



**City of Sunderland ASC**  
(Affiliated to N&D SA & ASA NER)

**MAY OPEN MEET 2012**  
(Under ASA Laws & Technical Rules)

**SAT 19<sup>th</sup> MAY / SUN 20<sup>th</sup> MAY 2012**  
**SUNDERLAND AQUATIC CENTRE**

**This event is licensed Level 1 by the ASA for entry into National Events & Championships and Regional Championships**  
Licence number – 1NE2186

- 1 Sunderland Aquatic Centre, Sunderland is a 10 lane, 50m pool with full electronic timing system. 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, Girls 800m Freestyle, Boys 1500m Freestyle. All events will be Heat Declared Winners.
- 3 Age Groups are 11yrs/Under, 12yrs, 13yrs, 14yrs, 15yrs & 16yrs/Over.
- 4 Ages as at 20<sup>th</sup> May 2012.**
- 5 All entries must state the club and show name and full date of birth for each swimmer.
- 6 Entry fees are £6.00 per swim (to include licence fee).  
An admin fee of £10 will be charged for all paper entries.
- 7 Entry forms should be returned to the Meet Manager by **Sun 15<sup>th</sup> April 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](http://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 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. Times to be confirmed on the British Swimming Database.

Should entries be over-subscribed, entries will be rejected on the basis of slowest submitted times within each age group. In the first instance the 800/1500m events will be considered. COSASC reserve the right to limit entry numbers to each event to manage the session times.

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

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

12 Awards and Trophies - The following shall apply:

- Awards will be made to the top three placed swimmers in each age group in each individual event. Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system. Medals can be picked up throughout the gala.
- There will be an award for the Top Club – presented at the end of the gala.
- Awards will be made to top girl/top boy in each age group – presented at the end of the gala.
- There will be an award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual – presented at the end of the gala.

13 Late entries will be at the discretion of the promoter. COSASC reserves the right to use empty lanes at their discretion.

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.

16 Spectators are not allowed onto poolside at anytime.

17 Weekend coach passes cost £20.00 includes programme, lunch tickets and results sheets. Coaches will not be allowed on poolside 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).

START LIST – £0.50 (*per session*)

RESULT SHEET – £0.20 (*per event*)

DRAFT PROGRAM: Will be available for FREE download & print at our website, at least 1 week prior to the gala. A limited number will be available to buy on the day of the gala.

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 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 for the meet: Kath Smith

Further information can be obtained from the Meet Manager:- Sheree Wilson via email at: [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk). Gala entries will be managed by John Lamb at [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk).

Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)



**CITY OF SUNDERLAND ASC MAY OPEN MEET- SAT 19<sup>th</sup> / SUN 20<sup>th</sup> MAY 2012**

**ORDER OF EVENTS**

**SESSION 1 – SATURDAY 19th MAY 2012 - WARM UP 8:00am - 9:00am START**

- 1 - 400m Individual Medley Boys
- 2 - 200m Freestyle Girls
- 3 - 100m Backstroke Boys
- 4 - 100m Butterfly Girls
- 5 - 50m Butterfly Boys
- 6 - 50m Freestyle Girls
- 7 - 200m Breaststroke Boys
- 8 - 800m Freestyle Girls

**SESSION 2 – SATURDAY 19th MAY 2012 - WARM UP TBC**

- 9 - 400m Freestyle Boys
- 10 - 200m Individual Medley Girls
- 11 - 50m Breaststroke Boys
- 12 - 50m Backstroke Girls
- 13 - 100m Freestyle Boys
- 14 - 200m Butterfly Girls
- 15 - 200m Backstroke Boys
- 16 - 100m Breaststroke Girls
- 17 - 4x100m Medley Team Boys
- 18 - 4x100m Freestyle Team Girls

**SESSION 3 – SUNDAY 20th MAY 2012 - WARM UP 8:00am - 9:00am START**

- 19 - 400m Individual Medley Girls
- 20 - 200m Freestyle Boys
- 21 - 100m Backstroke Girls
- 22 - 100m Butterfly Boys
- 23 - 50m Butterfly Girls
- 24 - 50m Freestyle Boys
- 25 - 200m Breaststroke Girls
- 26 - 1500m Freestyle Boys

