# 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 50 m pool with a full electronic timing system. A Warm up / swim-down pool will be in operation.

2 Events will be 50 m all strokes, 100 m all strokes, 200 m all strokes, 200 m Individual Medley, $4 \times 100 \mathrm{~m}$ Medley and Freestyle team relays, $4 \times 50 \mathrm{~m}$ Medley and Freestyle team relays, $8 \times 50 \mathrm{~m}$ Medley and Freestyle team cannon. All events will be Heat Declared Winners.

3 Age Groups are 9 yrs, $10 y r s, 11$ yrs, $12 y r s, 13 y r s, 14 y r s, 15 y r s, 16 y r s / o v e r$

## 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.

11 The meet is cardless. All entry withdrawal forms must be presented in the recorders office no later than 45 minutes before the commencement of each session.

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

## 13 Awards:

- There be an award for the Top Club
- Will be made to the top three placed swimmers in each age group in each event
- Will be made to places $4^{\text {th }}, 5^{\text {th }}, 6^{\text {th }}$ in age groups 9, 10, 11, 12 .
- Will be made to top girl/top boy in each age group.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer)
- Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system.


## Skins-( $£ 500$ of prize money to be given away)

The top 10 swimmers from the 2001 M , in each combined age groups ( 9 yrs to 12 yrs ) and ( $13 \mathrm{yrs}+$ ) will automatically gain entry into the Skins event. Swimmers to remain in their given lane throughout the event.

The prizes are as follows: $\quad 10^{\text {th }}$ to $4^{\text {th }} £ 5,3^{\text {rd }} £ 10,2^{\text {nd }} £ 25,1^{\text {st }} £ 50$.
Random lane prizes- 3 winners per session will receive $£ 10$
Medal policy: $9,10,11 \& 12$ years, top 6 places. 13,14,15 \& 16+ years, top 3 places
14 Late entries / poolside entries will be at the discretion of the promoter.
15 Swimmers can compete for only one club during the meet.
16 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.

17 Spectators are not allowed onto poolside at anytime.
18 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.

19 Admission for spectators will be:

| ALL DAY SATURDAY | $-£ 7.00$ |
| :--- | :--- |
| ALL DAY SUNDAY | $-£ 7.00$ |
| WEEKEND PASS | $-£ 13.00$ |
| SESSION PASS | - |
| - 3.50 |  |

Children, accompanied by adults, will be admitted free. OAP half price (admission only)
Start List - £0.50 (per session)
Result Sheet - $£ 0.20$ (per event)
20 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

21 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.

22 Swim shop will be in operation throughout the gala.
23 Lead referee will be: Kath Smith

24 Further information can be obtained from the Meet Manager:- Sheree Wilson via email at:
meetmanager@cityofsunderlandasc.co.uk
Also see our website: www.cityofsunderlandasc.co.uk

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 100 m events)

| SESSION 1 |  |  |  |
| :---: | :---: | :---: | :---: |
| Event No | Gender | Age Group | Event |
| 101 | Mixed | All | $8 \times 50 \mathrm{~m}$ Cannon freestyle relay |
| 102 | Boys | 13yrs \& Over | 200 m IM |
| 103 | Girls | 13yrs \& Over | 200 m 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 | $\begin{aligned} & \hline 4 \times 50 \mathrm{~m} \\ & \text { Medley Relay } \end{aligned}$ |
| 117 | Girls | 9-12 yrs | $\begin{aligned} & \text { 4×50m } \\ & \text { Freestyle Relay } \\ & \hline \end{aligned}$ |
| 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 | $8 \times 50 \mathrm{~m}$ Cannon Medley relay |
| 302 | Girls | 9-12 yrs | 200m IM |
| 303 | Boys | 9-12 yrs | 200 m 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 | 13 yrs \& Over | 200m Butterfly |
| 314 | Girls | 9-12 yrs | 100m Freestyle |
| 315 | Boys | 9-12 yrs | 100m Freestyle |
|  |  |  |  |
| 314 | Girls | 13yrs \& Over | $\begin{aligned} & \hline 4 \times 50 \mathrm{~m} \\ & \text { Medley Relay } \end{aligned}$ |
| 315 | Boys | 13yrs \& Over | $\begin{aligned} & \hline 4 \times 50 \mathrm{~m} \\ & \text { Freestyle Relay } \\ & \hline \end{aligned}$ |
| 316 | Girls | 9-12 yrs | Invitation Medley Skins Event |
| 317 | Boys | 9-12 yrs | Invitation Medley Skins Event |


| SESSION 2 |  |  |  |
| :---: | :---: | :---: | :---: |
| Event <br> 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 | $4 \times 100 \mathrm{~m}$ <br> Medley Relay |
| 214 | Girls | 13yrs \& Over | 4x100m <br> Freestyle Relay |


