



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

New Year Meet 2019

(Under ASA Laws & Technical Rules)

Friday 18th January, Saturday 19th January & Sunday 20th January 2019

This event is licensed Level 1 by the ASA

Licence number: NE190293

- 1 Sunderland Aquatic Centre is a 10 lane, 50m pool with a full electronic timing system. A separate 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, 800m Freestyle (Mixed) and 1500m Freestyle (Mixed). All events will be **OPEN** with Heat Declared Winners.
- 3 Age Groups for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 4 **Age as at 31st December 2019.**
- 5 Entry cut off times are based on lower limits. Swimmer must have swam faster than these times since **1st July 2017.**
- 6 Entry fees are £7.50 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee). An admin fee of £10 will be charged for all paper entries. All entries must state the club and show name and full date of birth for each swimmer.
- 7 Entry files/forms should be returned to the Meet Manager **by 4pm Friday 7th December 2018** at the latest, 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. Contact the Meet Manager with any further enquiries.
- 8 Entry times are **Long Course**. The meet will be managed using Sportsystems. The **locked** entry file will convert all ASA rankings short course times, to long course automatically. Paper entry times which are short course should be converted to long course 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 – unless the swimmer is a classified Para-Swimmer. City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times.

- 10** The meet is cardless. All entry withdrawal forms or e-mails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than:
- By 4pm on Thursday 17th January for Friday 18th January events
 - By 4pm on Friday 18th January for Saturday 19th January events
 - By 2pm on Saturday 19th January for Sunday 20th January 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.
- 11** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 12 Awards:**
- There be an award for the Top 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 10/11yrs, 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 (to a maximum of 4 per swimmer).
- 13** Late entries / poolside entries will be at the discretion of the promoter.
- 14** Swimmers can compete for only one club during the meet.
- 15** 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.
- 16 Spectators are not allowed onto poolside at any time.**
- 17** Weekend coach passes cost £25.00. This includes a programme, lunch tickets and results sheets on request. Coaches will not be allowed on poolside or in changing rooms without a valid pass.
- 18** Admission for spectators will be:
- | | | |
|------------------|---|--------|
| ALL DAY SATURDAY | – | £8.00 |
| ALL DAY SUNDAY | – | £8.00 |
| WEEKEND PASS | – | £14.00 |
| SESSION PASS | – | £4.00 |
- Children, accompanied by adults, will be admitted free. OAP half price (admission only)
- | | | |
|-------------------|---|---------------------|
| Weekend Programme | - | £2.00 |
| Start List | - | £0.50 (per session) |
- 19** Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 20** A swim shop will be in operation throughout the gala.
- 21** Conditions have been checked by the Lead Referee.
- 22** Official information can be obtained from Michelle Cambrook at: officials@cityofsunderlandasc.co.uk.
- 23** Meet manager for this Gala is Tracy Barnett, meetmanager@cityofsunderlandasc.co.uk
- 24** Further information can be obtained from Paul McGee at: galas@cityofsunderlandasc.co.uk. Also see our website: www.cityofsunderlandasc.co.uk

ORDER OF EVENTS**SESSION 1 – Friday 18th January 2019**

| | | | |
|-----|---|-------|-------------------|
| 101 | - | 800m | Freestyle (Mixed) |
| 102 | - | 1500m | Freestyle (Mixed) |

SESSION 2 – Saturday 19th January 2019

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

SESSION 3 – Saturday 19th January 2019

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

SESSION 4 – Sunday 20th January 2019

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

SESSION 5 – Sunday 20th January 2019

| | | | |
|-----|---|------|------------------------|
| 501 | - | 400m | Freestyle Girls |
| 502 | - | 200m | Individual Medley Boys |
| 503 | - | 50m | Breaststroke Girls |
| 504 | - | 50m | Backstroke Boys |
| 505 | - | 100m | Freestyle Girls |
| 506 | - | 200m | Butterfly Boys |
| 507 | - | 200m | Backstroke Girls |
| 508 | - | 100m | Breaststroke Boys |

CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 18th, SATURDAY 19th & SUNDAY 20th JANUARY 2019

