



# City of Sunderland ASC

(Affiliated to N&DSA & SENER)

## Summer Splash 2025

(Under ASA Laws & Technical Rules)

**Saturday 5<sup>th</sup> & Sunday 6<sup>th</sup> July 2025**

**This event is licensed Level 3 by the ASA**

**Licence number: 3NE250165**

### Conditions

- 1 Sunderland Aquatic Centre is a 10 lane 50m pool with a full electronic timing system. A separate warm up / swim-down pool will be in operation.
- 2 Events will be 50m, 100m, 200m all strokes and 200m Individual Medley. All events will be Heat Declared Winners.
- 3 The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- 4 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 5 **Age groups will be as at midnight 6<sup>th</sup> July 2025.**
- 6 Entries will not be accepted from any swimmer who (age on 6<sup>th</sup> July 2025) has a time faster than the upper limit time for each event.
- 7 Entry fees are £8.00 per individual swim (to include licence fee).
- 8 All entries must state the club and show name and full date of birth for each swimmer. Swimmers can compete for only one club during the meet.
- 9 Entry files/forms and entry fees **must** be received by **6pm Wednesday 4<sup>th</sup> June 2025** at the latest, and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **by entry deadline. Electronic entry and payment is preferred using reference SS25 followed by club name** – the electronic entry file will be available for download at [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk).

Contact [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) with any further enquiries. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions.

**10** Entry times are **Long Course**. The meet will be managed using Sportsystems. The **locked** entry file will convert all ASA rankings short course times, to long course automatically. Entries will be accepted from Level 1 – Level 4 meets achieved **after 1<sup>st</sup> January 2024**. Swimmers that do not have a time on rankings can be entered with a “Y”. Paper entry times which are short course should be converted to long course times by use of ASA Conversion Tables. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.

**11** Late entries / poolside entries will be at the discretion of the promoter. In the event of rejected entries being processed, there will be no late/poolside entries under any circumstance.

**12** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.

**13** Should entries be over-subscribed, entries will be rejected based on:

- a) No times ('Yes' Entries) – unless the swimmer is a classified Para-Swimmer.
- b) slowest submitted times within each age group.

City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times. We recommend that no travel or accommodation arrangements are confirmed until the club receives confirmation of accepted entries. COSASC cannot be held responsible for any costs so arising.

**14** The meet is cardless. All entry withdrawal forms or e-mails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) must be with the promoter no later than:

- 4:00pm on Friday 4<sup>th</sup> July for Saturday 5<sup>th</sup> July events.
- 2:00pm on Saturday 5<sup>th</sup> July for Sunday 6<sup>th</sup> July events.

**15** Refunds will not be given for swimmers withdrawn after the closing date or for entry errors or omissions attributable to the individual or their club. Withdrawals for medical reasons **must** be accompanied by the appropriate certification to qualify for a refund.

**16 Awards:**

- Will be made to the top three placed swimmers in each age group in each event.
- Will be made to places 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> in age groups 9,10,11,12.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer).

**17** Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed. No changing is allowed on poolside or within public toilet areas, the changing village **only** is to be used for this purpose. **All coaches must ensure their swimmers are aware of the Swim England guidance on mobile phones in changing rooms.**

**18** Spectators are not permitted into changing facilities, athlete seating area or on poolside at **any** time.

**19 Weekend Coach/Team Manager passes cost £25.00.** This includes a programme, buffet lunch and start/results sheets on request. Coaches/Team Managers will not be allowed on poolside or in changing rooms without a valid pass.

**20 Admission for spectators will be:**

ALL DAY SATURDAY	£9.00
ALL DAY SUNDAY	£9.00
SESSION PASS	£5.00

CHILDREN UNDER 3 (ACCOMPANIED BY ADULTS)	FREE
CHILDREN 3 -16 YEARS OLD	½ PRICE
OVER 65	½ PRICE

Payment can be by card or in cash on the door.

Start lists will be available to purchase on the day as well as published online. The link to be published to [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk).

- 21** When swimmers leave marshalling and report to the turn judge at the start end they must immediately remove all clothing except for swimwear.

Over-the-top starts and side-by-side for backstroke may be used during the meet.

A secondary strobe and backstroke ledges will be available.

Swimmers are requested to remain in the water until asked to leave the pool.

- 22** We advise that travel or accommodation arrangements are booked with refund options until clubs receive confirmation of accepted entry. COSASC cannot be held responsible for any costs so arising.

