



# City of Sunderland ASC

(Affiliated to N&D SA & SE NER)

## National Qualifier 2023

(Under ASA Laws & Technical Rules)

Friday 31<sup>st</sup> March, Saturday 1<sup>st</sup> & Sunday 2<sup>nd</sup> April 2023

This event is licensed Level 1 by the ASA

Licence number: NE230413

### 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 31<sup>st</sup> December 2023.**
- 5 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1<sup>st</sup> July 2021.**
- 6 Entry fees are £8.00 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee). An admin fee of £10.00 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 Entries must be received by **18:00 Wednesday 1<sup>st</sup> March 2023**, paper entries 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 [galas@cityofsunderlandasc.co.uk](mailto: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 from level 1-3 events only. 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 the session times. We recommend that no travel or accommodation arrangements are confirmed until the club receives confirmation of entry acceptance. COSASC cannot be held responsible for any costs so arising.

- 10 The meet is cardless. All entry withdrawal forms or emails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) should be with the promoter no later than:
- by 6:00pm on Thursday 30<sup>th</sup> March for Friday 31<sup>st</sup> March events
  - by 6:00pm on Friday 31<sup>st</sup> March for Saturday 1<sup>st</sup> April events
  - by 2:00pm on Saturday 1<sup>st</sup> April for Sunday 2<sup>nd</sup> April 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 all age groups combined and swimmers seeded by entry times.

12 **Awards:**

- There will be a Top Boy / Girl award based on best 4 swims (FINA pts) for 14/Under and 15/Over.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 awards per athlete).

- 13 Late 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 lunch and start/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:

FRIDAY EVENING	-	£3.00
ALL DAY SATURDAY	-	£9.00
ALL DAY SUNDAY	-	£9.00
SESSION PASS	-	£5.00

Children under 3, accompanied by adults, will be admitted free. Children 3-16 and over 65 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](http://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 may be in operation throughout the gala.

- 21 Officials information can be obtained from: [officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

- 22 The meet manager can be contacted via: [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk)

- 23 Further information can be obtained from: [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)

Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)

## Event Schedule

Session 1 – 31/03/2023 @ 17:30				
101	Mixed	Open	800 Free	HDW
102	Mixed	Open	1500 Free	HDW

Session 2 – 01/04/2023 @ 09:00				
201	Boys	Open	400 Free	HDW
202	Girls	Open	200 IM	HDW
203	Boys	Open	200 Back	HDW
204	Girls	Open	200 Free	HDW
205	Boys	Open	100 Breast	HDW
206	Girls	Open	100 Fly	HDW
207	Boys	Open	50 Fly	HDW
208	Girls	Open	50 Breast	HDW

Session 4 – 02/04/2023 @ 09:00				
401	Girls	Open	400 Free	HDW
402	Boys	Open	200 IM	HDW
403	Girls	Open	200 Back	HDW
404	Boys	Open	200 Free	HDW
405	Girls	Open	100 Breast	HDW
406	Boys	Open	100 Fly	HDW
407	Girls	Open	50 Fly	HDW
408	Boys	Open	50 Breast	HDW

Session 3 – 01/04/2023 @ 14:00				
301	Boys	Open	400 IM	HDW
302	Girls	Open	200 Fly	HDW
303	Boys	Open	200 Breast	HDW
304	Girls	Open	100 Back	HDW
305	Boys	Open	100 Free	HDW
306	Girls	Open	50 Free	HDW
307	Boys	Open	50 Back	HDW

Session 5 – 02/04/2023 @ 14:00				
501	Girls	Open	400 IM	HDW
502	Boys	Open	200 Fly	HDW
503	Girls	Open	200 Breast	HDW
504	Boys	Open	100 Back	HDW
505	Girls	Open	100 Free	HDW
506	Boys	Open	50 Free	HDW
507	Girls	Open	50 Back	HDW