| SESSION 4 |  |  |  |
| :---: | :---: | :---: | :--- |
| Event <br> No | Gender | Age Group | Event |
| 401 | Girls | $9-12$ yrs | 200 m Breaststroke |
| 402 | Boys | $9-12$ yrs | 200 m Breaststroke |
| 403 | Girls | $13 y r s ~ \& ~ O v e r$ | 200 m Freestyle |
| 404 | Boys | $13 y r s ~ \& ~ O v e r$ | 200 m Freestyle |
| 405 | Girls | $9-12$ yrs | 100 m Butterfly |
| 406 | Boys | $9-12$ yrs | 100 m Butterfly |
| 407 | Girls | $13 y r s ~ \& ~ O v e r$ | 50 m Breaststroke |
| 408 | Boys | $13 y r s \&$ Over | 50 m Breaststroke |
| 409 | Girls | $9-12$ yrs | 50 m Butterfly |
| 410 | Boys | $9-12$ yrs | 50 m Butterfly |
| 411 | Girls | $13 y r s ~ \& ~ O v e r$ | 100 m Backstroke |
| 412 | Boys | $13 y r s \&$ Over | 100 m Backstroke |
| 413 | Girls | $9-12$ yrs | $4 \times 100 \mathrm{~m}$ <br> Medley Relay |
| 414 | Boys | $9-12$ yrs | $4 \times 100 \mathrm{~m}$ <br> Freestyle Relay |

## Qualifying times

Upper limit times - (must not be faster than)

## MALE

|  | $\begin{gathered} 50 \\ \text { Free } \end{gathered}$ | $\begin{aligned} & 100 \\ & \text { Free } \end{aligned}$ | $\begin{aligned} & 200 \\ & \text { Free } \end{aligned}$ | $\begin{gathered} 50 \\ \text { Back } \end{gathered}$ | $\begin{aligned} & 100 \\ & \text { Back } \end{aligned}$ | $\begin{gathered} 200 \\ \text { Back } \end{gathered}$ | 50 Breast | 100 Breast | $\begin{gathered} 200 \\ \text { Breast } \end{gathered}$ | $\begin{aligned} & 50 \\ & \text { Fly } \end{aligned}$ | $\begin{gathered} 100 \\ \text { Fly } \end{gathered}$ | $\begin{aligned} & 200 \\ & \text { Fly } \end{aligned}$ | $\begin{gathered} 200 \\ \text { IM } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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

|  | $\begin{gathered} 50 \\ \text { Free } \end{gathered}$ | $\begin{aligned} & 100 \\ & \text { Free } \end{aligned}$ | $\begin{aligned} & 200 \\ & \text { Free } \end{aligned}$ | $\begin{gathered} 50 \\ \text { Back } \end{gathered}$ | $\begin{aligned} & 100 \\ & \text { Back } \end{aligned}$ | $\begin{gathered} 200 \\ \text { Back } \end{gathered}$ | 50 Breast | $\begin{gathered} 100 \\ \text { Breast } \end{gathered}$ | $\begin{aligned} & 200 \\ & \text { Breast } \end{aligned}$ | $\begin{aligned} & 50 \\ & \text { Fly } \end{aligned}$ | $\begin{gathered} 100 \\ \text { Fly } \end{gathered}$ | $\begin{aligned} & 200 \\ & \text { Fly } \end{aligned}$ | $\begin{gathered} 200 \\ \text { IM } \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 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 |

PAPER ENTRIES
FEMALE ENTRIES

| NAME | DOB | $\stackrel{50}{\text { FREE }}$ | $\stackrel{100}{\text { FREE }}$ | $\stackrel{200}{\text { FREE }}$ | ${ }_{\text {BACK }}^{50}$ | ${ }_{\text {BACK }}$ | ${ }_{\text {conck }}^{200}$ | $\stackrel{50}{50}$ | $\begin{gathered} 100 \\ \text { BREAST } \end{gathered}$ | $\begin{gathered} 200 \\ \text { BREAST } \end{gathered}$ | $\begin{aligned} & \hline 50 \\ & \text { FLY } \end{aligned}$ | $\stackrel{100}{\text { FLY }}$ | ${ }_{\text {FLY }}^{200}$ | ${ }_{19}^{200}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

Club
Total no of female entries

MALE ENTRIES

| NAME | DOB | $\begin{gathered} 50 \\ \text { FREE } \end{gathered}$ | $\begin{gathered} 100 \\ \text { FREE } \end{gathered}$ | $\begin{gathered} 200 \\ \hline \text { FREE } \end{gathered}$ | $\begin{gathered} 50 \\ \text { BACK } \end{gathered}$ | $\begin{gathered} 100 \\ \text { BACK } \end{gathered}$ | $\begin{gathered} 200 \\ \text { BACK } \end{gathered}$ | $\begin{gathered} 50 \\ \text { BREAST } \end{gathered}$ | $\begin{gathered} 100 \\ \text { BREAST } \end{gathered}$ | $\begin{gathered} 200 \\ \text { BREAST } \end{gathered}$ | FLY | 100 | $\begin{aligned} & 200 \\ & \text { FLY } \end{aligned}$ | 200 IM |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |

## CITY OF SUNDERLAND ASC LC SUMMER SPLASH

## SAT 7th JULY / SUN 8th JULY 2012

## SUMMARY OF ENTRIES

CLUB $\qquad$
CONTACT NAME $\qquad$
ADDRESS $\qquad$
$\qquad$
$\qquad$
$\qquad$

TELE NO $\qquad$
E-MAIL $\qquad$ -

## 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 | @ $£ 20.00$ |

