



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Firecracker 2014

(Under asa Laws & Technical Rules. Licence number TBA)

Friday 31st October / Saturday 1st / Sunday 2nd November 2014
Sunderland Aquatic Centre

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

Licence number: TBA

- 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, 15/over
- 4 **Age at 2nd November 2013**
- 5 Entry cut off times are based on upper limits. Swimmer shall not have swam faster than these times since 1st July 2013
- 6 Non-refundable entry fee of £5.50 per swim (to include licence fee).
Friday evening distance events are £10 per swim (to include licence fee).
Team events are £10 per team.
An admin fee of £1 will be charged for each competitor paper entry.
- 7 All entries must state the club and show name and full date of birth for each swimmer
- 8 Entry forms should be returned to the Meet Manager by **Wednesday 1st October 2014 08:00am** 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 **locked** 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 **locked** entry file will convert all ASA rankings 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 or foreign national equivalent.

- 10** Should entries be over-subscribed, City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times.
- 11** The meet is cardless. All entry withdrawal forms must be presented in the recorder's office no later than **60 minutes** before the commencement of each session.
- 12** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 13 Awards:**
- There will be a Trophy award for the top visiting club – to be awarded to the club based on Gold/Silver/Bronze medals achieved.
 - Medals will be awarded in each event as follows ...
 - Age Groups 9yrs 10yrs to the top SIX placed swimmers.
 - Age Groups 11yrs, 12yrs, 13yrs 14yrs 15yrs/Over – to the top THREE placed swimmers.
 - Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system and medals awarded per event as above.
 - There will be an award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual.
- 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. No changing is allowed on poolside, the changing village is to be used for this purpose.
- 17 Spectators are not allowed onto poolside at any time.**
- 18** Weekend coach passes cost £20.00. This includes a programme, lunch tickets and results sheets on request. Coaches will not be allowed on poolside without a valid pass.
- 19** Admission for spectators will be:
5 session pass(Fri/Sat/Sun) – £15.00
Weekend pass(Sat/Sun) – £14.00
Day pass – £8.00
Session pass(Sat or Sun) – £4.00
Session pass(Fri) – £2.00
Weekend programme – £2.00
Session start list – £0.50
Children, accompanied by adults, 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** Official information can be obtained from Tom Larsen at: **officials@cityofsunderlandasc.co.uk**
- 24** Lead referee will be: Kath Smith, email:katy1959@live.co.uk
- 25** Further information can be obtained from the Mike Sharp at : **galas@cityofsunderlandasc.co.uk**
- Also see our website: **www.cityofsunderlandasc.co.uk**



ORDER OF EVENTS

Age Groups: - (Age as at 2rd November 2013)

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

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

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

SESSION 1 – Friday 31st October 2014			
Warm Up 5.00pm 6:00pm Start			
Event	Gender	Distance	Event
101	Boys	1500m	Freestyle
102	Girls	800m	Freestyle

SESSION 2 – Saturday 1st November 2014			
Warm Up 8:00am 9:00am Start			
Event	Gender	Distance	Event
201	Boys	4x100	Freestyle team (Open)
202	Girls	400m	Individual Medley
203	Boys	200m	Freestyle
204	Girls	100m	Backstroke
205	Boys	100m	Butterfly
206	Girls	50m	Butterfly
207	Boys	50m	Backstroke
208	Girls	200m	Breaststroke

SESSION 4 – Sunday 2nd November 2014			
Warm Up 8:00am 9:00am Start			
Event	Gender	Distance	Event
401	Girls	4x100	Freestyle team (Open)
402	Boys	400m	Individual Medley
403	Girls	200m	Freestyle
404	Boys	100m	Backstroke
405	Girls	100m	Butterfly
406	Boys	50m	Butterfly
407	Girls	50m	Backstroke
408	Boys	200m	Breaststroke

SESSION 3 – Saturday 1st November 2014			
Warm Up TBA			
Event	Gender	Distance	Event
301	Girls	4x100	Medley Team (Open)
302	Boys	400m	Freestyle
303	Girls	200m	Individual Medley
304	Boys	50m	Breaststroke
305	Girls	50m	Freestyle
306	Boys	100m	Freestyle
307	Girls	200m	Butterfly
308	Boys	200m	Backstroke
309	Girls	100m	Breaststroke

SESSION 5 – Sunday 2nd November 2014			
Warm Up TBA			
Event	Gender	Distance	Event
501	Boys	4x100	Medley Team (Open)
502	Girls	400m	Freestyle
503	Boys	200m	Individual Medley
504	Girls	50m	Breaststroke
505	Boys	50m	Freestyle
506	Girls	100m	Freestyle
507	Boys	200m	Butterfly
508	Girls	200m	Backstroke
509	Boys	100m	Breaststroke



