSION PASS | – | £3.50 |
| Start List | – | £0.50 / Session |
- Children, accompanied by adults, will be admitted free.
OAP half price (admission only)
- 20** Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 21** In accordance with ASA Child Protection recommendations, any person wishing to use camera, video or digital capturing device (including mobile phones) should first register their details at the spectator entrance. An identification label will be issued and this must be displayed at all times.
- 22** Swim shop will be in operation throughout the gala.
- 23** For enquiries relating to officiating contact Yvonne Robinson
- 24** Further information can be obtained from the Meet Manager:- Mike Wylie via email at:
galas@cityofsunderlandasc.co.uk

Also see our website: www.cityofsunderlandasc.co.uk



Age Groups: - (Age as at 15th January 2012)

Boys 9 Years 10 Years 11 Years 12 years 13 years 14 years 15 years 16/over
Girls 9 Years 10 Years 11 Years 12 years 13 years 14 years 15 years 16/over

(Please Note that 9 year olds are not permitted to compete in 100m events)

ORDER OF EVENTS

SESSION 1 – SATURDAY 14th January 2012 - WARM UP 8:00am - 9:00am START

- 1 - 400m Individual Medley Girls
- 2 - 200m Freestyle Boys
- 3 - 100m Backstroke Girls
- 4 - 100m Butterfly Boys
- 5 - 50m Butterfly Girls
- 6 - 50m Backstroke Boys
- 7 - 200m Breaststroke Girls
- 8 - 1500m Freestyle Boys

SESSION 2 – SATURDAY 14th January 2012 - WARM UP TBC

- 9 - 400m Freestyle Girls
- 10 - 200m Individual Medley Boys
- 11 - 50m Breaststroke Girls
- 12 - 50m Freestyle Boys
- 13 - 100m Freestyle Girls
- 14 - 200m Butterfly Boys
- 15 - 200m Backstroke Girls
- 16 - 100m Breaststroke Boys
- 17 - 4x100m Freestyle Team Girls (Open)
- 18 - 4x100m Medley Team Boys (Open)

SESSION 3 – SUNDAY 15th January 2012 - WARM UP 8:00am - 9:00am START

- 19 - 400m Individual Medley Boys
- 20 - 200m Freestyle Girls
- 21 - 100m Backstroke Boys
- 22 - 100m Butterfly Girls
- 23 - 50m Butterfly Boys
- 24 - 50m Backstroke Girls
- 25 - 200m Breaststroke Boys
- 26 - 800m Freestyle Girls

SESSION 4 – SUNDAY 15th January 2012 - WARM UP TBC

- 27 - 400m Freestyle Boys
- 28 - 200m Individual Medley Girls
- 29 - 50m Breaststroke Boys
- 30 - 50m Freestyle Girls
- 31 - 100m Freestyle Boys
- 32 - 200m Butterfly Girls
- 33 - 200m Backstroke Boys
- 34 - 100m Breaststroke Girls
- 35 - 4x100m Freestyle Team Boys (Open)
- 36 - 4x100m Medley Team Girls (Open)

SESSION LENGTH APPROXIMATELY 3.5 HRS EACH



Entry Times

COSASC LC NEW YEAR MEET SAT 14TH January / SUN 15TH January 2012

Upper Limit Times (Must not be FASTER than these times)