**SESSION 4 – SUNDAY 20th MAY 2012 - WARM UP TBC**

- 27 - 400m Freestyle Girls
- 28 - 200m Individual Medley Boys
- 29 - 50m Breaststroke Girls
- 30 - 50m Backstroke Boys
- 31 - 100m Freestyle Girls
- 32 - 200m Butterfly Boys
- 33 - 200m Backstroke Girls
- 34 - 100m Breaststroke Boys
- 35 - 4x100m Medley Team Girls
- 36 - 4x100m Freestyle Team Boys



## City of Sunderland ASC LC MAY Open Meet 2012 - Long Course Qualifying Times

Boys 11 Years/Under 12 years 13 years 14 years 15 years 16/over

Girls 11 Years/Under 12 years 13 years 14 years 15 years 16/over

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

### Minimum Permitted Qualifying Times

#### MALE

	50 Free	100 Free	200 Free	400 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
11/UN	39.0	1:18.0	2:54.8	5:56.0	24:44.7	43.2	1:29.8	3:12.0	48.2	1:41.5	3:39.1	43.2	1:29.8	3:14.5	3:14.3	6:50.8
12	36.0	1:15.0	2:40.8	5:38.1	22:20.5	40.5	1:25.2	3:00.7	44.6	1:36.9	3:25.2	38.1	1:24.0	2:59.9	3:02.8	6:26.7
13	34.0	1:13.0	2:32.6	5:21.8	21:16.6	38.2	1:19.7	2:50.3	41.8	1:30.1	3:14.5	35.9	1:20.0	2:55.0	2:55.7	6:06.4
14	32.5	1:11.0	2:25.6	5:07.0	20:19.0	36.1	1:15.0	2:42.3	39.7	1:25.1	3:02.5	34.0	1:16.0	2:45.0	2:46.8	5:49.3
15	31.0	1:08.0	2:20.7	4:57.6	19:37.1	34.5	1:12.2	2:36.0	37.8	1:21.4	2:55.4	32.2	1:12.0	2:39.0	2:38.4	5:36.2
16/OV	29.7	1:05.0	2:16.3	4:49.1	19:07.7	33.5	1:10.3	2:31.4	36.8	1:18.9	2:51.6	31.4	1:09.0	2:32.0	2:33.9	5:27.6

#### FEMALE

	50 Free	100 Free	200 Free	400 Free	800 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
11/UN	40.0	1:19.3	2:55.4	5:56.4	12:19.6	44.1	1:29.9	3:11.0	48.8	1:41.6	3:36.6	44.1	1:30.9	3:14.6	3:14.3	6:47.3
12	37.4	1:16.0	2:42.5	5:38.8	11:39.0	40.9	1:26.5	3:00.6	45.0	1:36.2	3:24.9	38.9	1:24.9	3:01.7	3:03.8	6:24.9
13	35.0	1:14.0	2:36.2	5:26.3	11:10.8	39.4	1:21.7	2:54.3	43.1	1:30.8	3:15.5	36.7	1:21.2	2:56.5	2:56.8	6:10.6
14	33.0	1:12.0	2:32.1	5:18.0	10:56.0	38.0	1:19.6	2:49.8	40.6	1:29.0	3:08.7	35.7	1:18.3	2:48.0	2:52.3	6:02.0
15	32.2	1:09.6	2:29.1	5:12.8	10:45.5	37.0	1:17.9	2:46.0	40.4	1:27.5	3:06.7	34.8	1:16.9	2:45.7	2:48.9	5:55.2
16/OV	31.2	1:08.8	2:27.5	5:09.2	10:36.0	36.6	1:17.1	2:43.9	40.1	1:26.1	3:05.8	34.2	1:15.8	2:43.3	2:46.9	5:50.8



**FEMALE ENTRIES**

NAME	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM

Club \_\_\_\_\_

Total no of female entries \_\_\_\_\_



**PAPER ENTRIES - CITY OF SUNDERLAND ASC MAY OPEN MEET- SAT 19<sup>th</sup> / SUN 20<sup>th</sup> MAY 2012**

**MALE ENTRIES**

NAME	DOB	50 FREE	100 FREE	200 FREE	400 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

Club\_\_\_\_\_

Total no of male entries\_\_\_\_\_



**CITY OF SUNDERLAND LC MAY OPEN MEET 2012**  
**SAT 19th MAY/ SUN 20th MAY 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. 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 @ £6.00

Male Entries @ £6.00

Teams @ £10.00

Coach Passes @ £20.00

Total Entry Fee Enclosed £