



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Long Course Spring Meet

(Under asa Laws & Technical Rules)

Sat 26th March & Sun 27th March 2011

**This event is licensed Level 3 by the ASA for entry into
Regional Championships and levels 1 & 2**

Licence number: 3NE1256

- 1 Sunderland Aquatic Centre is a 10 lane 50m pool with a full electronic timing system. A 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 and Freestyle team relays. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over
- 4 **Age at 27th March 2011**
- 5 Entry cut off times are National Qualifying Times 2011. Entries will not be accepted from any swimmer who (age on 27th March 2011) has a national qualifying time in *any event*, including relays.
- 6 Non-refundable entry fee of £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 All entries must state the club and show name and full date of birth for each swimmer
- 8 Entry forms should be returned to the Meet Manager by **Sunday 27th February 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. Contact the meet manager with any further enquiries.
- 9 Entry times should be in or converted to 50m pool times by use of ASA Conversion Tables.
- 10 Should entries be over-subscribed, City of Sunderland ASC reserve the right to limit entry numbers of each event to manage the session times.
- 11 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.

- 12** All events will be heat declared winners – heats will be swum with all age groups combined and swimmers seeded by entry times.
- 13** Awards:
- will be made to the top three placed swimmers in each age group using points scoring (8 - 1) in each event
 - Will be made to top girl/top boy in each age group based on points.
- 14** Late entries / poolside entries will be at the discretion of the promoter.
- 15** Swimmers can compete for only one club during the meet.
- 16** Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.
- 17** Spectators are not allowed onto poolside at anytime.
- 18** Weekend coach passes cost £20.00. This includes a programme, lunch tickets and results sheets. Coaches will not be allowed on poolside without a valid pass.
- 19** 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)
- 20** Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 21** 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 is **Yvonne Robinson** - myrobin@btinternet.com
- 24** 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 LONG COURSE SPRING MEET- SAT 26th & SUN 27th MARCH 2011

Age Groups: - (Age as at 27th March 2011)

Boys 9 Years 10 Years 11 Years 12 years 13 years 14 years 15 years 16/over
Girls 9 Years 10 Years 11 Years 12 years 13 years 14 years 15 years 16/over

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

ORDER OF EVENTS

SESSION 1 – SATURDAY 26th MARCH 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
- 8 - 4x100m Freestyle Team Boys
- 9 - 4x100m Medley Team Girls

SESSION 2 – SATURDAY 26th MARCH 2011 - WARM UP TBC

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

SESSION 3 – SUNDAY 27th MARCH 2011 - WARM UP 8:00am - 9:00am START

- 20 - 400m Individual Medley Boys
- 21 - 200m Freestyle Girls
- 22 - 100m Backstroke Boys
- 23 - 100m Butterfly Girls
- 24 - 50m Butterfly Boys
- 25 - 50m Freestyle Girls
- 26 - 200m Breaststroke Boys
- 27 - 4x100m Freestyle Team Girls
- 28 - 4x100m Medley Team Boys

SESSION 4 – SUNDAY 27th MARCH 2011 - WARM UP TBC

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

SESSION LENGTH APPROXIMATELY 3.5 HRS EACH



CITY OF SUNDERLAND ASC LC SPRING MEET

SAT 26TH MARCH / SUN 27TH MARCH 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 £