



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

FIRECRACKER OPEN MEET 2012

(Under ASA Laws & Technical Rules)

FRIDAY 2nd / SATURDAY 3rd / SUNDAY 4th NOVEMBER 2012
SUNDERLAND AQUATIC CENTRE

This event is licensed Level 1 by the ASA for entry into National & Regional Championship Events
Licence number – pending

- 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 100m events & the 200m Individual Medley will include finals. The remaining events will be Heat Declared Winners.
- 3 Age groups for entry are 11yrs/Under, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over
Age groups for finals will be 13/Under & 14/Over
- 4 **Ages as at 4th November 2012.**
- 5 Entry fees are £6.00 per swim with the exception of the distance events on the Friday evening which are £10(all include the licence fee).
- 6 Entry forms should be returned to the Meet Manager by **Sun 7th October 2012**, enclosing fees and an email address for return of entry information. Payment should be made to **COSASC CiC**
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.
- 7 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 should have met the stated qualifying times for the meet, this is to be confirmed on the British Swimming Should entries be over-subscribed, entries will be rejected on the basis of slowest submitted times within each age group. COSASC reserve the right to limit entry numbers to each event to manage the session times.

- 8 All entry withdrawal forms must be presented in the recorders office no later than 45 minutes before the commencement of each session.
- 9 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 10 **Awards and Trophies - The following shall apply:**
- There will be a Trophy award for the top visiting club – to be awarded to the club based on medals achieved.
 - Medals will be awarded to the top three placed swimmers in each heat-declared winner event & age-group.
 - Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system and medals awarded per event.
 - Cash prizes will be awarded to the top 3 placed swimmers in the finals in the following way, 3rd £5, 2nd £10, 1st £20.
 - A cash award of £20 will go to the top girl/top boy in each age group based on Fina points by Swim Category.
 - A cash award of £20 will go to the top Classified Disabled boy/girl based on British Disability Points by Swim Category.
 - There will be an award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual.
(Top Boy/Girl Categories - best single points total in 100m, 200m, IM, Distance events)
- 11 Late entries will be at the discretion of the promoter. COSASC reserves the right to use empty lanes at their discretion.
- 12 Swimmers can compete for only one club during the meet.
- 13 Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.
- 14 Spectators are not allowed onto poolside at anytime.
- 15 Weekend coach passes cost £20.00 includes programme, lunch tickets and results sheets (on request). Coaches will not be allowed on poolside without a valid pass.
- 16 Admission for spectators will be:
- | | | |
|-----------------------------|---|--------|
| 5 session pass(Fri/Sat/Sun) | – | £15.00 |
| Weekend pass(Sat/Sun) | – | £14.00 |
| Day pass | – | £8.00 |
| Session pass(Sat or Sun) | – | £4.00 |
| Session pass(Fri) | – | £2.00 |
| Weekend programme | – | £2.00 |
| Session start list | – | £0.50 |
- Children, accompanied by adults, will be admitted free.
OAP half price (admission only)
- 17 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 18 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.
- 19 Swim shop will be in operation throughout the gala.
- 20 Lead referee for the meet: Kath Smith, email: katy1959@live.co.uk
Further information can be obtained from the Entry Manager:- John Lamb via email at: galas@cityofsunderlandasc.co.uk , Also see our website: www.cityofsunderlandasc.co.uk



CITY OF SUNDERLAND ASC FIRECRACKER OPEN MEET 2012



Order of events

SESSION 1 – Friday 2nd Nov 2012 – Warm Up 5.00pm - 6:00pm Start

101 -	1500m	Freestyle	Boys	HDW
102 -	800m	Freestyle	Girls	HDW

SESSION 2 – Saturday 3rd Nov 2012 – Warm Up 8:00am - 9:00am Start

201	-	200m	Freestyle	Boys		HDW
202	-	200m	Individual Medley	Girls		Heats
203	-	100m	Butterfly	Boys		Heats
204	-	100m	Backstroke	Girls		Heats
205	-	50m	Backstroke	Boys		HDW
206	-	50m	Breaststroke	Girls		HDW
207	-	400m	Freestyle	Boys		HDW
Break						
208	-	200m	Individual Medley	Girls	13/Under	Final
209	-	200m	Individual Medley	Girls	14/Over	Final
210	-	100m	Butterfly	Boys	13/Under	Final
211	-	100m	Butterfly	Boys	14/Over	Final
212	-	100m	Backstroke	Girls	13/Under	Final
213	-	100m	Backstroke	Girls	14/Over	Final

