



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Long Course Summer Splash

(Under asa Laws & Technical Rules)

Saturday 7th July & Sunday 8th July 2012

**This event is licensed Level 3 by the ASA for entry into
Regional Championships and levels 1 & 2**

Licence number: TBC

- 1 Sunderland Aquatic Centre is a 10 lane 50m 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, 200m Individual Medley, 4x100m Medley and Freestyle team relays, 4x50m Medley and Freestyle team relays, 8x50m Medley and Freestyle team cannon. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over
- 4 **Age at 8th July 2012**
- 5 Entries will not be accepted from any swimmer who (age on 8th July 2012) has a time faster than the upper limit time for each event.
- 6 Non-refundable entry fee of £5.00 per swim (to include licence fee). Team events are £10 per team. An admin fee of £10 will be charged for all paper entries.
- 7 All entries must state the club and show name and full date of birth for each swimmer
- 8 Entry forms should be returned to the Meet Manager by **Sunday 10th June 2012** 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 electronic entry file will be available for download at www.cityofsunderlandasc.co.uk. Contact the meet manager with any further enquiries.
- 9 Entry times are **Long Course**. The meet will be managed using Sportsystems. The 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 LC times by use of ASA Conversion Tables. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.
- 10 Should entries be over-subscribed, City of Sunderland ASC reserve the right to limit entry numbers of each event to manage the session times.

CITY OF SUNDERLAND ASC LONG COURSE SUMMER SPLASH - SAT 7th & SUN 8th JULY 2012



ORDER OF EVENTS

The cannon is comprised of 4 age groups 9-10, 11-12, 13-14, 15+ (girls swim first)
 (The final leg is open to a member of the coaching or poolside staff)

(Please note that 9 year olds are not permitted to compete in 100m events)

| SESSION 1 | | | |
|-----------|--------|--------------|--------------------------------|
| Event No | Gender | Age Group | Event |
| 101 | Mixed | All | 8 x 50m Cannon freestyle relay |
| 102 | Boys | 13yrs & Over | 200m IM |
| 103 | Girls | 13yrs & Over | 200m IM |
| 104 | Boys | 9-12 yrs | 100m Breaststroke |
| 105 | Girls | 9-12 yrs | 100m Breaststroke |
| 116 | Boys | 13yrs & Over | 50m Backstroke |
| 117 | Girls | 13yrs & Over | 50m Backstroke |
| 108 | Boys | 9-12 yrs | 50m Freestyle |
| 109 | Girls | 9-12 yrs | 50m Freestyle |
| 110 | Boys | 13yrs & Over | 200m Backstroke |
| 111 | Girls | 13yrs & Over | 200m Backstroke |
| 112 | Boys | 9-12 yrs | 200m Butterfly |
| 113 | Girls | 9-12 yrs | 200m Butterfly |
| 114 | Boys | 13yrs & Over | 100m Freestyle |
| 115 | Girls | 13yrs & Over | 100m Freestyle |
| 116 | Boys | 9-12 yrs | 4x50m Medley Relay |
| 117 | Girls | 9-12 yrs | 4x50m Freestyle Relay |
| 118 | Boys | 13yrs & Over | Invitation Medley Skins Event |
| 119 | Girls | 13yrs & Over | Invitation Medley Skins Event |

