



## **SWIM SQUAD**

### **NO FRILLS MEET 2013**

**THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS AND CHAMPIONSHIPS Licence No 1 NE 3172**

**VENUE: PONDS FORGE ISC, SHEFFIELD**

**DATE:** Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> May 2013

**MEET ORGANISER:** Jane Faulkner  
Tel. 01142500598 Mob 07775556702  
Email [j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com)

**AGE GROUPS:** Boys 11/ u yrs, 12, 13, 14, 15/16, 17/Ov  
Girls 11/u yrs, 12, 13, 14/15, 16/Ov  
Ages at 27<sup>th</sup> May 2013

**AWARDS:** Awards to 1st 3 in all age groups.

**EVENTS:**

- 100 M all strokes
- 200 M all strokes
- 200 IM, 400 IM
- 400m, 800m, 1500m freestyle

**FEES:** £6.00 per event (cheques payable to C.O.S.S.S)

Coaches' passes for weekend are £15 (to include programme and full set of starts sheets)

**Would all clubs please submit their entries via electronic files obtainable from our web site:- [www.cityofsheffieldswimsquad.co.uk](http://www.cityofsheffieldswimsquad.co.uk)**

**\*individual forms to:-**

**Mrs Jane Faulkner  
11 Backmoor Crescent  
Sheffield  
S8 8LA**

**CLOSING DATE 20<sup>th</sup> April 2013**

# City of Sheffield Swim Squad

## No Frills Meet 2013

### Programme of Events

<b>Session 1</b>	<b>Saturday 25th May</b>	<b>Warm Up 7.30 am</b>	<b>Start 8.00 am</b>
------------------	--------------------------	------------------------	----------------------

Event No	101	800m Freestyle	Girls 11,12, 13, 14/15yrs, 16/OV	HDW
----------	-----	----------------	----------------------------------	-----

<b>Session 2</b>	<b>Saturday 25<sup>th</sup> May</b>	<b>Warm Up tbc</b>	<b>Start tbc</b>
------------------	-------------------------------------	--------------------	------------------

Event No	201	200m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	202	400m IM	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	203	200m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	204	100m Butterfly	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	205	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW

<b>Session 3</b>	<b>Saturday 25<sup>h</sup> May</b>	<b>Warm Up tbc</b>	<b>Start tbc</b>
------------------	------------------------------------	--------------------	------------------

Event No	301	200m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	302	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	303	100m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	304	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	305	200m Backstroke	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	306	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW

<b>Session 4</b>	<b>Sunday 26<sup>th</sup> May</b>	<b>Warm Up 7.30 am</b>	<b>Start 8.00 am</b>
------------------	-----------------------------------	------------------------	----------------------

Event No	401	1500m Freestyle	Boys 11/u, 12, 13, 14,15/16yrs, 17/OV	HDW
----------	-----	-----------------	---------------------------------------	-----

<b>Session 5</b>	<b>Sunday 26<sup>th</sup> May</b>	<b>Warm Up tbc</b>	<b>Start tbc</b>
------------------	-----------------------------------	--------------------	------------------

Event No	501	200m IM	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	502	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	503	200m Butterfly	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	504	100m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	505	100m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW

<b>Session 6</b>	<b>Sunday 26<sup>th</sup> May</b>	<b>Warm Up tbc</b>	<b>Start tbc</b>
------------------	-----------------------------------	--------------------	------------------

Event No	601	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	602	400m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	603	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	604	200m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
	605	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	606	100m Backstroke	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW

# City of Sheffield Swim Squad

## No Frills Meet 2013

### Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts may be used at the promoter's discretion.
3. The pool is 50m long, 10 lanes, anti wave lane ropes and electronic timing.
4. All events will be heat declared winners.
5. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
6. This meet will be run using the new linked Sportsystems and all entry times will be directly checked with the ASA rankings files. **All submitted entries will be audited during the entry process against the ranking system and any club or individual entry will be challenged on their authenticity where necessary. Converted short course times can be used and the Sportsystem entry file will be produced to accept these times. All times must have been achieved in the previous 12 months before the date of the gala.**
7. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
8. The promoter reserves the right to limit entries to meet gala session timing restrictions. Where this rule is invoked, the swimmers with the fastest submitted times will take precedence. Events chosen for restrictions will be at the meet organisers discretion.
9. This meet will operate as a cardless meet.
10. Swimmers, who will be 11 years of age at the National Age Group Championships, may be considered if they meet the times listed and at the discretion of the meet organiser.
11. Coaches **MUST** wear badges provided and will receive a programme and full set of starts sheets. Results sheets will be on sale for spectators and swimmers. During the gala live results will be published via the club web site [www.cityofsheffieldswimsquad.co.uk](http://www.cityofsheffieldswimsquad.co.uk) and will be in HTML and word format on the web site after the gala.
12. **All accepted and rejected swims will be posted on the web site. All rejected swim refunds will be returned to the relevant clubs during the gala.**
13. Withdrawals must be made within 30 mins of the start each warm-up session to the Omega timing suite or via email / phone / txt to Mrs Jane Faulkner [j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com) or 07775556702
14. Refunds will not be given for withdrawn swimmers or for entry error attributable to the individual or their club.
15. If cancellation of the event be necessary then the only claim will be the entry fee paid.
16. The Referees decision is final.
17. Any point not covered by these rules will be at the discretion of the organisers.