SESSION 3 – Saturday 3rd Nov 2012 – Warm Up 1:00pm - 2:00pm Start

301 - 200m		Breaststroke	Boys		
302 - 200m		Butterfly	Girls	HDW	
303 - 100m		Freestyle	Boys	Heats	
304 - 100m		Breaststroke	Girls	Heats	
305 - 50m		Freestyle	Boys	HDW	
306 - 50m		Butterfly	Girls	HDW	
307 - 200m		Backstroke	Boys	HDW	
308 - 400m		Individual Medley	Girls	HDW	
Break					
309 - 100m		Freestyle	Boys	13/Under	Final
310 - 100m		Freestyle	Boys	14/Over	Final
311 - 100m		Breaststroke	Girls	13/Under	Final
312 - 100m		Breaststroke	Girls	14/Over	Final

SESSION 4 – Sunday 4th Nov 2012 – Warm Up 8:00am - 9:00am Start

401	-	200m	Freestyle	Girls		HDW
402	-	200m	Individual Medley	Boys		Heats
403	-	100m	Butterfly	Girls		Heats
404	-	100m	Backstroke	Boys		Heats
405	-	50m	Backstroke	Girls		HDW
406	-	50m	Breaststroke	Boys		HDW
407	-	400m	Freestyle	Girls		HDW
Break						
408	-	200m	Individual Medley	Boys	13/Under	Final
409	-	200m	Individual Medley	Boys	14/Over	Final
410	-	100m	Butterfly	Girls	13/Under	Final
411	-	100m	Butterfly	Girls	14/Over	Final
412	-	100m	Backstroke	Boys	13/Under	Final
413	-	100m	Backstroke	Boys	14/Over	Final

SESSION 5 – Sunday 4th Nov 2012 – Warm Up 1:00pm - 2:00pm Start

501 -	200m	Breaststroke	Girls		HDW
502 -	200m	Butterfly	Boys		HDW
503 -	100m	Freestyle	Girls		Heats
504 -	100m	Breaststroke	Boys		Heats
505 -	50m	Freestyle	Girls		HDW
506 -	50m	Butterfly	Boys		HDW
507 -	200m	Backstroke	Girls		HDW
508 -	400m	Individual Medley	Boys		HDW
Break					
509 -	100m	Freestyle	Girls	13/Under	Final
510 -	100m	Freestyle	Girls	14/Over	Final
511 -	100m	Breaststroke	Boys	13/Under	Final
512 -	100m	Breaststroke	Boys	14/Over	Final

All sessions approximately 3.5hours



City of Sunderland ASC LC FIRECRACKER Open Meet - 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	25:48.9	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	23:27.5	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	22:20.4	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	21:30.0	36.1	1:15.0	2:42.3	39.7	1:27.1	3:03.5	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	21:09.0	34.5	1:12.2	2:36.0	37.8	1:24.4	2:58.4	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	21:00.0	33.5	1:10.3	2:31.4	36.8	1:22.5	2:56.6	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	12:56.6	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	12:14.0	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	11:44.3	39.4	1:21.7	2:54.3	43.1	1:31.0	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	11:28.6	38.0	1:19.6	2:49.8	40.6	1:30.5	3:10.6	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	11:18.3	37.0	1:17.9	2:46.0	40.4	1:29.5	3:09.7	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	11:07.8	36.6	1:17.1	2:43.9	40.1	1:28.1	3:08.8	34.2	1:15.8	2:43.3	2:46.9	5:50.8



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 female entries_____



PAPER ENTRIES - CITY OF SUNDERLAND ASC FIRECRACKER OPEN MEET- Fri 2nd SAT 3rd / SUN 4th NOV 2012

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 male entries_____



CITY OF SUNDERLAND LC FIRECRACKER OPEN MEET 2012
Friday 2nd / Saturday 3rd / Sunday 4th NOV 2012

SUMMARY OF ENTRIES

CLUB_____

CONTACT NAME_____

ADDRESS_____

TELE NO_____

E-MAIL_____

Entry Fees

Payment should be made to COSASC (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	@ £6.00	@ £10.00 (800m freestyle)
Male Entries	@ £6.00	@ £10.00 (1500m freestyle)
Coach Passes	@ £20.00	
Total Entry Fee Enclosed	£	