

City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

STARTER MEET 2012

(This is an unlicensed meet)



Sunday 18th November 2012

Sunderland Aquatic Centre

This is an opportunity for swimmers to have a taste of competitive swimming and experience an exciting gala atmosphere at Sunderland Aquatic Centre. This is an invitation only meet aimed at swimmers who are part of the swim 21 pathway to Sunderland.

- 1 The meet will take place in a 10 lane, 25m pool with a full electronic timing system & results service. Warm up / swim-down pool will be in operation.
- 2 Events will be 50m all strokes, 100m Freestyle, backstroke & Individual Medley, 8 x 50m freestyle cannon & 4 x 50m medley relay. All events will be Heat Declared Winners.
- 3 Age groups for medals are 8yrs/Under, 9yrs, 10yrs, 11yrs, 12yrs/Over
Age groups for racing will be 9/Under & 10/Over.
- 4 **Ages as at 18th November 2012.**
- 5 City of Sunderland reserve the right to limit individual swims to keep the meet within 3hrs
- 6 Entry fee is **£10** per person for the entire meet.
- 7 Entries (electronic or paper) should be returned to the Meet Manager by **Sun 4th November 2012**,
Any entries submitted after the date should be in consultation with Sunderland ASC
enclosing fees and an email address for return to, John Lamb (galas@cityofsunderlandasc.co.uk)
- 8 Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.
- 9 Spectators are not allowed onto poolside at anytime.
- 10 The programme will be provided free on the day of the meet and will be available online prior to the day

Events: Sunday 18th November 2012

Warm-Up 8.am, 9.am Start

Event No	Distance	Event	Age	Gender					
1	8x 50	Free cannon	Open	Mixed	16	4x 50	Free relay	Open	Mixed
2	100	free	10/Over	Girls	17	50	fly	9/Under	Girls
3	100	free	10/Over	Boys	18	50	fly	9/Under	Boys
4	50	back	9/Under	Girls	19	50	fly	10/Over	Girls
5	50	back	9/Under	Boys	20	50	fly	10/Over	Boys
6	50	back	10/Over	Girls	21	50	free	9/Under	Girls
7	50	back	10/Over	Boys	22	50	free	9/Under	Boys
8	50	breast	9/Under	Girls	23	50	free	10/Over	Girls
9	50	breast	9/Under	Boys	28	50	free	10/Over	Boys
10	50	breast	10/Over	Girls	29	100	Back	10/Over	Girls
11	50	breast	10/Over	Boys	30	100	Back	10/Over	Boys
12	100	IM	9/Under	Girls	31	4x 50	Med relay	Open	Mixed
13	100	IM	9/Under	Boys					
14	100	IM	10/Over	Girls					
15	100	IM	10/Over	Boys					

Medal Presentations

Medal Presentations

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Summary of Entries

Club _____

Contact Name _____

Address _____

Tel No _____

E-mail _____

Boys entered

Girls entered

Total number of swimmers @ £10

Fee enclosed £

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