| SESSION 3 | | | |
|-----------|--------|--------------|-------------------------------|
| Event No | Gender | Age Group | Event |
| 301 | Mixed | All | 8 x 50m Cannon Medley relay |
| 302 | Girls | 9-12 yrs | 200m IM |
| 303 | Boys | 9-12 yrs | 200m IM |
| 304 | Girls | 13yrs & Over | 100m Breaststroke |
| 305 | Boys | 13yrs & Over | 100m Breaststroke |
| 316 | Girls | 9-12 yrs | 50m Backstroke |
| 317 | Boys | 9-12 yrs | 50m Backstroke |
| 308 | Girls | 13yrs & Over | 50m Freestyle |
| 309 | Boys | 13yrs & Over | 50m Freestyle |
| 310 | Girls | 9-12 yrs | 200m Backstroke |
| 311 | Boys | 9-12 yrs | 200m Backstroke |
| 312 | Girls | 13yrs & Over | 200m Butterfly |
| 313 | Boys | 13yrs & Over | 200m Butterfly |
| 314 | Girls | 9-12 yrs | 100m Freestyle |
| 315 | Boys | 9-12 yrs | 100m Freestyle |
| 314 | Girls | 13yrs & Over | 4x50m Medley Relay |
| 315 | Boys | 13yrs & Over | 4x50m Freestyle Relay |
| 316 | Girls | 9-12 yrs | Invitation Medley Skins Event |
| 317 | Boys | 9-12 yrs | Invitation Medley Skins Event |

| SESSION 2 | | | |
|-----------|--------|--------------|------------------------|
| Event No | Gender | Age Group | Event |
| 201 | Boys | 13yrs & Over | 200m Breaststroke |
| 202 | Girls | 13yrs & Over | 200m Breaststroke |
| 203 | Boys | 9-12 yrs | 200m Freestyle |
| 204 | Girls | 9-12 yrs | 200m Freestyle |
| 205 | Boys | 13yrs & Over | 100m Butterfly |
| 206 | Girls | 13yrs & Over | 100m Butterfly |
| 207 | Boys | 9-12 yrs | 50m Breaststroke |
| 208 | Girls | 9-12 yrs | 50m Breaststroke |
| 209 | Boys | 13yrs & Over | 50m Butterfly |
| 210 | Girls | 13yrs & Over | 50m Butterfly |
| 211 | Boys | 9-12 yrs | 100m Backstroke |
| 212 | Girls | 9-12 yrs | 100m Backstroke |
| 213 | Boys | 13yrs & Over | 4x100m Medley Relay |
| 214 | Girls | 13yrs & Over | 4x100m Freestyle Relay |

| SESSION 4 | | | |
|-----------|--------|--------------|------------------------|
| Event No | Gender | Age Group | Event |
| 401 | Girls | 9-12 yrs | 200m Breaststroke |
| 402 | Boys | 9-12 yrs | 200m Breaststroke |
| 403 | Girls | 13yrs & Over | 200m Freestyle |
| 404 | Boys | 13yrs & Over | 200m Freestyle |
| 405 | Girls | 9-12 yrs | 100m Butterfly |
| 406 | Boys | 9-12 yrs | 100m Butterfly |
| 407 | Girls | 13yrs & Over | 50m Breaststroke |
| 408 | Boys | 13yrs & Over | 50m Breaststroke |
| 409 | Girls | 9-12 yrs | 50m Butterfly |
| 410 | Boys | 9-12 yrs | 50m Butterfly |
| 411 | Girls | 13yrs & Over | 100m Backstroke |
| 412 | Boys | 13yrs & Over | 100m Backstroke |
| 413 | Girls | 9-12 yrs | 4x100m Medley Relay |
| 414 | Boys | 9-12 yrs | 4x100m Freestyle Relay |

Qualifying times

Upper limit times - (must not be faster than)