CITY OF SUNDERLAND FIRECRACKER 2014 – 31st October – 2nd November 2014

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

Upper limit times – (must not be faster than)

MALE

	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	00:36.00	X	2:30.00	5:20.00	20:30.00	00:37:00	X	2:45.00	00:37:00	X	3:15.00	00:35.00	X	2:50.00	2:40.00	5:50.00
10	00:35.00	1:05.00	2:24.00	5:10.00	20:15.00	00:36:00	1:16.00	2:40.00	00:36:00	1:26.00	3:05.00	00:34.00	1:13.00	2:45.00	2:38.00	5:40.00
11	00:34.00	1:03.50	2:20.00	5:00.00	19:45.00	00:35:00	1:13.00	2:35.00	00:35:00	1:24.00	3:00.00	00:33.00	1:11.00	2:40.00	2:36.00	5:30.00
12	00:33.00	1:02.86	2:17.38	4:50.12	19:12.11	00:34:00	1:11.46	2:32.86	00:34:00	1:22.86	2:57.21	00:32.00	1:09.53	2:35.37	2:34.79	5:26.09
13	00:31.00	00:59.46	2:10.00	4:34.71	18:12.24	00:32:00	1:08.18	2:26.02	00:33:00	1:17.41	2:45.53	00:31.00	1:06.44	2:27.40	2:28.13	5:13.30
14	00:29.00	00:57.18	2:04.27	4:23.78	17:34.43	00:30:00	1:03.86	2:18.89	00:31:00	1:13.20	2:38.80	00:29.00	1:03.26	2:21.07	2:21.46	5:01.28
15/OV	00:25.29	00:54.95	1:58.63	4:14.31	17:00.79	00:28:78	1:01.55	2:13.36	00:29:72	1:10.22	2:32.38	00:25.93	00:59.08	2:13.19	2:15.90	4:51.45

FEMALE

	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	00:37.00	X	2:31.00	5:21.00	10:24.00	00:40:00	X	2:46.00	00:43:00	X	3:15.00	00:37.00	X	2:50.00	2:42.00	5:55.00
10	00:36.00	1:07.00	2:25.00	5:11.00	10:17.00	00:39:00	1:17.00	2:41.00	00:41:50	1:25.00	3:05.00	00:36.00	1:15.00	2:45.00	2:40.50	5:45.00
11	00:35.00	1:05.50	2:21.00	5:01.00	10:10.00	00:38:00	1:15.30	2:37.00	00:40:00	1:23.00	3:00.00	00:35.00	1:13.00	2:40.00	2:39.00	5:35.00
12	00:34.00	1:04.63	2:18.46	4:51.89	10:02.03	00:37:00	1:13.02	2:35.35	00:39:00	1:21.72	2:56.79	00:34.00	1:11.21	2:37.59	2:37.45	5:33.56
13	00:32.00	1:02.09	2:13.82	4:41.55	9:41.25	00:35:00	1:09.80	2:28.63	00:38:00	1:18.50	2:48.14	00:33.00	1:08.19	2:30.53	2:30.49	5:18.15
14	00:30.00	1:00.92	2:11.36	4:37.79	9:29.14	00:33:00	1:07.87	2:25.67	00:37:00	1:17.43	2:47.37	00:32.00	1:06.71	2:28.39	2:29.50	5:14.19
15/OV	00:28.08	00:59.72	2:08.91	4:32.29	9:21.12	00:31:96	1:06.33	2:22.44	00:35:91	1:16.42	2:46.94	00:29.58	1:05.37	2:24.47	2:26.60	5:11.76



PAPER ENTRIES

CITY OF SUNDERLAND FIRECRACKER 2014 – 31st October – 2nd November 2014

FEMALE ENTRIES

NAME	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

CITY OF SUNDERLAND FIRECRACKER 2013 - 31st October – 2nd November 2014

MALE ENTRIES

NAME	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 FIRECRACKER 2014

Friday 31st October – Sunday 2nd November

SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-MAIL _____

Female Entries @ £5.50

Male Entries @ £5.50

Friday Distance Entries @ 10.00

Relay Entries @ 10.00

Coach Passes @ £20.00

Paper Entries Admin Charge @ £1.00

Total Entry Fee Enclosed £

Entry Fees

Payment should be made to: COSASC (CIC)

Return the summary sheet and cheque to:

Mike Sharp

City of Sunderland ASC (CIC)

7 Hylton Close

Langley Park

County Durham

DH7 9FJ

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