



City of Sunderland ASC (CIC)

(Affiliated to N&D SA & ASA NER)

September Time Trial 2013

(license pending)

Sunday 29th September 2013

Sunderland Aquatic Centre

1. This is a level 4 meet with competitors from City of Sunderland ASC (CIC) only.
2. The meet will take place in a 10 lane, 25m pool with a full electronic timing system & results service.
3. Times will be submitted to rankings for entry into County championships and Level 3 meets.
4. Warm up / swim-down pool will be in operation.
5. Events will be 50m, 100m all strokes, 100m, 200m Individual Medley, 4 x 50m freestyle & medley relays.
6. All events will be Heat Declared Winners and seeded fast.
7. **Ages as at 29th September 2013.**
8. City of Sunderland reserve the right to limit individual swims to keep the meet within 3 hours.
9. **Entry fee is £10 per person for the entire meet.**
10. Entries should be made via the club competition secretary by 20th September 2013.
11. Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.
12. Spectators are not allowed onto poolside at any time.
13. The programme will be provided free on the day of the meet and will be available online prior to the day

Sunday 29th September

Warm Up 2:00pm. 2:30pm Start. Session Approximately 3 hours. All events are OPEN age group.

Event	Gender	Distance	Event
1	Mixed	4 x 50	Freestyle Relay
2	Girls	100	Backstroke
3	Boys	100	Backstroke
4	Girls	50	Breaststroke
5	Boys	50	Breaststroke
6	Girls	200	Individual Medley
7	Boys	200	Individual Medley
8	Girls	100	Freestyle
9	Boys	100	Freestyle
10	Girls	50	Butterfly
11	Boys	50	Butterfly
12	Girls	100	Breaststroke
13	Boys	100	Breaststroke
14	Girls	100	Individual Medley
15	Boys	100	Individual Medley
16	Girls	50	Backstroke
17	Boys	50	Backstroke
18	Girls	100	Butterfly
19	Boys	100	Butterfly
20	Girls	50	Freestyle
21	Boys	50	Freestyle
22	Mixed	4x50	Medley Relay