



City of Sunderland ASC

(Affiliated to N&D SA & SE NER)

New Year Meet 2022

(Under ASA Laws & Technical Rules)

Friday 21st, Saturday 22nd & Sunday 23rd January 2022

This event is licensed Level 1 by the ASA

Licence number: 1NE220080

Conditions

- 1 Sunderland Aquatic Centre is a 10 lane, 50m pool with a full electronic timing system. A separate 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 (Mixed) and 1500m Freestyle (Mixed). All events will be **OPEN** with Heat Declared Winners. Entries will be accepted for only one distance event (800m,1500m) only per swimmer, should an entry be received for both events then they will be allocated as female - 800m, male - 1500m.
- 3 Age Groups for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 4 **Age groups will be as at midnight on 31st December 2022.**
- 5 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1st July 2019.**
- 6 Entry fees are £7.50 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee). An admin fee of £10 will be charged for all paper entries. All entries must state the club and show name and full date of birth for each swimmer.
- 7 Entry files/forms should be returned **by 4pm Friday 17th December 2021** at the latest, 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 <https://www.cityofsunderlandasc.co.uk/blog/event/ny22>. Contact galas@cityofsunderlandasc.co.uk with any further enquiries.
- 8 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 long course times by use of ASA Conversion Tables. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.
- 9 Should entries be over-subscribed, entries will be rejected on the basis of slowest submitted times within each age group – unless the swimmer is a classified Para-Swimmer. City of Sunderland ASC reserves the right to limit entry numbers of each event to manage session times. We advise that travel or accommodation arrangements are booked with refund options until clubs receive confirmation of accepted entry. COSASC cannot be held responsible for any costs so arising.

- 10** The meet is cardless. All entry withdrawal forms or e-mails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than:
- By 4pm on Thursday 20th January 2022 for Friday 21st January 2022 events
 - By 4pm on Friday 21st January 2022 for Saturday 22nd January 2022 events
 - By 2pm on Saturday 22nd January 2022 for Sunday 23rd January 2022 events
- Seeded Heat Start Lists will be produced prior to the start time of the Session.

Any withdrawals not given by stated time will result in an empty lane during the event.

Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds, subject to an appropriate medical certificate being received.

- 11** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.

12 Awards:

- There be an award for the Top 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 (to a maximum of 4 per swimmer).

- 13** Late entries / poolside entries will be at the discretion of the promoter.

- 14** Swimmers can compete for only one club during the meet.

- 15** 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.

16 Spectators are not allowed onto poolside at any time.

- 17** Weekend coach passes cost £25.00. This includes a programme, lunch tickets and results sheets on request. Coaches will not be allowed on poolside or in changing rooms without a valid pass.

- 18** Admission for spectators will be:

ALL DAY SATURDAY	–	£8.00
ALL DAY SUNDAY	–	£8.00
WEEKEND PASS	–	£14.00
SESSION PASS	–	£4.00

Children, accompanied by adults, will be admitted free. OAP half price (admission only)

There may be a restricted capacity for spectators imposed by the facility provider, this will be confirmed to visiting clubs in advance of the meet.

Meet programmes and start lists will be published online only, link to be published to www.cityofsunderlandasc.co.uk.

- 19** Over-the-top starts may be used during the meet. A secondary strobe will be available. Swimmers are requested to remain in the water until asked to leave the pool.

- 20** A swim shop will be in operation throughout the gala.

- 21** Official information can be obtained from: officials@cityofsunderlandasc.co.uk

- 22** The meet manager can be contacted via: meetmanager@cityofsunderlandasc.co.uk

- 23** Further information can be obtained from: galas@cityofsunderlandasc.co.uk. Also see our website: www.cityofsunderlandasc.co.uk

ORDER OF EVENTS

SESSION 1 – Friday 21st January 2022

101	-	800m	Freestyle (Mixed)
102	-	1500m	Freestyle (Mixed)

SESSION 2 – Saturday 22nd January 2022

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

SESSION 3 – Saturday 22nd January 2022

301	-	400m	Freestyle Boys
302	-	200m	Individual Medley Girls
303	-	200m	Backstroke Boys
304	-	200m	Butterfly Girls
305	-	100m	Freestyle Boys
306	-	100m	Breaststroke Girls
307	-	50m	Breaststroke Boys
308	-	50m	Backstroke Girls

SESSION 4 – Sunday 23rd January 2022

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

SESSION 5 – Sunday 23rd January 2022

501	-	400m	Freestyle Girls
502	-	200m	Individual Medley Boys
503	-	200m	Backstroke Girls
504	-	200m	Butterfly Boys
505	-	100m	Freestyle Girls
506	-	100m	Breaststroke Boys
507	-	50m	Breaststroke Girls
508	-	50m	Backstroke Boys

CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 21ST, SATURDAY 22ND & SUNDAY 23RD JANUARY 2022

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

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

MALE

	50 Free	100 Free	200 Free	400 Free	800m 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	13:56.0	24:58.0	52.0	1:41.0	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	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	12:40.0	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	11:35.0	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	11:15.0	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	10:52.0	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	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	13:56.0	24:58.0	52.0	1:41.0	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	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	12:40.0	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	37.0	1:15.0	2:39.0	5:35.0	11:35.0	20:30.0	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	19:50.0	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	19:30.0	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



MALE ENTRIES

NAME & ASA No.	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 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 _____



FEMALE ENTRIES

NAME & ASA No.	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 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 female entries _____



SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TEL NO _____

MOBILE _____

E-MAIL _____

Entry Fees

If you wish to pay by Bank Transfer contact galas@cityofsunderlandasc.co.uk for details

Otherwise payment should be made to: C.O.S.A.S.C. (CIC)

Return the summary sheet and cheque to:

COSASC New Year 2022
11 Adriana Close
Sunderland
SR2 0FG

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

	Quantity	Unit Cost	Total Cost
Female Entries		£7.50	
Male Entries		£7.50	
800m & 1500m Entries		£12.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			