



# City of Sunderland ASC

*(Affiliated to N&D CASA & ASA NER)*

## New Year Meet 2016

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

**Saturday 16th / Sunday 17th January 2016**  
**Sunderland Aquatic Centre**

**This event is licensed Level 1 by the ASA**  
**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). All events will be **OPEN** with Heat Declared Winners.
- 3 Age Groups for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over
- 4 **Age at 31<sup>st</sup> December 2016**
- 5 Entry cut off times are based on lower limits. Swimmer must have swam faster than these times since 1<sup>st</sup> July 2014
- 6 Non-refundable entry fee of £7.00 per swim (to include licence fee). 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 **Monday 21<sup>st</sup> December 2015 18:00** 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](http://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, entries will be rejected on the basis of slowest submitted times within each age group. COSASC reserve the right to limit entry numbers to 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 10/11yrs, 12yrs, 13yrs 14yrs 15yrs, 16yrs/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:
- |                          |          |
|--------------------------|----------|
| Weekend pass(Sat/Sun)    | – £14.00 |
| Day pass                 | – £8.00  |
| Session pass(Sat or Sun) | – £4.00  |
| 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 at: [\*\*officials@cityofsunderlandasc.co.uk\*\*](mailto:officials@cityofsunderlandasc.co.uk)
- 24** Conditions have been checked by ASA Referee – Christine Golightly, [christine.golightly@hotmail.co.uk](mailto:christine.golightly@hotmail.co.uk)
- 25** Further information can be obtained from the Mike Wylie at : [\*\*galas@cityofsunderlandasc.co.uk\*\*](mailto:galas@cityofsunderlandasc.co.uk)
- Also see our website: [\*\*www.cityofsunderlandasc.co.uk\*\*](http://www.cityofsunderlandasc.co.uk)

## CITY OF SUNDERLAND ASC NEW YEAR MEET- SAT 16th / SUN 17th January 2016

### ORDER OF EVENTS

#### SESSION 1 – SATURDAY 16th JAN 2016.

101	-	400m	Individual Medley Boys
102	-	200m	Freestyle Girls
103	-	100m	Backstroke Boys
104	-	100m	Butterfly Girls
105	-	50m	Butterfly Boys
106	-	50m	Freestyle Girls
107	-	200m	Breaststroke Boys
108	-	800m	Freestyle Girls (*See note below)

#### SESSION 2 – SATURDAY 16th JAN 2016.

201	-	400m	Freestyle Boys
202	-	200m	Individual Medley Girls
203	-	50m	Breaststroke Boys
204	-	50m	Backstroke Girls
205	-	100m	Freestyle Boys
206	-	200m	Butterfly Girls
207	-	200m	Backstroke Boys
208	-	100m	Breaststroke Girls

#### SESSION 3 – SUNDAY 17th JAN 2016.

301	-	400m	Individual Medley Girls
302	-	200m	Freestyle Boys
303	-	100m	Backstroke Girls
304	-	100m	Butterfly Boys
305	-	50m	Butterfly Girls
306	-	50m	Freestyle Boys
307	-	200m	Breaststroke Girls
308	-	1500m	Freestyle Boys (*See note below)

#### SESSION 4 – SUNDAY 17th JAN 2016.

401	-	400m	Freestyle Girls
402	-	200m	Individual Medley Boys
403	-	50m	Breaststroke Girls
404	-	50m	Backstroke Boys
405	-	100m	Freestyle Girls
406	-	200m	Butterfly Boys
407	-	200m	Backstroke Girls
408	-	100m	Breaststroke Boys

**Note:** Depending on number of entries, some heats of events 108 & 308 (Girls 800m and Boys 1500m Freestyle) may be scheduled for the beginning of the afternoon session.