- 23** Swim shop will be in operation throughout the gala.

- 24** As with any gala, we can only run them with the support of local and visiting officials.

If any visiting club has registered ASA officials that would be willing to lend a hand, we would appreciate them letting us know their availability for this meet by emailing:

[officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

- 25** Officials information can be obtained from: [officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

- 26** The meet manager can be contacted via: [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk)

- 27** Further information can be obtained from: [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk).

Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)



## ORDER OF EVENTS

SESSION 1			
Event No	Gender	Age Group	Event
101	Open/Boys	13yrs & Over	200m IM
102	Girls	13yrs & Over	200m IM
103	Open/Boys	9-12 yrs	200m Butterfly
104	Girls	9-12 yrs	200m Butterfly
105	Open/Boys	13yrs & Over	200m Backstroke
106	Girls	13yrs & Over	200m Backstroke
107	Open/Boys	9-12 yrs	100m Breaststroke
108	Girls	9-12 yrs	100m Breaststroke
109	Open/Boys	13yrs & Over	100m Freestyle
110	Girls	13yrs & Over	100m Freestyle
111	Open/Boys	9-12 yrs	50m Freestyle
112	Girls	9-12 yrs	50m Freestyle
113	Open/Boys	13yrs & Over	50m Backstroke
114	Girls	13yrs & Over	50m Backstroke

SESSION 2			
Event No	Gender	Age Group	Event
201	Open/Boys	13yrs & Over	200m Breaststroke
202	Girls	13yrs & Over	200m Breaststroke
203	Open/Boys	9-12 yrs	200m Freestyle
204	Girls	9-12 yrs	200m Freestyle
205	Open/Boys	13yrs & Over	100m Butterfly
206	Girls	13yrs & Over	100m Butterfly
207	Open/Boys	9-12 yrs	100m Backstroke
208	Girls	9-12 yrs	100m Backstroke
209	Open/Boys	13yrs & Over	50m Butterfly
210	Girls	13yrs & Over	50m Butterfly
211	Open/Boys	9-12 yrs	50m Breaststroke
212	Girls	9-12 yrs	50m Breaststroke

SESSION 3			
Event No	Gender	Age Group	Event
301	Girls	9-12 yrs	200m IM
302	Open/Boys	9-12 yrs	200m IM
303	Girls	13yrs & Over	200m Butterfly
304	Open/Boys	13yrs & Over	200m Butterfly
305	Girls	9-12 yrs	200m Backstroke
306	Open/Boys	9-12 yrs	200m Backstroke
307	Girls	13yrs & Over	100m Breaststroke
308	Open/Boys	13yrs & Over	100m Breaststroke
309	Girls	9-12 yrs	100m Freestyle
310	Open/Boys	9-12 yrs	100m Freestyle
311	Girls	13yrs & Over	50m Freestyle
312	Open/Boys	13yrs & Over	50m Freestyle
313	Girls	9-12 yrs	50m Backstroke
314	Open/Boys	9-12 yrs	50m Backstroke

SESSION 4			
Event No	Gender	Age Group	Event
401	Girls	9-12 yrs	200m Breaststroke
402	Open/Boys	9-12 yrs	200m Breaststroke
403	Girls	13yrs & Over	200m Freestyle
404	Open/Boys	13yrs & Over	200m Freestyle
405	Girls	9-12 yrs	100m Butterfly
406	Open/Boys	9-12 yrs	100m Butterfly
407	Girls	13yrs & Over	100m Backstroke
408	Open/Boys	13yrs & Over	100m Backstroke
409	Girls	9-12 yrs	50m Butterfly
410	Open/Boys	9-12 yrs	50m Butterfly
411	Girls	13yrs & Over	50m Breaststroke
412	Open/Boys	13yrs & Over	50m Breaststroke



