



## City of Sunderland ASC

*(Affiliated to N&D SA & ASA NER)*

# National Qualifier 2016

*(Under ASA Laws & Technical Rules)*

**Friday 18th, Saturday 19th, Sunday 20th March 2016**  
**SUNDERLAND AQUATIC CENTRE**

**This event is licensed Level 1 by the ASA for entry into National Events & Championships and Regional Championships**

Licence number – TBC

- 1 Sunderland Aquatic Centre, Sunderland is a 10 lane, 50m pool with full electronic timing system. Separate 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, Boys 1500m Freestyle. Heats and Finals for 50m & 100m events.
- 3 All **Heats** are **OPEN** with Qualification Age Groups as 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over. Age Groups for **Finals** are 14yrs & Under, 15yrs & Over.
- 4 **Ages as at 31<sup>ST</sup> December 2016**
- 5 All entries must state the club and show name and full date of birth for each swimmer.
- 6 Entry fees are £7.00 per individual swim, £12.00 for 800m & 1500m (to include licence fee).
- 7 Entry forms should be returned to the Meet Manager by **18:00 Friday 26<sup>th</sup> February 2016**, 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 **locked** electronic entry file will be available for download at [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk). Contact the meet manager with any further enquiries.
- 8 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. COSASC reserve the right to limit entry numbers to each event to manage the session times.

9 All entry withdrawal forms must be presented in the recorders office no later than 60 minutes before the commencement of each session.

10 The Fastest 10 Swimmers will progress through to finals. Swimmers must withdraw from a final within 30 minutes of the heats of that event finishing so any reserves can be informed in time.

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 an award for the top visiting club – to be awarded to the club based on points achieved.
- There will be a Top Boy / Girl award of £50 based on best 4 swims (FINA pts) for 14/Under and 15/Over.
- There will be a Disability Top Boy / Girl award of £50 based on best 4 swims (Disability pts).
- Awards will be made where a minimum of 3 competitors/clubs compete in each 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.

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 any time.

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** Conditions have been checked by ASA Referee – Christine Golightly, christine.golightly@hotmail.co.uk

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

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

## Programme of Events

Session 01 – 18/03/2016 @ 05:30 pm				
101	Girls	Open	800 Free	HDW
102	Boys	Open	1500 Free	HDW

Session 02 – 19/03/2015 @ 09:00 am				
201	Girls	Open	50 Breast	Heats
202	Boys	Open	50 Fly	Heats
203	Girls	Open	100 Fly	Heats
204	Boys	Open	100 Breast	Heats
205	Girls	Open	200 Free	HDW
206	Boys	Open	200 Back	HDW
207	Girls	Open	200 IM	HDW
208	Boys	Open	400 Free	HDW
Break				
209	Girls	14/UN	50 Breast	Final
210	Girls	15/OV	50 Breast	Final
211	Boys	14/UN	50 Fly	Final
212	Boys	15/OV	50 Fly	Final
213	Girls	14/UN	100 Fly	Final
214	Girls	15/OV	100 Fly	Final
215	Boys	14/UN	100 Breast	Final
216	Boys	15/OV	100 Breast	Final

Session 04 – 20/03/2015 @ 09:00 am				
401	Boys	Open	50 Breast	Heats
402	Girls	Open	50 Fly	Heats
403	Boys	Open	100 Fly	Heats
404	Girls	Open	100 Breast	Heats
405	Boys	Open	200 Free	HDW
406	Girls	Open	200 Back	HDW
407	Boys	Open	200 IM	HDW
408	Girls	Open	400 Free	HDW
Break				
409	Boys	14/UN	50 Breast	Final
410	Boys	15/OV	50 Breast	Final
411	Girls	14/UN	50 Fly	Final
412	Girls	15/OV	50 Fly	Final
413	Boys	14/UN	100 Fly	Final
414	Boys	15/OV	100 Fly	Final
415	Girls	14/UN	100 Breast	Final
416	Girls	15/OV	100 Breast	Final

Session 03 – 19/03/2015 @ 02:00 pm				
301	Boys	Open	50 Back	Heats
302	Girls	Open	50 Free	Heats
303	Boys	Open	100 Free	Heats
304	Girls	Open	100 Back	Heats
305	Boys	Open	200 Breast	HDW
306	Girls	Open	200 Fly	HDW
307	Boys	Open	400 IM	HDW
Break				
308	Boys	14/UN	50 Back	Final
309	Boys	15/OV	50 Back	Final
310	Girls	14/UN	50 Free	Final
311	Girls	15/OV	50 Free	Final
312	Boys	14/UN	100 Free	Final
313	Boys	15/OV	100 Free	Final
314	Girls	14/UN	100 Back	Final
315	Girls	15/OV	100 Back	Final

