



# City of Sunderland ASC

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

## Short Course Qualifier 2016

*(Under asa Laws & Technical Rules. Licence number TBA)*

**Saturday 8th / Sunday 9th October 2016**  
**Sunderland Aquatic Centre**

**This event is licensed Level 2 by the ASA**

**Licence number: TBC**

- 1 Sunderland Aquatic Centre is a 10 lane 25m 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, 100m / 200m / 400m Individual Medley, 400m Freestyle, 800m Freestyle (Girls), 1500m Freestyle (Boys). All events will be Heat Declared Winners.
- 3 If swimmers do not have a valid 100 IM time on rankings, a 'yes' entry will be accepted, as long as they have a valid 200 IM time.
- 4 Age Groups are 11yrs/Under, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over
- 5 **Age at 31<sup>st</sup> December 2016**
- 6 Entry cut off times are based on lower limits. Swimmer must have swam faster than these times since 1<sup>st</sup> July 2015
- 7 Non-refundable entry fee of £6.50 per swim (to include licence fee).  
An admin fee of £10 will be charged for each competitor paper entry.
- 8 All entries must state the club and show name and full date of birth for each swimmer
- 9 Entry forms should be returned to the Meet Manager by **Friday 9th September 18:00** 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 **locked** 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.
- 10 Entry times are **Short Course**. The meet will be managed using Sportsystems. The **locked** entry file will convert all ASA rankings long course times, to short course automatically. Paper entry times should be converted to SC 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 or foreign national equivalent.**
- 11 Should entries be over-subscribed, City of Sunderland ASC reserves the right to limit entry numbers of

each event to manage the session times. Rejections will be based on slowest swimmers in each event.

**12** The meet is cardless. All entry withdrawal forms or emails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) should be with the promoter no later than 5pm the day before the heats of that event takes place:

- by 5pm on Friday 7<sup>th</sup> October for Saturday events
- by 5pm on Saturday 8<sup>th</sup> October for Sunday events

Seeded Heat Start Lists will be produced prior to the start time of the Session. Any withdrawals not given by stated time will result in an empty lane during the event.

**13** Late entries / poolside entries will be at the discretion of the promoter.

**14** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.

**15 Awards:**

- There will be a Trophy award for the top visiting club – to be awarded to the club based on Gold/Silver/Bronze medals achieved.
- Medals will be awarded in each event as follows ...
  - Age Groups 11yrs/Under, 12yrs, 13yrs 14yrs 15yrs, 16yrs/Over – to the top THREE placed swimmers.
- Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system and medals awarded per event as above.
- There will be an award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual.

**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. No changing is allowed on poolside, the changing village is to be used for this purpose.

**18** All swimmers under the age of 16 must be accompanied by an adult at all times while on poolside.

**19 Spectators are not allowed onto poolside at any time.**

**20** Weekend coach passes cost £20.00. This includes a programme, lunch tickets and results sheets on request. Coaches will not be allowed on poolside without a valid pass.

**21** Admission for spectators will be:

Weekend pass(Sat/Sun)	– £14.00
Day pass	– £8.00
Session pass(Sat or Sun)	– £4.00
Weekend programme	– £2.00
Session start list	– £0.50
Children, accompanied by adults, OAP half price (admission only)	

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

**23** 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.

**24** Professional photographs will be taken of swimmers in action during the gala. The photographs will be available to view and order from LIAKADA PHOTOGRAPHY. If you do not wish your swimmer to be photographed you must inform the meet promoter on the day.

**25** Swim shop will be in operation throughout the gala.

**26** Official information can be obtained from at: [officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

**27** Conditions checked by Referee : **Tracy Donelly**

**28** Further information can be obtained from the Kelly Smith at : [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)

Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)

## **CITY OF SUNDERLAND ASC SHORT COURSE QUALIFIER - SAT 8<sup>th</sup> / SUN 9<sup>th</sup> OCTOBER 2016**

### **ORDER OF EVENTS**

#### **SESSION 1 – SATURDAY 8<sup>th</sup> OCT 2016**

101	-	400m	Individual Medley Boys
102	-	200m	Freestyle Girls
103	-	100m	Backstroke Boys
104	-	100m	Butterfly Girls
105	-	50m	Butterfly Boys
106	-	50m	Freestyle Girls
107	-	200m	Breaststroke Boys
108	-	800m	Freestyle Girls