## City of Sunderland ASC National Qualifier - 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

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

### MALE

	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
10/11	43.0	1:20.0	2:58.8	6:04.0	12:34.6	24:59.7	47.2	1:31.8	3:16.0	52.2	1:43.5	3:43.1	47.2	1:31.8	3:18.5	3:18.3	6:58.8
12	40.0	1:17.0	2:44.8	5:46.1	11:55.0	22:35.5	44.5	1:27.2	3:04.7	48.6	1:38.9	3:29.2	42.1	1:26.0	3:04.9	3:06.8	6:34.7
13	38.0	1:15.0	2:36.6	5:29.8	11:25.8	21:31.6	42.2	1:21.7	2:54.3	45.8	1:32.1	3:19.5	39.9	1:22.0	2:59.0	2:59.7	6:14.4
14	35.5	1:13.0	2:29.6	5:15.0	11:10.0	20:34.0	40.1	1:17.0	2:46.3	42.7	1:27.1	3:06.5	38.0	1:18.0	2:49.0	2:50.8	5:57.3
15	34.0	1:10.0	2:24.7	5:05.6	11:00.5	19:52.1	37.5	1:14.2	2:40.0	40.8	1:23.4	2:59.4	35.2	1:14.0	2:44.0	2:42.4	5:44.2
16/OV	31.0	1:07.0	2:20.3	4:57.1	10:51.0	19:22.7	34.5	1:12.3	2:35.4	37.8	1:20.9	2:55.6	32.4	1:11.0	2:36.0	2:37.9	5:35.6

### FEMALE

	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
10/11	44.0	1:21.3	2:59.4	6:01.4	12:34.6	24:59.7	48.1	1:31.9	3:16.0	52.8	1:43.6	3:41.6	48.1	1:30.9	3:19.6	3:19.3	6:57.3
12	41.4	1:18.0	2:46.5	5:46.8	11:55.0	22:35.5	45.9	1:28.5	3:05.6	49.0	1:38.2	3:28.9	43.9	1:24.9	3:06.7	3:08.8	6:34.9
13	39.0	1:16.0	2:40.2	5:34.3	11:25.8	21:31.6	42.4	1:24.7	2:59.3	46.1	1:32.8	3:19.5	40.7	1:21.2	3:01.5	3:01.8	6:20.6
14	36.0	1:14.0	2:36.1	5:26.0	11:10.0	20:34.0	39.0	1:21.6	2:54.8	44.6	1:31.0	3:12.7	38.7	1:18.3	2:53.0	2:57.3	6:12.0
15	34.2	1:11.6	2:33.1	5:18.8	11:00.5	19:52.1	38.0	1:19.9	2:51.0	42.4	1:29.5	3:10.7	36.8	1:16.9	2:50.7	2:53.9	6:05.2
16/OV	32.2	1:10.8	2:31.5	5:16.2	10:51.0	19:22.7	37.6	1:19.1	2:48.9	41.1	1:28.1	3:09.8	35.2	1:15.8	2:48.3	2:51.9	6:00.8



**PAPER ENTRIES - CITY OF SUNDERLAND ASC National Qualifier 31<sup>st</sup> March – 2<sup>nd</sup> April 2023**

**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 \_\_\_\_\_



**PAPER ENTRIES - CITY OF SUNDERLAND ASC National Qualifier 31<sup>st</sup> March – 2<sup>nd</sup> April 2023**

**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 \_\_\_\_\_

**City of Sunderland ASC - National Qualifier 2023**  
**Friday 31<sup>st</sup> March, Saturday 1<sup>st</sup> and Sunday 2<sup>nd</sup> April**

CLUB \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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

**Entry Fees**

If you wish to pay by Bank Transfer contact  
[galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) for details

Otherwise payment should be made to: COSASC (CIC)

Return the summary sheet and cheque to:

NQ23 Entries  
 City of Sunderland ASC  
 11 Adriana Close  
 Sunderland  
 SR2 0FG

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

	Quantity	Unit Cost	Total Cost
Female Entries		£8.00	
Male Entries		£8.00	
Female Entries 800m		£12.00	
Male Entries 1500m		£12.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
<b>Total Cost</b>			