Female

Age Group	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM
9	0:33.00	N/A	2:30.00	5:20.00	12:30.00	00:36.00	N/A	2:50.00	0:45.00	N/A	3:20.00	0:40.00	N/A	3:15.00	3:00.00	6:15.00
10	0:31.00	1:04.00	2:20.00	5:00.00	11:45.00	00:35.00	1:14.00	2:40.00	0:42.00	1:26.00	3:04.00	0:35.00	1:15.00	2:50.00	2:42.00	5:45.00
11	0:30.00	1:03.64	2:16.88	4:47.20	11:05.00	00:34.00	1:12.30	2:34.32	0:39.00	1:21.89	2:55.67	0:34.00	1:11.28	2:37.79	2:35.56	5:28.72
12	0:30.00	1:03.64	2:16.88	4:47.20	10:34.00	00:34.00	1:12.30	2:34.32	0:39.00	1:21.89	2:55.67	0:34.00	1:11.28	2:37.79	2:35.56	5:28.72
13	0:29.00	1:01.81	2:12.74	4:38.20	10:12.00	00:33.00	1:09.87	2:29.09	0:38.00	1:19.14	2:49.80	0:33.00	1:08.41	2:30.07	2:30.56	5:17.85
14	0:29.00	1:00.94	2:11.04	4:35.06	9:55.00	00:33.00	1:08.85	2:26.87	0:37.00	1:17.96	2:48.13	0:32.00	1:07.25	2:28.06	2:29.02	5:14.73
15	0:28:02	0:59.82	2:08.74	4:31.36	9:55.00	00:32.00	1:07.79	2:25.45	0:36.00	1:17.10	2:46.17	0:31.00	1:06.17	2:26.18	2:26.55	5:11.51
16 / Over	0:28.02	0:59.82	2:08.74	4:31.36	9:55.00	00:32.00	1:07.79	2:25.45	0:36.00	1:17.10	2:46.17	0:31.00	1:06.17	2:26.18	2:26.55	5:11.51

Male

Age Group	50 FREE	100 FREE	200 FREE	400 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM
9	0:34.00	N/A	2:26.00	5:18.00	24:00.00	0:36.00	N/A	2:48.00	0:43.00	N/A	3:18.00	0:38.00	N/A	3:13.00	2:58.00	6:13.00
10	0:32.00	1:03.00	2:17.00	4:58.00	22:00.00	0:35.00	1:14.00	2:38.00	0:41.00	1:25.00	3:02.00	0:34.00	1:14.00	2:48.00	2:40.00	5:42.00
11	0:31.00	1:01.99	2:14.32	4:43.12	20:45.00	0:34.00	1:11.38	2:32.52	0:38.00	1:21.19	2:55.32	0:32.00	1:10.00	2:36.61	2:32.92	5:26.28
12	0:30.00	1:01.99	2:14.32	4:43.12	19:54.00	0:34.00	1:11.38	2:32.52	0:38.00	1:21.19	2:55.32	0:32.00	1:10.00	2:36.61	2:32.92	5:26.28
13	0:28.00	0:58.61	2:07.57	4:29.48	19:30.00	0:33.00	1:07.18	2:24.24	0:34.00	1:15.77	2:44.22	0:30.00	1:05.23	2:25.70	2:25.04	5:09.14
14	0:27.00	0:56.67	2:03.22	4:20.81	18:40.00	0:32.00	1:04.73	2:19.15	0:33.00	1:12.94	2:38.76	0:29.00	1:02.58	2:19.60	2:20.07	4:58.36
15	0:26.00	0:54.47	1:58.63	4:12.73	18:00.00	0:31.00	1:02.23	2:14.45	0:32.00	1:10.13	2:33.36	0:28.00	0:59.75	2:13.84	2:14.89	4:48.95
16 / Over	0:25.16	0:54.47	1:58.63	4:12.73	18:00.00	0:31.00	1:02.23	2:14.45	0:32.00	1:10.13	2:33.36	0:28.00	0:59.75	2:13.84	2:14.89	4:48.95



PAPER ENTRIES

COSASC LC NEW YEAR MEET SAT 14TH January / SUN 15TH January 2012

FEMALE ENTRIES

NAME / ASA Number	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM

Club _____

Total no of female entries _____



PAPER ENTRIES

COSASC LC NEW YEAR MEET SAT 14TH January / SUN 15TH January 2012

MALE ENTRIES

NAME / ASA Number	DOB	50 FREE	100 FREE	200 FREE	400 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM

Club _____

Total no of male entries _____



CITY OF SUNDERLAND ASC LC NEW YEAR MEET
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SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-MAIL _____

Entry Fees

Payment should be made to C.O.S.A.S.C. Return the summary sheet and cheque to:

Treasurer
City of Sunderland ASC
Sunderland Aquatic Centre
Stadium Village
Sunderland
SR5 1SU

Include an **email** address for return of entry information

Female Entries @ £5.00

Male Entries @ £5.00

Team Entries @ £10.00

Coach Passes @ £20.00

Total Entry Fee Enclosed £