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

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

MALE

| | 50 Free | 100 Free | 200 Free | 400 Free | 800m Free | 1500 Free | 50 Back | 100 Back | 200 Back | 50 Breast | 100 Breast | 200 Breast | 50 Fly | 100 Fly | 200 Fly | 200 IM | 400 IM |
|--------------|---------|----------|----------|----------|-----------|-----------|---------|----------|----------|-----------|------------|------------|--------|---------|---------|--------|--------|
| 10/11 | 48.0 | 1:32.0 | 3:21.0 | 6:39.0 | 13:56.0 | 24:58.0 | 52.0 | 1:41.0 | 3:29.0 | 59.0 | 1:59.0 | 4:08.0 | 52.0 | 1:43.0 | 3:29.0 | 3:36.0 | 7:16.0 |
| 12 | 43.0 | 1:28.0 | 3:06.0 | 6:36.0 | 13:16.0 | 22:56.0 | 47.0 | 1:34.0 | 3:18.0 | 52.0 | 1:52.0 | 3:56.0 | 42.0 | 1:35.0 | 3:20.0 | 3:24.0 | 7:02.0 |
| 13 | 40.0 | 1:21.0 | 2:49.0 | 6:04.0 | 12:40.0 | 21:54.0 | 43.0 | 1:29.0 | 3:08.0 | 46.0 | 1:40.0 | 3:36.0 | 41.0 | 1:29.0 | 3:12.0 | 3:15.0 | 6:40.0 |
| 14 | 36.0 | 1:14.0 | 2:38.0 | 5:34.0 | 11:35.0 | 20:30.0 | 37.0 | 1:22.0 | 2:53.0 | 43.0 | 1:34.0 | 3:18.0 | 37.0 | 1:22.0 | 2:55.0 | 2:57.0 | 6:14.0 |
| 15 | 33.0 | 1:11.0 | 2:34.0 | 5:26.0 | 11:15.0 | 19:50.0 | 36.0 | 1:20.0 | 2:48.0 | 41.0 | 1:32.0 | 3:12.0 | 35.0 | 1:19.0 | 2:49.0 | 2:51.0 | 6:04.0 |
| 16/OV | 31.0 | 1:09.0 | 2:27.0 | 5:14.0 | 10:52.0 | 19:30.0 | 35.0 | 1:18.0 | 2:44.0 | 39.0 | 1:26.0 | 3:07.0 | 33.0 | 1:17.0 | 2:45.0 | 2:48.0 | 5:57.0 |

FEMALE

| | 50 Free | 100 Free | 200 Free | 400 Free | 800m Free | 1500 Free | 50 Back | 100 Back | 200 Back | 50 Breast | 100 Breast | 200 Breast | 50 Fly | 100 Fly | 200 Fly | 200 IM | 400 IM |
|--------------|---------|----------|----------|----------|-----------|-----------|---------|----------|----------|-----------|------------|------------|--------|---------|---------|--------|--------|
| 10/11 | 48.0 | 1:32.0 | 3:21.0 | 6:39.0 | 13:56.0 | 24:58.0 | 52.0 | 1:41.0 | 3:29.0 | 59.0 | 1:59.0 | 4:08.0 | 52.0 | 1:43.0 | 3:29.0 | 3:36.0 | 7:16.0 |
| 12 | 43.0 | 1:28.0 | 3:06.0 | 6:36.0 | 13:16.0 | 22:56.0 | 47.0 | 1:34.0 | 3:18.0 | 52.0 | 1:52.0 | 3:56.0 | 42.0 | 1:35.0 | 3:20.0 | 3:24.0 | 7:02.0 |
| 13 | 40.0 | 1:21.0 | 2:49.0 | 6:04.0 | 12:40.0 | 21:54.0 | 43.0 | 1:29.0 | 3:08.0 | 46.0 | 1:40.0 | 3:36.0 | 41.0 | 1:29.0 | 3:12.0 | 3:15.0 | 6:40.0 |
| 14 | 37.0 | 1:15.0 | 2:39.0 | 5:35.0 | 11:35.0 | 20:30.0 | 38.0 | 1:23.0 | 2:54.0 | 44.0 | 1:35.0 | 3:19.0 | 38.0 | 1:23.0 | 2:56.0 | 2:58.0 | 6:15.0 |
| 15 | 35.0 | 1:12.0 | 2:35.0 | 5:27.0 | 11:15.0 | 19:50.0 | 37.0 | 1:21.0 | 2:49.0 | 42.0 | 1:31.0 | 3:13.0 | 36.0 | 1:20.0 | 2:50.0 | 2:52.0 | 6:05.0 |
| 16/OV | 32.0 | 1:10.0 | 2:28.0 | 5:15.0 | 10:52.0 | 19:30.0 | 36.0 | 1:19.0 | 2:45.0 | 40.0 | 1:27.0 | 3:08.0 | 34.0 | 1:18.0 | 2:46.0 | 2:49.0 | 5:58.0 |



SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TEL NO _____

MOBILE _____

E-MAIL _____

Entry Fees

If you wish to pay by Bank Transfer contact galas@cityofsunderlandasc.co.uk for details

Otherwise payment should be made to: C.O.S.A.S.C. (CIC)

Return the summary sheet and cheque to:

COSASC New Year 19
14 Nairn Close
Sunderland
SR4 8RN

Include an **email** address for return of entry information

| | Quantity | Unit Cost | Total Cost |
|-----------------------|----------|-----------|------------|
| Female Entries | | £7.50 | |
| Male Entries | | £7.50 | |
| 800m & 1500m Entries | | £12.00 | |
| Paper Entry Admin Fee | | £10.00 | |
| Poolside Pass | | £25.00 | |
| Total Cost | | | |