# City of Sheffield Swim Squad

## No Frills Meet 2013

### Consideration times

Swimmers must have achieved the Qualifying standard times listed below

### LONG COURSE TIMES

*All entries are now linked to the ASA Rankings via Sportsystems Entry for verification*

BOYS						EVENT	GIRLS				
11 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11 YRS	12 YRS	13 YRS	14/15YRS	16/OV
1.18.00	1.18.00	1.17.00	1.12.00	1.10.00	1.02.00	<b>100 FREESTYLE</b>	1.24.00	1.18.00	1.15.00	1.12.00	1.10.00
2.43.00	2.38.00	2.33.00	2.26.00	2.21.00	2.16.00	<b>200 FREESTYLE</b>	2.50.00	2.43.00	2.36.00	2.31.00	2.30.00
5.39.00	5.28.00	5.12.00	5.03.00	4.48.00	4.43.00	<b>400 FREESTYLE</b>	5.41.00	5.32.00	5.20.00	5.11.00	5.00.00
						<b>800 FREESTYLE</b>	12.00.00	11.30.00	11.00.00	10.30.00	10.00.00
22.00.00	21.25.00	20.30.00	19.45.00	19.00.00	18.15.00	<b>1500 FREESTYLE</b>					
1.30.00	1.28.00	1.24.00	1.18.00	1.17.00	1.13.00	<b>100 BACKSTROKE</b>	1.31.00	1.26.00	1.24.00	1.19.00	1.19.00
3.06.00	2.59.00	2.50.00	2.47.00	2.40.00	2.35.00	<b>200 BACKSTROKE</b>	3.08.00	2.59.00	2.54.00	2.49.00	2.46.00
1.39.00	1.38.00	1.31.00	1.29.00	1.27.00	1.20.00	<b>100 BREASTSTROKE</b>	1.49.00	1.40.00	1.35.00	1.32.00	1.30.00
3.33.00	3.23.00	3.10.00	3.03.00	2.55.00	2.53.00	<b>200 BREASTSTROKE</b>	3.34.00	3.23.00	3.14.00	3.08.00	3.05.00
1.28.00	1.24.00	1.20.00	1.15.00	1.12.00	1.09.00	<b>100 BUTTERFLY</b>	1.31.00	1.26.00	1.24.00	1.20.00	1.18.00
3.19.00	3.05.00	2.55.00	2.41.00	2.35.00	2.30.00	<b>200 BUTTERFLY</b>	3.14.00	3.12.00	2.56.00	2.49.00	2.49.00
3.08.00	2.58.00	2.52.00	2.42.00	2.37.00	2.32.00	<b>200 INDIVIDUAL MEDLEY</b>	3.17.00	3.01.00	2.53.00	2.51.00	2.50.00
6.37.00	6.11.00	5.53.00	5.35.00	5.24.00	5.20.00	<b>400 INDIVIDUAL MEDLEY</b>	6.58.00	6.15.00	5.57.00	5.48.00	5.47.00

# City of Sheffield Swim Squad

## No Frills Meet 2013

Ponds Forge, Sheffield Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> May 2013

### Individual Entry Form

ALL ENTRY TIMES TO BE CONVERTED TO LONG COURSE TIMES

Please complete all details requested below in **full** \*

Name					Male /Female
Address					
Telephone No *				(We require a contact No)*	
Date Of Birth			Age as at May 27th 2013		
Club					
ASA Registration No					
Entry No (Official Use Only)					
<b>100 free</b>	<b>200 free</b>	<b>400 free</b>	<b>800 free</b>	<b>1500 free</b>	
<b>100 back</b>	<b>200 back</b>	<b>100n breast</b>	<b>200 breast</b>		
<b>100 fly</b>	<b>200 fly</b>	<b>200 IM</b>	<b>400 IM</b>		
Total no entries @ £5.00 per event					£
Coaches Passes @ £15.00 each					£

**CLOSING DATE 20<sup>th</sup> April 2013**

Please return to:

**Mrs Jane Faulkner**  
**11 Backmoor Crescent**  
**SHEFFIELD**  
**S8 8LA**  
**Tel. 01142 500598**

**Mob 07775556702**

# City of Sheffield Swim Squad

## No Frills Meet 2013

### SUMMARY SHEET

*All electronic club entries please return this summary sheet with your payment and Sportsystems printouts :*

- All cheques made payable to COSSS (City of Sheffield Swim Squad).
- All rejected and accepted swims will be published on the club web site.
- ***Please enclose a computer generated Sportsystems printout of swims with your payment (these should balance with each other minus pass payment). For our records.***

CLUB .....

CLUB CONTACT .....

CONTACT ADDRESS & TEL NO .....

.....

.....

#### Entries

Girls	.....@ £5.00 per event	£.....
Boys	.....@ £5.00 per event	£.....
Coaches Passes	.....@ £15.00 per pass	£.....
	TOTAL	£.....

PLEASE RETURN TO:-

Mrs Jane Faulkner  
11 Backmoor Crescent  
SHEFFIELD  
S8 8LA

Tel 01142 500598

Mob 07775556702