



City of Sunderland ASC
(Affiliated to N&D CASA & ASA NER)
'1st' LONG COURSE OPEN MEET
(Under asa Laws & Technical Rules)

SAT 30TH MAY / SUN 31ST MAY 2009
SUNDERLAND AQUATIC CENTRE

This event is licensed Level 1 by the ASA for entry into National Events & Championships and Regional Championships
Licence number 1NE9337

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 100m all strokes, 200m all strokes, 200m Individual Medley, 400 Individual Medley, 50 Freestyle & 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 31 May 2009.**
5. All entries must show the full date of birth, age and ASA registration number of each swimmer.
6. Entry fees are £5.00 per swim (to include licence fee).
7. Entry forms should be returned to the Meet Manager by **24 April 2009**, 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 – please contact the meet manager for a disk.
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.
9. Should entries be over-subscribed, entries will be rejected on the basis of slowest submitted times within each age group.
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 will be made to the top three placed swimmers in each age group in each individual event.
13. **Awards to top boy & top girl**
In each event, points will be awarded (7, 5, 4, 3, 2 and 1) to the first 6 in each age group. These points will be totalled to decide Top Boy & Top Girl for each of the age groups.
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 (1st = 8 points, 2nd = 7 points down to 8th = 1 point). Disqualified swimmers and non-starters will not score.
16. Swimmers can compete for only one club during the meet.
17. Swimmers are not allowed into the spectator area wearing swimwear – 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 – £7.00
 - ALL DAY SUNDAY – £7.00
 - WEEKEND PASS £12.00
 - 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 Fred Murray.
25. Further information can be obtained from the Meet Manager:- John Lamb

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

For further information contact:- galas@cityofsunderlandasc.co.uk



**CITY OF SUNDERLAND 1ST LONG COURSE OPEN MEET
SAT/SUN 30 & 31 MAY 2009**

Age Groups: -	Boys	11/under	14 years	Girls	11/under	14 years
(Age as at 31 May 2009)		12 years	15 years		12 years	15 years
		13 years	16/over		13 years	16/over

ORDER OF EVENTS

SESSION 1 — SATURDAY 30TH MAY WARM UP 8:00 — 9:00 START

- 1 - 200m Backstroke Boys
- 2 - 50m Freestyle Girls Open
- 3 - 200m Butterfly Boys
- 4 - 100m Breaststroke Girls
- 5 - 100m Freestyle Boys
- 6 - 400 IM Girls

SESSION 2 — SATURDAY 30TH MAY 2009 WARM UP TBC

- 7 - 200m IM Girls
- 8 - 400m Freestyle Boys
- 9 - 100m Backstroke Girls
- 10 - 200m Breaststroke Boys
- 11 - 200m Freestyle Girls
- 12 - 100m Butterfly Boys

SESSION 3 — SUNDAY 31ST MAY 2009 8.00AM WARM-UP, 9.00 AM START

- 13 - 200m Backstroke Girls
- 14 - 50m Freestyle Boys Open
- 15 - 200m Butterfly Girls
- 16 - 100m Breaststroke Boys
- 17 - 100m Freestyle Girls
- 18 - 400 IM Boys

SESSION 4 — SUNDAY 31ST MAY 2009 WARM UP TBC

- 19 - 200m IM Boys
- 20 - 400m Freestyle Girls
- 21 - 100m Backstroke Boys
- 22 - 200m Breaststroke Girls
- 23 - 200m Freestyle Boys
- 24 - 100m Butterfly Girls

SESSION LENGTH APPROX 3.5 HRS EACH



**Long Course Qualifying Times City of Sunderland 1st Long Course Open Meet
(30-31 May 2009)**

MALE	100 Free	200 Free	400 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
11/under	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

FEMALE	100 Free	200 Free	400 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
11/under	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



**1ST CITY OF SUNDERLAND OPEN
SAT 30 MAY/ SUN 31 MAY 2009**

SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-MAIL _____

£

Female Entries _____ @ £5.00

Male Entries _____ @ £5.00

Coach Passes _____ @ £20.00

Total Entry Fee Enclosed