MALE

| | 50 Free | 100 Free | 200 Free | 50 Back | 100 Back | 200 Back | 50 Breast | 100 Breast | 200 Breast | 50 Fly | 100 Fly | 200 Fly | 200 IM |
|-------|---------|----------|----------|---------|----------|----------|-----------|------------|------------|--------|---------|---------|---------|
| 9/10 | 32.60 | 1.10.35 | 2.29.80 | 37.60 | 1.20.85 | 2.50.35 | 42.70 | 1.27.15 | 3.16.50 | 36.50 | 1.19.80 | 2.57.00 | 2.51.10 |
| 11 | 29.34 | 1.07.00 | 2.22.74 | 35.60 | 1.17.00 | 2.42.24 | 39.70 | 1.23.00 | 3.07.11 | 34.50 | 1.16.00 | 2.48.57 | 2.42.97 |
| 12 | 29.01 | 1.01.91 | 2.14.32 | 33.70 | 1.11.27 | 2.32.57 | 36.90 | 1.20.82 | 2.54.92 | 31.60 | 1.09.94 | 2.36.39 | 2.32.92 |
| 13 | 28.70 | 58.79 | 2.07.95 | 31.70 | 1.07.48 | 2.24.86 | 35.70 | 1.16.04 | 2.44.87 | 29.60 | 1.05.66 | 2.26.98 | 2.25.62 |
| 14 | 26.05 | 56.79 | 2.03.54 | 30.70 | 1.05.00 | 2.19.57 | 33.90 | 1.13.15 | 2.39.53 | 28.70 | 1.02.88 | 2.20.26 | 2.20.52 |
| 15 | 25.64 | 55.41 | 2.00.54 | 28.70 | 1.03.16 | 2.16.34 | 31.00 | 1.11.19 | 2.35.80 | 27.70 | 1.00.92 | 2.15.99 | 2.17.37 |
| 16/OV | 25.23 | 54.55 | 1.58.86 | 28.70 | 1.02.47 | 2.15.15 | 31.00 | 1.10.08 | 2.33.40 | 27.70 | 59.83 | 2.14.08 | 2.15.25 |

FEMALE

| | 50 Free | 100 Free | 200 Free | 50 Back | 100 Back | 200 Back | 50 Breast | 100 Breast | 200 Breast | 50 Fly | 100 Fly | 200 Fly | 200 IM |
|-------|---------|----------|----------|---------|----------|----------|-----------|------------|------------|--------|---------|---------|---------|
| 9/10 | 33.60 | 1.09.70 | 2.30.50 | 38.00 | 1.19.67 | 2.49.60 | 43.00 | 1.30.33 | 3.14.20 | 37.00 | 1.19.32 | 2.58.90 | 2.50.70 |
| 11 | 30.24 | 1.06.41 | 2.23.37 | 35.00 | 1.15.88 | 2.41.56 | 40.00 | 1.26.03 | 3.04.96 | 35.00 | 1.15.55 | 2.49.08 | 2.42.53 |
| 12 | 29.70 | 1.03.59 | 2.16.76 | 34.00 | 1.12.26 | 2.34.53 | 37.00 | 1.21.70 | 2.55.24 | 32.00 | 1.11.17 | 2.37.92 | 2.35.37 |
| 13 | 28.80 | 1.01.92 | 2.13.09 | 33.00 | 1.10.11 | 2.29.56 | 36.00 | 1.19.37 | 2.50.62 | 31.00 | 1.08.70 | 2.30.99 | 2.30.93 |
| 14 | 28.47 | 1.00.90 | 2.10.88 | 32.00 | 1.08.85 | 2.26.81 | 35.00 | 1.17.80 | 2.47.82 | 30.00 | 1.07.14 | 2.27.87 | 2.28.64 |
| 15 | 28.23 | 1.00.26 | 2.09.58 | 31.00 | 1.08.37 | 2.26.14 | 33.95 | 1.17.69 | 2.47.30 | 29.00 | 1.06.70 | 2.26.74 | 2.27.73 |
| 16/OV | 27.99 | 59.89 | 2.08.61 | 31.00 | 1.07.95 | 2.26.10 | 33.95 | 1.17.14 | 2.46.47 | 29.00 | 1.06.26 | 2.26.62 | 2.26.82 |



CITY OF SUNDERLAND ASC LC SUMMER SPLASH

SAT 7th JULY / SUN 8th JULY 2012

SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-MAIL _____

Entry Fees

Payment should be made to ... C.O.S.A.S.C. (CiC)

Return the summary sheet and cheque to:

Treasurer

City of Sunderland ASC

Sunderland Aquatic Centre

Stadium Village

Sunderland

SR5 1SU

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

Female Entries @ £5.00

Male Entries @ £5.00

Relay Entries @ 10.00

Coach Passes @ £20.00

Total Entry Fee Enclosed £