



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

MAY OPEN MEET 2013

(Under ASA Laws & Technical Rules)

SAT 18th MAY / SUN 19th MAY 2013
SUNDERLAND AQUATIC CENTRE

This event is licensed Level 1 by the ASA for entry into National Events & Championships and Regional Championships
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, Mens 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 19th May 2013**
- 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).
- 7 Entry forms should be returned to the Meet Manager by **Sun 21st April 2013**, 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 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 All entry withdrawal forms must be presented in the recorders office no later than 45 minutes before the commencement of each session.

11 Heats will be swum with all age groups combined and swimmers seeded by entry times.

12 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.
- A cash award of £20 will go to the top girl/top boy in each age group based on Fina points by Swim Category (*best single points total in 100m, 200m, IM & Distance events*)
- 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.

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 (on request). 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
WEEKEND PROGRAM	–	£2.00
SESSION START LIST	–	£0.50

Children, accompanied by adults, will be admitted free, OAP half price (admission only)

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.

21 Swim shop will be in operation throughout the gala

22 Lead referee for the meet: Kath Smith, email:katy1959@live.co.uk

Further information can be obtained from the Entry Manager:- Mike Sharp via email at:
galas@cityofsunderlandasc.co.uk

Also see our website: www.cityofsunderlandasc.co.uk



CITY OF SUNDERLAND ASC MAY OPEN MEET- SAT 18th / SUN 19th MAY 2013

ORDER OF EVENTS

SESSION 1 – SATURDAY 18th MAY 2013 - WARM UP 8:00am - 9:00am START

101	-	400m	Individual Medley Boys
102	-	200m	Freestyle Girls
103	-	100m	Backstroke Boys
104	-	100m	Butterfly Girls
105	-	50m	Butterfly Boys
106	-	50m	Freestyle Girls
107	-	200m	Breaststroke Boys
108	-	800m	Freestyle Girls

SESSION 2 – SATURDAY 18th MAY 2013 - WARM UP TBC

201	-	4x100m	Medley Team Boys
202	-	4x100m	Freestyle Team Girls
203	-	400m	Freestyle Boys
204	-	200m	Individual Medley Girls
205	-	50m	Breaststroke Boys
206	-	50m	Backstroke Girls
207	-	100m	Freestyle Boys
208	-	200m	Butterfly Girls
209	-	200m	Backstroke Boys
210	-	100m	Breaststroke Girls

SESSION 3 – SUNDAY 19th MAY 2013 - WARM UP 8:00am - 9:00am START

301	-	400m	Individual Medley Girls
302	-	200m	Freestyle Boys
303	-	100m	Backstroke Girls
304	-	100m	Butterfly Boys
305	-	50m	Butterfly Girls
306	-	50m	Freestyle Boys
307	-	200m	Breaststroke Girls
308	-	1500m	Freestyle Boys

SESSION 4 – SUNDAY 19th MAY 2013 - WARM UP TBC

401	-	4x100m	Medley Team Girls
402	-	4x100m	Freestyle Team Boys
403	-	400m	Freestyle Girls
404	-	200m	Individual Medley Boys
405	-	50m	Breaststroke Girls
406	-	50m	Backstroke Boys
407	-	100m	Freestyle Girls
408	-	200m	Butterfly Boys
409	-	200m	Backstroke Girls
410	-	100m	Breaststroke Boys



City of Sunderland ASC MAY Open Meet 2013 - 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 FIRECRACKER OPEN MEET- SAT 18^h / SUN 19th MAY 2013

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 MAY OPEN MEET 2013
SAT 18th MAY/ SUN 19th MAY 2013**

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
Male Entries	@ £6.00
Teams	@ £10.00
Coach Passes	@ £20.00
Total Entry Fee Enclosed	£