Session 05 – 20/03/2015 @ 02:00 pm				
501	Girls	Open	50 Back	Heats
502	Boys	Open	50 Free	Heats
503	Girls	Open	100 Free	Heats
504	Boys	Open	100 Back	Heats
505	Girls	Open	200 Breast	HDW
506	Boys	Open	200 Fly	HDW
507	Girls	Open	400 IM	HDW
Break				
508	Girls	14/UN	50 Back	Final
509	Girls	15/OV	50 Back	Final
510	Boys	14/UN	50 Free	Final
511	Boys	15/OV	50 Free	Final
512	Girls	14/UN	100 Free	Final
513	Girls	15/OV	100 Free	Final
514	Boys	14/UN	100 Back	Final
515	Boys	15/OV	100 Back	Final



**City of Sunderland ASC National Qualifier - Long Course Qualifying Times**

*Boys 10/11 Years 12 years 13 years 14 years 15 years 16/over*

*Girls 10/11 Years 12 years 13 years 14 years 15 years 16/over*

*(Note: All 100m events are for 11yrs & older - no 10yrs old are permitted to swim)*

**Minimum Permitted Qualifying Times (must be FASTER or EQUAL to these 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
10/11	43.0	1:20.0	2:58.8	6:04.0	24:59.7	47.2	1:31.8	3:16.0	52.2	1:43.5	3:43.1	47.2	1:31.8	3:18.5	3:18.3	6:58.8
12	40.0	1:17.0	2:44.8	5:46.1	22:35.5	44.5	1:27.2	3:04.7	48.6	1:38.9	3:29.2	42.1	1:26.0	3:04.9	3:06.8	6:34.7
13	38.0	1:15.0	2:36.6	5:29.8	21:31.6	42.2	1:21.7	2:54.3	45.8	1:32.1	3:19.5	39.9	1:22.0	2:59.0	2:59.7	6:14.4
14	35.5	1:13.0	2:29.6	5:15.0	20:34.0	40.1	1:17.0	2:46.3	42.7	1:27.1	3:06.5	38.0	1:18.0	2:49.0	2:50.8	5:57.3
15	34.0	1:10.0	2:24.7	5:05.6	19:52.1	37.5	1:14.2	2:40.0	40.8	1:23.4	2:59.4	35.2	1:14.0	2:44.0	2:42.4	5:44.2
16/OV	31.0	1:07.0	2:20.3	4:57.1	19:22.7	34.5	1:12.3	2:35.4	37.8	1:20.9	2:55.6	32.4	1:11.0	2:36.0	2:37.9	5:35.6

**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
10/11	44.0	1:21.3	2:59.4	6:01.4	12:34.6	48.1	1:31.9	3:16.0	52.8	1:43.6	3:41.6	48.1	1:30.9	3:19.6	3:19.3	6:57.3
12	41.4	1:18.0	2:46.5	5:46.8	11:55.0	45.9	1:28.5	3:05.6	49.0	1:38.2	3:28.9	43.9	1:24.9	3:06.7	3:08.8	6:34.9
13	39.0	1:16.0	2:40.2	5:34.3	11:25.8	42.4	1:24.7	2:59.3	46.1	1:32.8	3:19.5	40.7	1:21.2	3:01.5	3:01.8	6:20.6
14	36.0	1:14.0	2:36.1	5:26.0	11:10.0	39.0	1:21.6	2:54.8	44.6	1:31.0	3:12.7	38.7	1:18.3	2:53.0	2:57.3	6:12.0
15	34.2	1:11.6	2:33.1	5:18.8	11:00.5	38.0	1:19.9	2:51.0	42.4	1:29.5	3:10.7	36.8	1:16.9	2:50.7	2:53.9	6:05.2
16/OV	32.2	1:10.8	2:31.5	5:16.2	10:51.0	37.6	1:19.1	2:48.9	41.1	1:28.1	3:09.8	35.2	1:15.8	2:48.3	2:51.9	6:00.8







**CITY OF SUNDERLAND National Qualifier 2016**  
**Friday 18th, Saturday 19th & Sunday 20th MARCH 2016**

**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:

Mike Wylie  
11 Thornbridge  
Teal Farm  
Washington  
NE388TH

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

Female Entries @ £7.00

Male Entries @ £7.00

Distance (800m & 1500m) @ £12.00 (please calculate this separately, as SportSystems will use £7 in it's report)

Coach Passes @ £20.00

Total Entry Fee Enclosed £