



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Club Champs 2016

(Under ASA Laws & Technical Rules. Licence number NE162050)

Thursday 22nd September 2016, 5:00pm – 8:00pm
Sunderland Aquatic Centre

This event is licensed Level 4 by the ASA

Licence number: NE162050

- 1 Sunderland Aquatic Centre is a 10 lane 25m pool with a full electronic timing system.
- 2 Events will be 50m all strokes, 100m all strokes and 100m Individual Medley. All events will be Heat Declared Winners.
- 3 Age Groups are 8yrs/Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over.
- 4 **Only registered City of Sunderland ASC swimmers are permitted to enter.**
- 5 **Age at 22nd September 2016**
- 6 There are no upper or lower qualifying times. All entries will be accepted.
- 7 Non-refundable entry fee of £20.00 per swimmer.
- 8 Entry forms should be returned to the Meet Manager by **Monday 12th September 18:00** enclosing fees. Payment should be made to C.O.S.A.S.C. Contact the meet manager with any further enquiries.
- 9 Entry times are **Short Course**. The meet will be managed using Sportsystems. The 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.
- 10 All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 11 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.
- 12 All swimmers under the age of 16 must be accompanied by an adult at all times while on poolside.
- 13 **Spectators are not allowed onto poolside at any time.**

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

15 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.

16 Official information can be obtained from: officials@cityofsunderlandasc.co.uk

17 Conditions checked by Referee: **Christine Golightly**, christine.golightly@durham.gov.uk

18 Further information can be obtained from: galas@cityofsunderlandasc.co.uk

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

CITY OF SUNDERLAND ASC CLUB CHAMPS - THURSDAY 22ND SEPTEMBER 2016

SCHEDULE OF EVENTS

101	-	100m	Butterfly Open Boys/Girls
102	-	50m	Breaststroke Open Boys/Girls
103	-	100m	Backstroke Open Boys/Girls
104	-	50m	Butterfly Open Boys/Girls
105	-	100m	Freestyle Open Boys/Girls
106	-	50m	Backstroke Open Boys/Girls
107	-	100m	Breaststroke Open Boys/Girls
108	-	50m	Freestyle Open Boys/Girls
109	-	100m	Individual Medley Open Boys/Girls