



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

LONG COURSE MAY OPEN 2011

(Under ASA Laws & Technical Rules)

SAT 21st MAY/ SUN 22nd 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

Additional events to the programme

Due to the morning sessions being undersubscribed a limited number of distance events have been added to the programme.

There will be 3 heats of 800m freestyle at the end of session 1 and 3 heats of 1500m freestyle at the end of session 3.

There will be 3 age groups for accepting entries, 11/un-13, 14-15 and 16+.
Should the events be oversubscribed, there will be a maximum of 10 swimmers from each group.
The seeding on the day will be based on time with all 3 groups combined.

Events

Saturday 21st May - 11.55 am		Sunday 22nd May - 11.30 am
Womens 800m Freestyle		Mens 1500m Freestyle

Conditions

1. As these events were not on the original conditions and a limited number of swimmers are able to take part, points will not count towards awards.
2. Entries are £6 per swim. This is payable on the day of the event in the timing room.
3. Anyone who wishes to withdraw from events as a result of being accepted will be eligible for a single refund only
4. The closing date for entries is **Friday 6th May**.

The entry file is available for download on the link [here](#) (press CTRL and click on the link)

Send entry files to the Meet Manager:- John Lamb via email at:
galas@cityofsunderlandasc.co.uk

Qualifying Times

Lower Limit (Must be faster than)

BOYS						
EVENT	11/UN	12	13	14	15	16+
1500m	26:08.9	24:44.7	22:20.5	21:16.6	20:19.0	19:37.1

GIRLS						
EVENT	11/UN	12	13	14	15	16+
800m	13:17.4	12:19.6	11:39.0	11:10.8	10:56.0	10:45.5