## City of Sunderland ASC NEW YEAR MEET 2016 - Long Course Qualifying Times

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

Girls 10/11 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)

### Minimum Permitted Qualifying Times (Must be FASTER or EQUAL to these times)

#### 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
10/11	48.0	1:32.0	3:21.0	6:39.0	24:58.0	52.0	1:41.00	3:29.0	59.0	1:59.0	4:08.0	52.0	1:43.0	3:29.0	3:36.0	7:16.0
12	43.0	1:28.0	3:06.0	6:36.0	22:56.0	47.0	1:34.0	3:18.0	52.0	1:52.0	3:56.0	42.0	1:35.0	3:20.0	3:24.0	7:02.0
13	40.0	1:21.0	2:49.0	6:04.0	21:54.0	43.0	1:29.0	3:08.0	46.0	1:40.0	3:36.0	41.0	1:29.0	3:12.0	3:15.0	6:40.0
14	36.0	1:14.0	2:38.0	5:34.0	20:30.0	37.0	1:22.0	2:53.0	43.0	1:34.0	3:18.0	37.0	1:22.0	2:55.0	2:57.0	6:14.0
15	33.0	1:11.0	2:34.0	5:26.0	19:50.0	36.0	1:20.0	2:48.0	41.0	1:32.0	3:12.0	35.0	1:19.0	2:49.0	2:51.0	6:04.0
16/OV	31.0	1:09.0	2:27.0	5:14.0	19:30.0	35.0	1:18.0	2:44.0	39.0	1:26.0	3:07.0	33.0	1:17.0	2:45.0	2:48.0	5:57.0

#### FEMALE

	50 Free	100 Free	200 Free	400 Free	800m Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
10/11	48.0	1:32.0	3:21.0	6:39.0	13:56.0	52.0	1:41.00	3:29.0	59.0	1:59.0	4:08.0	52.0	1:43.0	3:29.0	3:36.0	7:16.0
12	43.0	1:28.0	3:06.0	6:36.0	13:16.0	47.0	1:34.0	3:18.0	52.0	1:52.0	3:56.0	42.0	1:35.0	3:20.0	3:24.0	7:02.0
13	40.0	1:21.0	2:49.0	6:04.0	12:40.0	43.0	1:29.0	3:08.0	46.0	1:40.0	3:36.0	41.0	1:29.0	3:12.0	3:15.0	6:40.0
14	37.0	1:15.0	2:39.0	5:35.0	11:35.0	38.0	1:23.0	2:54.0	44.0	1:35.0	3:19.0	38.0	1:23.0	2:56.0	2:58.0	6:15.0
15	35.0	1:12.0	2:35.0	5:27.0	11:15.0	37.0	1:21.0	2:49.0	42.0	1:31.0	3:13.0	36.0	1:20.0	2:50.0	2:52.0	6:05.0
16/OV	32.0	1:10.0	2:28.0	5:15.0	10:52.0	36.0	1:19.0	2:45.0	40.0	1:27.0	3:08.0	34.0	1:18.0	2:46.0	2:49.0	5:58.0



**PAPER ENTRIES**

**CITY OF SUNDERLAND ASC NEW YEAR MEET- SAT 16th / SUN 17th January 2016**

**FEMALE ENTRIES**

NAME & ASA No.	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 ASC NEW YEAR MEET- SAT 16th / SUN 17th January 2016**

**MALE ENTRIES**

NAME / ASA No.	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 NEW YEAR 2016

Saturday 16th – Sunday 17th January 2016

### SUMMARY OF ENTRIES

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELE NO \_\_\_\_\_

E-MAIL \_\_\_\_\_

#### Entry Fees

Payment should be made to: COSASC (CIC)

Return the summary sheet and cheque to:

Mike Wylie

City of Sunderland ASC (CIC)

11 Thornbridge

Teal Farm

Washington

NE38 8TH

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

Female Entries @ £7.00

Male Entries @ £7.00

Coach Passes @ £20.00

Paper Entries Admin Charge @ £1.00

Total Entry Fee Enclosed £