S**City of Sunderland ASC**

(Affiliated to N&D SA & SE NER)

**New Year Meet 2020**

(Under ASA Laws & Technical Rules)

**Friday 10th January, Saturday 11th January & Sunday 12th January 2020**

**This event is licensed Level 1 by the ASA**

**Licence number: 1NE200306**

**Conditions**

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 groups will be as at midnight on 31st December 2020.**
5. Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1st July 2018.**
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 **by 4pm** **Friday 6th December 2019** 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** – th**e locked** electronic entry file will be available for download at [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk).  
   Contact [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) 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. We recommend that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSASC cannot be held responsible for any costs so arising.
10. The meet is cardless. All entry withdrawal forms or e-mails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) must be with the promoter no later than:

* By 4pm on Thursday 9th January 2020 for Friday 10th January 2020 events
* By 4pm on Friday 10th January 2020 for Saturday 11th January 2020 events
* By 2pm on Saturday 11th January 2020 for Sunday 12th January 2020 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.**

**Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds, subject to an appropriate medical certificate being received.**

1. All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
2. **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).

1. Late entries / poolside entries will be at the discretion of the promoter.
2. Swimmers can compete for only one club during the meet.
3. 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.
4. **Spectators are not allowed onto poolside at any time.**
5. 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.
6. 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)

1. Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
2. A swim shop will be in operation throughout the gala.
3. Official information can be obtained from: [**officials@cityofsunderlandasc.co.uk**](mailto:officials@cityofsunderlandasc.co.uk)
4. The meet manager can be contacted via: [**meetmanager@cityofsunderlandasc.co.uk**](mailto:meetmanager@cityofsunderlandasc.co.uk)
5. Further information can be obtained from: [**galas@cityofsunderlandasc.co.uk**](mailto:galas@cityofsunderlandasc.co.uk).Also see our website:[**www.cityofsunderlandasc.co.uk**](http://www.cityofsunderlandasc.co.uk)

**ORDER OF EVENTS**

**SESSION 1 – Friday 10th January 2020**

101 - 800m Freestyle (Mixed)

102 - 1500m Freestyle (Mixed)

**SESSION 2 – Saturday 11th January 2020**

201 - 400m Individual Medley Boys

202 - 200m Freestyle Girls

203 - 200m Breaststroke Boys

204 - 100m Butterfly Girls

205 - 100m Backstroke Boys

206 - 50m Freestyle Girls

207 - 50m Butterfly Boys

**SESSION 3 – Saturday 11th January 2020**

301 - 400m Freestyle Boys

302 - 200m Individual Medley Girls

303 - 200m Backstroke Boys

304 - 200m Butterfly Girls

305 - 100m Freestyle Boys

306 - 100m Breaststroke Girls

307 - 50m Breaststroke Boys

308 - 50m Backstroke Girls

**SESSION 4 – Sunday 12th January 2020**

401 - 400m Individual Medley Girls

402 - 200m Freestyle Boys

403 - 200m Breaststroke Girls

404 - 100m Butterfly Boys

405 - 100m Backstroke Girls

406 - 50m Freestyle Boys

407 - 50m Butterfly Girls

**SESSION 5 – Sunday 12th January 2020**

501 - 400m Freestyle Girls

502 - 200m Individual Medley Boys

503 - 200m Backstroke Girls

504 - 200m Butterfly Boys

505 - 100m Freestyle Girls

506 - 100m Breaststroke Boys

507 - 50m Breaststroke Girls

508 - 50m Backstroke Boys

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**

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|  | **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**

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|  | **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 |

#### **MALE ENTRIES**

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| **NAME & ASA No.** | **DOB** | **50**  **FREE** | **100**  **FREE** | **200**  **FREE** | **400**  **FREE** | **800**  **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** |
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Club Total no of male entries

#### **FEMALE ENTRIES**

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| **NAME & ASA No.** | **DOB** | **50**  **FREE** | **100**  **FREE** | **200**  **FREE** | **400**  **FREE** | **800**  **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** |
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Club Total no of female entries

**SUMMARY OF ENTRIES**

CLUB

**Entry Fees**

If you wish to pay by Bank Transfer contact [galas@cityofsunderlandasc.co.uk](mailto: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 2020

11 Adriana Close

Sunderland

SR2 0FG

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

CONTACT NAME

ADDRESS

TEL NO\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

MOBILE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-MAIL

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| --- | --- | --- | --- |
|  | 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 |  |  |  |