



**City of Sunderland ASC**  
*(Affiliated to N&D SA & ASA NER)*  
**'2nd' LONG COURSE OPEN MEET**  
*(Under asa Laws & Technical Rules)*

**SAT 29<sup>TH</sup> MAY / SUN 30<sup>TH</sup> MAY 2010**  
**SUNDERLAND AQUATIC CENTRE**

***This event is licensed Level 1 by the ASA for entry into National Events & Championships and Regional Championships***  
**Licence number - awaiting confirmation**

- 1 Sunderland Aquatic Centre, Sunderland is a 10 lane, 50m pool with full electronic timing system. 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 and 400m Freestyle. All events will be Heat Declared Winners.
- 3 Age Groups are 11 & UNDER, 12yrs, 13yrs, 14yrs, 15yrs & 16/OVER.
- 4 Ages as at 30 May 2010.**
- 5 All entries must state the club and show name and full date of birth for each swimmer.
- 6 Entry fees are £6.00 per swim (to include licence fee). An admin fee of £10 will be charged for all paper entries.
- 7 Entry forms should be returned to the Meet Manager by **23 April 2010**, enclosing fees and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **Disk entry is preferred** – the 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.
- 8 Entry times should be converted to 50m pool 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.
- 9 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.

10 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.

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 will be made to the top three placed swimmers in each age group in each individual event.

**13 Awards to top boy & top girl**

Awards to top boy & top girl using points scoring (Details TBC).

14 Late entries / poolside entries will be at the discretion of the promoter at £10 per swim. Swimmers competing on poolside entries will not be eligible for event awards or to count these events towards the Top Boy & Top Girl awards.

15 An award will be made to the **top visiting team** using points scoring (Details TBC).

16 Swimmers can compete for only one club during the meet.

17 Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.

18 Spectators are not allowed onto poolside at anytime.

19 Weekend coach passes cost £20.00 includes programme, lunch tickets and results sheets. Coaches will not be allowed on poolside without a valid pass.

20 Admission for spectators will be:

ALL DAY SATURDAY – £8.00

ALL DAY SUNDAY – £8.00

WEEKEND PASS – £14.00

SESSION PASS – £4.00

WEEKEND PROGRAM – £3.00

Children, accompanied by adults, will be admitted free.

OAP half price (admission only)

21 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

22 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.

23 Swim shop will be in operation throughout the gala.

24 Lead referee for the meet is Jan Papadopoulos: **email-** [jemotter@live.co.uk](mailto:jemotter@live.co.uk), **mob-** 07880595056

25 Further information can be obtained from the Meet Manager:- John Lamb via email at: **galas@cityofsunderlandasc.co.uk**

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



**CITY OF SUNDERLAND 2nd LONG COURSE OPEN MEET- SAT/SUN 29 & 30 MAY 2010**

**Age Groups: - (Age as at 30 May 2010)**

Boys	11/under	12 years	13 years	14 years	15 years	16/over
Girls	11/under	12 years	13 years	14 years	15 years	16/over

**ORDER OF EVENTS**

**SESSION 1 – SATURDAY 29th MAY 2010 - WARM UP 8:00am - 9:00am START**

- 1 - 200m Freestyle Boys
- 2 - 200 IM Girls
- 3 - 50m Backstroke Boys Open
- 4 - 50m Freestyle Girls Open
- 5 - 200m Butterfly Boys
- 6 - 200m Backstroke Girls
- 7 - 100m Breaststroke Boys

**SESSION 2 – SATURDAY 29th MAY 2010 - WARM UP TBC**

- 8 - 400 IM Girls
- 9 - 400m Freestyle Boys
- 10 - 100m Backstroke Girls
- 11 - 100m Butterfly Boys
- 12 - 50m Butterfly Girls Open
- 13 - 50m Breaststroke Boys Open
- 14 - 200m Breaststroke Girls
- 15 - 100m Freestyle Boys

**SESSION 3 – SUNDAY 30th MAY 2010 WARM UP 8:00am - 9:00am START**

- 16 - 200m Freestyle Girls
- 17 - 200m IM Boys
- 18 - 50m Backstroke Girls Open
- 19 - 50m Freestyle Boys Open
- 20 - 200m Butterfly Girls
- 21 - 200m Backstroke Boys
- 22 - 100m Breaststroke Girls

