



## City of Sunderland ASC

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

# LONG COURSE MAY OPEN 2011

*(Under ASA Laws & Technical Rules)*

**SAT 21<sup>st</sup> MAY/ SUN 22<sup>nd</sup> MAY 2011**  
**SUNDERLAND AQUATIC CENTRE**

**This event is licensed Level 1 by the ASA for entry into National Events & Championships and Regional Championships**

**Licence number – 1NE1326**

- 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.  
All events will be Heat Declared Winners.
- 3 Age Groups are 11yrs/Under, 12yrs, 13yrs, 14yrs, 15yrs & 16yrs/Over.
- 4 Ages as at 22nd May 2011.**
- 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 **Mon 18<sup>th</sup> April 2011**, 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](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 entry file will convert all 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.

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 records 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 and Trophies - The following shall apply:**

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

- There will be an award for the Top Boy & Girl in each age group based on the sum of the best two FINA points achieved at the meet.
- There will also be an award for Top Club – to be awarded to the club with the greatest aggregate number of points earned by its swimmers at the meet (top 10 scoring places).
- There will be an award for any swimmer breaking a COSASC All-Comers record.
- Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system.

13 Late entries will be at the discretion of the promoter. COSASC reserves the right to use empty lanes at their discretion.

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.

16 Spectators are not allowed onto poolside at anytime.

17 Weekend coach passes cost £20.00 includes programme, lunch tickets and results sheets. Coaches will not be allowed on poolside 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
WEEKEND PROGRAM	–	£3.00 ( <i>free with a weekend pass</i> )

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

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

20 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 Lead referee for the meet:

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 ASC LC MAY OPEN MEET- SAT 21<sup>st</sup> / SUN 22<sup>nd</sup> May 2011**

**ORDER OF EVENTS**

**SESSION 1 – SATURDAY 21st May 2011 - WARM UP 8:00am - 9:00am START**

- 1 - 400m Individual Medley Girls
- 2 - 200m Freestyle Boys
- 3 - 100m Backstroke Girls
- 4 - 100m Butterfly Boys
- 5 - 50m Butterfly Girls
- 6 - 50m Freestyle Boys
- 7 - 200m Breaststroke Girls

**SESSION 2 – SATURDAY 21st May 2011 - WARM UP TBC**

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

**SESSION 3 – SUNDAY 22nd May 2011 - WARM UP 8:00am - 9:00am START**

- 16 - 400m Individual Medley Boys
- 17 - 200m Freestyle Girls
- 18 - 100m Backstroke Boys
- 19 - 100m Butterfly Girls
- 20 - 50m Butterfly Boys
- 21 - 50m Freestyle Girls
- 22 - 200m Breaststroke Boys

**SESSION 2 – SUNDAY 22nd May 2011 - WARM UP TBC**

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



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

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

Girls 11 Years/Under 12 years 13 years 14 years 15 years 16/over

**(Please Note that 9 year olds are not permitted to compete in 100m events)**

### UPDATED TIMES

#### MALE

	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
<b>11/UN</b>	39.0	1:18.0	<b>2:54.8</b>	5:56.0	43.2	1:29.8	3:12.0	48.2	1:41.5	3:39.1	43.2	1:29.8	3:14.5	3:14.3	6:50.8
<b>12</b>	36.0	1:15.0	2:40.8	5:38.1	40.5	<b>1:25.2</b>	3:00.7	44.6	<b>1:36.9</b>	3:25.2	38.1	1:24.0	2:59.9	<b>3:02.8</b>	6:26.7
<b>13</b>	34.0	1:13.0	2:32.6	5:21.8	38.2	<b>1:19.7</b>	2:50.3	41.8	<b>1:30.1</b>	<b>3:14.5</b>	35.9	1:20.0	2:55.0	2:55.7	6:06.4
<b>14</b>	32.5	1:11.0	2:25.6	5:07.0	36.1	1:15.0	2:42.3	39.7	<b>1:25.1</b>	3:02.5	34.0	1:16.0	2:45.0	2:46.8	5:49.3
<b>15</b>	31.0	1:08.0	2:20.7	4:57.6	34.5	1:12.2	2:36.0	37.8	1:21.4	2:55.4	32.2	1:12.0	2:39.0	2:38.4	5:36.2
<b>16/OV</b>	29.7	1:05.0	2:16.3	4:49.1	33.5	<b>1:10.3</b>	<b>2:31.4</b>	36.8	1:18.9	2:51.6	31.4	1:09.0	2:32.0	2:33.9	5:27.6

#### FEMALE

	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
<b>11/UN</b>	40.0	1:19.3	<b>2:55.4</b>	5:56.4	<b>44.1</b>	1:29.9	3:11.0	48.8	1:41.6	3:36.6	<b>44.1</b>	<b>1:30.9</b>	<b>3:14.6</b>	3:14.3	6:47.3
<b>12</b>	37.4	1:16.0	2:42.5	5:38.8	40.9	1:26.5	3:00.6	45.0	<b>1:36.2</b>	3:24.9	<b>38.9</b>	<b>1:24.9</b>	<b>3:01.7</b>	<b>3:03.8</b>	<b>6:24.9</b>
<b>13</b>	35.0	1:14.0	2:36.2	5:26.3	39.4	1:21.7	2:54.3	43.1	1:30.8	3:15.5	36.7	<b>1:21.2</b>	<b>2:56.5</b>	2:56.8	6:10.6
<b>14</b>	33.0	1:12.0	2:32.1	5:18.0	38.0	1:19.6	2:49.8	40.6	<b>1:29.0</b>	3:08.7	35.7	<b>1:18.3</b>	2:48.0	2:52.3	6:02.0
<b>15</b>	32.2	1:09.6	2:29.1	5:12.8	37.0	1:17.9	2:46.0	40.4	1:27.5	3:06.7	34.8	<b>1:16.9</b>	2:45.7	2:48.9	5:55.2
<b>16/OV</b>	31.2	1:08.8	2:27.5	5:09.2	36.6	1:17.1	2:43.9	40.1	1:26.1	3:05.8	34.2	<b>1:15.8</b>	2:43.3	2:46.9	5:50.8



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 MAY OPEN MEET- SAT 21<sup>st</sup> / SUN 22<sup>nd</sup> May 2011**

**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 MAY OPEN 2011  
SAT 21 MAY/ SUN 22 MAY 2011**

**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	£
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