## Long Course qualifying times - Upper limit times – (must not be faster than)

	OPEN/MALE							FEMALE						
	9/10	11	12	13	14	15	16/OV	9/10	11	12	13	14	15	16/OV
<b>50 Free</b>	00:33.00	00:29.50	00:28.50	00:27.50	00:25.50	00:24.50	00:24.00	00:32.00	00:30.00	00:29.00	00:28.50	00:28.00	00:27.50	00:27.00
<b>100 Free</b>	01:10.00	01:07.00	01:02.00	00:58.00	00:56.00	00:54.00	00:52.00	01:10.00	01:07.00	01:03.00	01:02.00	01:01.00	01:00.00	00:59.00
<b>200 Free</b>	02:30.00	02:23.00	02:15.00	02:08.00	02:03.00	01:58.00	01:52.50	02:30.00	02:23.00	02:17.00	02:13.00	02:11.00	02:10.00	02:08.00
<b>50 Breast</b>	00:42.00	00:39.00	00:36.00	00:34.00	00:32.00	00:30.00	00:29.50	00:43.00	00:40.00	00:38.00	00:37.00	00:36.00	00:33.50	00:33.00
<b>100 Breast</b>	01:36.00	01:30.00	01:22.00	01:16.00	01:13.00	01:09.00	01:05.00	01:30.00	01:26.00	01:22.00	01:19.00	01:16.00	01:14.00	01:13.00
<b>200 Breast</b>	03:15.00	03:05.00	02:50.00	02:37.00	02:29.00	02:27.00	02:25.00	03:14.00	03:06.00	02:57.00	02:51.00	02:47.00	02:44.00	02:42.00
<b>50 Fly</b>	00:35.00	00:33.00	00:31.00	00:29.00	00:27.00	00:26.00	00:25.00	00:37.00	00:35.00	00:32.00	00:31.00	00:30.00	00:29.00	00:28.50
<b>100 Fly</b>	01:20.00	01:15.00	01:10.00	01:05.00	01:02.00	00:59.00	00:58.00	01:19.00	01:16.00	01:11.00	01:08.00	01:07.00	01:06.00	01:04.00
<b>200 Fly</b>	03:15.00	03:00.00	02:50.00	02:36.00	02:23.00	02:15.00	02:12.00	03:15.00	03:00.00	02:50.00	02:38.00	02:28.00	02:25.00	02:22.00
<b>50 Back</b>	00:37.00	00:35.00	00:33.00	00:30.00	00:29.00	00:28.00	00:27.00	00:38.00	00:35.00	00:34.00	00:33.00	00:32.00	00:31.00	00:30.00
<b>100 Back</b>	01:22.00	01:17.00	01:12.00	01:07.00	01:04.00	01:02.00	00:59.50	01:19.00	01:15.00	01:12.00	01:10.00	01:08.00	01:07.00	01:06.00
<b>200 Back</b>	02:51.00	02:43.00	02:33.00	02:25.00	02:19.00	02:14.00	02:10.00	02:49.00	02:42.00	02:35.00	02:30.00	02:27.00	02:24.00	02:23.00
<b>200 I.M.</b>	02:52.00	02:44.00	02:34.00	02:26.00	02:20.00	02:15.00	02:13.00	02:50.00	02:43.00	02:36.00	02:31.00	02:28.00	02:25.00	02:23.00



**FEMALE ENTRIES**

NAME	ASA No.	DOB	50 FREE	100 FREE	200 FREE	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	50 BACK	100 BACK	200 BACK	200 IM

Club\_\_\_\_\_ Total no of female entries\_\_\_\_\_

**ENTRIES TO BE RECEIVED NO LATER THAN 6PM WEDNESDAY 4<sup>TH</sup> JUNE 2025**



**CITY OF SUNDERLAND ASC LONG COURSE SUMMER SPLASH – SAT 5<sup>th</sup> & SUN 6<sup>th</sup> JULY 2025**

**OPEN/MALE ENTRIES**

NAME	ASA No.	DOB	50 FREE	100 FREE	200 FREE	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	50 BACK	100 BACK	200 BACK	200 IM

Club \_\_\_\_\_ Total no of open/male entries \_\_\_\_\_

**ENTRIES TO BE RECEIVED NO LATER THAN 6PM WEDNESDAY 4<sup>TH</sup> JUNE 2025**



### SUMMARY OF ENTRIES

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELE NO \_\_\_\_\_

MOBILE \_\_\_\_\_

E-MAIL \_\_\_\_\_

#### Entry Fees

If you wish to pay by Bank Transfer contact  
[galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) for details.

Otherwise payment should be made to: C.O.S.A.S.C. (CIC)

Return the summary sheet and cheque to:

Summer Splash 2025 Entries  
City of Sunderland ASC  
64 Helmdon  
Washington  
NE37 3AP

Include an **email** address for return of entry information.

	Quantity	Unit Cost	Total Cost
Female Entries		£8.00	
Open/Male Entries		£8.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			