**SESSION 4 – SUNDAY 30th MAY 2010 WARM UP TBC**

- 23 - 400m IM Boys
- 24 - 400m Freestyle Girls
- 25 - 100m Backstroke Boys
- 26 - 100m Butterfly Girls
- 27 - 50m Butterfly Boys Open
- 28 - 50m Breaststroke Girls Open
- 29 - 200m Breaststroke Boys
- 30 - 100m Freestyle Girls

**SESSION LENGTH APPROX 3.5 HRS EACH**



**City of Sunderland 2nd Long Course Open Meet - Long Course Qualifying Times**

**SAT 29 MAY/ SUN 30 MAY 2010**

<b>MALE</b>	<b>100 Free</b>	<b>200 Free</b>	<b>400 Free</b>	<b>100 Back</b>	<b>200 Back</b>	<b>100 Breast</b>	<b>200 Breast</b>	<b>100 Fly</b>	<b>200 Fly</b>	<b>200 IM</b>	<b>400 IM</b>
<b>11/under</b>	1.17.00	2.45.00	5.35.00	1.30.00	3.08.00	1.38.00	3.30.00	1.25.00	3.12.00	3.10.00	6.40.00
<b>12</b>	1.15.00	2.40.00	5.25.00	1.27.00	3.00.00	1.36.00	3.22.00	1.22.00	3.00.00	2.58.00	6.20.00
<b>13</b>	1.13.00	2.33.00	5.14.00	1.21.00	2.50.00	1.29.00	3.12.00	1.19.00	2.53.00	2.55.00	5.56.00
<b>14</b>	1.11.00	2.25.00	5.05.00	1.18.00	2.46.00	1.25.00	3.01.00	1.16.00	2.45.00	2.47.00	5.40.00
<b>15</b>	1.08.00	2.19.00	4.49.00	1.15.00	2.41.00	1.22.00	2.55.00	1.12.00	2.39.00	2.39.00	5.30.00
<b>16/over</b>	1.03.00	2.14.00	4.41.00	1.12.00	2.33.00	1.19.00	2.50.00	1.09.00	2.32.00	2.33.00	5.22.00

**50M fly, 50M back, 50M breast & 50M free are all open times**

<b>FEMALE</b>	<b>100 Free</b>	<b>200 Free</b>	<b>400 Free</b>	<b>100 Back</b>	<b>200 Back</b>	<b>100 Breast</b>	<b>200 Breast</b>	<b>100 Fly</b>	<b>200 Fly</b>	<b>200 IM</b>	<b>400 IM</b>
<b>11/under</b>	1.19.00	2.51.00	5.45.00	1.30.00	3.11.00	1.41.00	3.33.00	1.28.00	3.12.00	3.14.00	6.50.00
<b>12</b>	1.16.00	2.42.00	5.35.00	1.27.00	3.01.00	1.36.00	3.24.00	1.25.00	3.00.00	3.00.00	6.15.00
<b>13</b>	1.14.00	2.35.00	5.22.00	1.22.00	2.54.00	1.31.00	3.15.00	1.21.00	2.55.00	2.55.00	6.00.00
<b>14</b>	1.11.00	2.32.00	5.15.00	1.19.00	2.49.00	1.29.00	3.08.00	1.19.00	2.48.00	2.50.00	5.50.00
<b>15</b>	1.09.00	2.30.00	5.05.00	1.17.00	2.46.00	1.26.00	3.05.00	1.16.00	2.45.00	2.48.00	5.47.00
<b>16/over</b>	1.08.00	2.28.00	5.00.00	1.16.00	2.44.00	1.26.00	3.03.00	1.15.00	2.45.00	2.48.00	5.45.00

**50M fly, 50M back, 50M breast & 50M free are all open times**



**PAPER ENTRIES - 2<sup>ND</sup> OPEN - SAT 29 MAY/ SUN 30 MAY 2010**

**FEMALE ENTRIES**

NAME	DOB	50 FREE	100 FREE	200 FREE	400 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\_\_\_\_\_





**2nd CITY OF SUNDERLAND OPEN  
SAT 29 MAY/ SUN 30 MAY 2010**

**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	@ £6.00
Male Entries	@ £6.00
Coach Passes	@ £20.00

Total Entry Fee Enclosed      £