



City of Sunderland ASC (Affiliated to N&D SA & ASA NER)

LONG COURSE WINTER OPEN MEET

(Under ASA Laws & Technical Rules)



SAT 27TH NOV/ SUN 28TH NOV 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, 400m Freestyle. 4x100m Medley & 4x100m Freestyle. All events will be Heat Declared Winners.
- 3 Age Groups are 11 & UNDER, 12yrs, 13yrs, 14yrs, 15yrs & 16/OVER.
- 4 **Ages as at 28th November 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). Team events are £10 per team. An admin fee of £10 will be charged for all paper entries.
- 7 Entry forms should be returned to the Meet Manager by **Mon 1st Nov 2010**, 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 electronic entry file will be available for download at 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 (8 - 1) in each event.

14 Late entries / poolside entries will be at the discretion of the promoter. 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 (8 - 1) in each event.

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.

25 Lead referee for the meet TBA

Further information can be obtained from the Meet Manager:- Mike Wylie via email at:

galas@cityofsunderlandasc.co.uk

Also see our website: www.cityofsunderlandasc.co.uk





CITY OF SUNDERLAND ASC LC WINTER OPEN MEET- SAT/SUN 27 & 28 NOV 2010

Age Groups: - (Age as at 28th November 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 27th NOV 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
- 8 - 4x100m Medley Team Girls
- 9 - 4x100m Freestyle Team Boys

SESSION 2 – SATURDAY 27th NOVEMBER 2010 - WARM UP TBC

- 10 - 400 IM Girls
- 11 - 100m Butterfly Boys
- 12 - 100m Backstroke Girls
- 13 - 400m Freestyle Boys
- 14 - 50m Butterfly Girls Open
- 15 - 50m Breaststroke Boys Open
- 16 - 200m Breaststroke Girls
- 17 - 100m Freestyle Boys
- 18 - 4x 50m Freestyle Team Girls (13 & Under)
- 19 - 4x 50m Medley Team Boys (13 & Under)

SESSION 3 – SUNDAY 28th NOVEMBER 2010 WARM UP 8:00am - 9:00am START

- 20 - 200m Freestyle Girls
- 21 - 200m IM Boys
- 22 - 50m Backstroke Girls Open
- 23 - 50m Freestyle Boys Open
- 24 - 200m Butterfly Girls
- 25 - 200m Backstroke Boys
- 26 - 100m Breaststroke Girls
- 27 - 4x100m Medley Team Boys
- 28 - 4x100m Freestyle Team Girls

SESSION 4 – SUNDAY 28th NOVEMBER 2010 WARM UP TBC

- 29 - 400m IM Boys
- 30 - 100m Butterfly Girls
- 31 - 100m Backstroke Boys
- 32 - 400m Freestyle Girls
- 33 - 50m Butterfly Boys Open
- 34 - 50m Breaststroke Girls Open
- 35 - 200m Breaststroke Boys
- 36 - 100m Freestyle Girls
- 37 - 4x 50m Freestyle Team Boys (13 & Under)
- 38 - 4x 50m Medley Team Girls (13 & Under)

SESSION LENGTH APPROX 3.5 HRS EACH



City of Sunderland ASC LC WINTER Open Meet - Long Course Qualifying Times

SAT 27TH NOV/ SUN 28TH NOV 2010

MALE	100 Free	200 Free	400 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
10/11		2.45.00	5.35.00		3.08.00		3.30.00		3.12.00	3.10.00	6.40.00
11	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
12	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
13	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
14	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
15	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
16/over	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 events have no qualifying time

FEMALE	100 Free	200 Free	400 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
10/11		2.51.00	5.45.00		3.11.00		3.33.00		3.12.00	3.14.00	6.50.00
11	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
12	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
13	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
14	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
15	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
16/over	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 events have no qualifying time



PAPER ENTRIES - CITY OF SUNDERLAND ASC LC WINTER OPEN - SAT 27 NOV/ SUN 28 NOV 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_____



PAPER ENTRIES - CITY OF SUNDERLAND ASC LC WINTER OPEN - SAT 27 NOV/ SUN 28 NOV 2010

MALE 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 male entries_____



**CITY OF SUNDERLAND LC WINTER OPEN
SAT 27 NOV/ SUN 28 NOV 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 £