#### **SESSION 2 – SATURDAY 8<sup>th</sup> OCT 2016**

201	-	400m	Freestyle Boys
202	-	200m	Individual Medley Girls
203	-	50m	Breaststroke Boys
204	-	50m	Backstroke Girls
205	-	100m	Freestyle Boys
206	-	200m	Butterfly Girls
207	-	200m	Backstroke Boys
208	-	100m	Breaststroke Girls
209	-	100m	Individual Medley Boys

#### **SESSION 3 – SUNDAY 9<sup>th</sup> OCT 2016**

301	-	400m	Individual Medley Girls
302	-	200m	Freestyle Boys
303	-	100m	Backstroke Girls
304	-	100m	Butterfly Boys
305	-	50m	Butterfly Girls
306	-	50m	Freestyle Boys
307	-	200m	Breaststroke Girls
308	-	1500m	Freestyle Boys

#### **SESSION 4 – SUNDAY 9<sup>th</sup> OCT 2016**

401	-	400m	Freestyle Girls
402	-	200m	Individual Medley Boys
403	-	50m	Breaststroke Girls
404	-	50m	Backstroke Boys
405	-	100m	Freestyle Girls
406	-	200m	Butterfly Boys
407	-	200m	Backstroke Girls
408	-	100m	Breaststroke Boys
409	-	100m	Individual Medley Girls

# City of Sunderland ASC SHORT COURSE QUALIFIER 2016

## SHORT 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 anyone 8yrs old on the day of the gala will not be permitted to swim)**

**(Please note that swimmers who do not have a valid 100 IM time on rankings, a 'yes' entry will be accepted, as long as they have a valid 200 IM time)**

**Minimum Permitted Qualifying Times (Must be FASTER or EQUAL to these times)**

### MALE

	50 Free	100 Free	200 Free	400 Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
11/UN	42.0	1:21.0	2:55.0	5:56.0	24:44.0	50.0	1:33.0	3:18.0	54.0	1:45.0	3:45.0	49.0	1:35.0	3:20.0	1:35.0	3:19.0	6:55.0
12	39.0	1:17.0	2:41.0	5:39.0	22:20.0	47.0	1:29.0	3:09.0	51.0	1:40.0	3:36.0	45.0	1:30.0	3:11.0	1:30.0	3:09.0	6:31.0
13	37.0	1:13.0	2:33.0	5:22.0	21:16.0	44.0	1:23.0	2:59.0	47.0	1:35.0	3:20.0	42.0	1:25.0	3:05.0	1:25.0	3:04.0	6:16.0
14	35.0	1:11.0	2:27.0	5:07.0	20:19.0	42.0	1:20.0	2:49.0	44.0	1:30.0	3:15.0	39.0	1:20.0	2:55.0	1:20.0	2:55.0	5:54.0
15	33.0	1:08.0	2:21.0	4:58.0	19:37.0	40.0	1:18.0	2:43.0	42.0	1:26.0	3:05.0	37.0	1:18.0	2:45.0	1:18.0	2:45.0	5:42.0
16/OV	32.0	1:05.0	2:17.0	4:51.0	19:07.0	37.0	1:15.0	2:39.0	40.0	1:24.0	3:00.0	35.0	1:15.0	2:40.0	1:15.0	2:40.0	5:36.0

### FEMALE

	50 Free	100 Free	200 Free	400 Free	800m Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
11/UN	45.0	1:23	2:59.0	5:59.0	12:19.0	50.0	1:31.0	3:18.0	54.0	1:45.0	3:45.0	49.0	1:35.0	3:20.0	1:35.0	3:19.0	6:55.0
12	43.0	1:19.0	2:47.0	5:43.0	11:39.0	47.0	1:28.0	3:09.0	51.0	1:40.0	3:36.0	45.0	1:30.0	3:11.0	1:30.0	3:09.0	6:31.0
13	41.0	1:17.0	2:40.0	5:30.0	11:10.0	45.0	1:25.0	2:59.0	47.0	1:35.0	3:20.0	42.0	1:25.0	3:05.0	1:25.0	3:04.0	6:16.0
14	38.0	1:15.0	2:36.0	5:20.0	10:56.0	42.0	1:23.0	2:51.0	45.0	1:31.0	3:15.0	40.0	1:21.0	2:56.0	1:21.0	2:57.0	5:56.0
15	36.0	1:12.0	2:32.0	5:15.0	10:45.0	39.0	1:20.0	2:48.0	43.0	1:29.0	3:10.0	38.0	1:19.0	2:47.0	1:19.0	2:47.0	5:44.0
16/OV	34.0	1:10.0	2:29.0	5:11.0	10:36.0	38.0	1:18.0	2:45.0	41.0	1:27.0	3:06.0	36.0	1:16.0	2:42.0	1:16.0	2:42.0	5:38.0