



City of Sunderland ASC

(Affiliated to N&DSA & SENER)

Summer Splash 2019

(Under ASA Laws & Technical Rules)

Saturday 6th & Sunday 7th July 2019

**This event is licensed Level 3 by the ASA for entry into
Regional and County Championships and other Meets at Level 1 or Level 2**

Licence number: NE192020

- 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 all strokes, 100m all strokes, 200m all strokes, 200m Individual Medley, 4x100m Medley and Freestyle team relays (13 yrs & over), 4x50m Medley and Freestyle team relays (9-12yrs). All events will be Heat Declared Winners.
- 3** Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 4** **Age at 7th July 2019.**
- 5** Entries will not be accepted from any swimmer who (age on 7th July 2019) has a time faster than the upper limit time for each event.
- 6** Non-refundable entry fee of £7.00 per swim (to include licence fee). Team events are £10.00 per team. An admin fee of £10.00 will be charged for all paper entries.
- 7** 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.
- 8** Entry files/forms and entry fees **must** be received by **5pm Friday 24th May 2019** at the latest, and an email address for return of entry information. Payment should be made to C.O.S.A.S.C.
Electronic entry and payment is preferred – the electronic entry file will be available for download at www.cityofsunderlandasc.co.uk. Contact galas@cityofsunderlandasc.co.uk with any further enquiries. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions.
- 9** 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 1st January 2018**. Swimmers that do not have a time 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.
- 10** Late entries / poolside entries will be at the discretion of the promoter.
- 11** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.

12 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 written confirmation of entry. COSASC cannot be held responsible for any costs so arising.

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

- 4:00pm on Friday 5th July for Saturday 6th July events.
- 2:00pm on Saturday 6th July for Sunday 7th July events.

14 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.

15 Awards:

- There be an award for the Top Club.
- Will be made to the top three placed swimmers in each age group in each event.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer).
- Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system.

16 Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed. No changing is allowed on poolside, the changing village is to be used for this purpose.

17 Spectators are not allowed onto poolside at **any** time.

18 Weekend coach passes cost £25.00. This includes a programme, lunch tickets and start/results sheets on request. Coaches will not be allowed on poolside or in changing rooms without a valid pass.

19 Admission for spectators will be:

ALL DAY SATURDAY	–	£8.00
ALL DAY SUNDAY	–	£8.00
WEEKEND PASS	–	£14.00
SESSION PASS	–	£4.00

Children, accompanied by adults, will be admitted free. OAP half price (admission only)

Weekend Programme	-	£2.00
Start List	-	£0.50 (per session)

20 Professional photographs will be taken of swimmers in action during the gala. The photographs will be available to view and order from LIAKADA PHOTOGRAPHY. If you do not wish your swimmer to be photographed you must inform the meet promoter on the day

21 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

22 If cancellation of the event is necessary, then only the entry fees paid can be claimed.

23 Swim shop will be in operation throughout the gala.

24 Officials information can be obtained: officials@cityofsunderlandasc.co.uk

25 Further information can be obtained from Paul McGee at: galas@cityofsunderlandasc.co.uk. Also see our website: www.cityofsunderlandasc.co.uk

**ORDER OF EVENTS**

SESSION 1			
Event No	Gender	Age Group	Event
101	Boys	13yrs & Over	200m IM
102	Girls	13yrs & Over	200m IM
103	Boys	9-12 yrs	200m Butterfly
104	Girls	9-12 yrs	200m Butterfly
105	Boys	13yrs & Over	200m Backstroke
106	Girls	13yrs & Over	200m Backstroke
107	Boys	9-12 yrs	100m Breaststroke
108	Girls	9-12 yrs	100m Breaststroke
109	Boys	13yrs & Over	100m Freestyle
110	Girls	13yrs & Over	100m Freestyle
111	Boys	9-12 yrs	50m Freestyle
112	Girls	9-12 yrs	50m Freestyle
113	Boys	13yrs & Over	50m Backstroke
114	Girls	13yrs & Over	50m Backstroke
115	Boys	9-12 yrs	4x50m Medley Relay
116	Girls	9-12 yrs	4x50m Freestyle Relay

SESSION 3			
Event No	Gender	Age Group	Event
301	Girls	9-12 yrs	200m IM
302	Boys	9-12 yrs	200m IM
303	Girls	13yrs & Over	200m Butterfly
304	Boys	13yrs & Over	200m Butterfly
305	Girls	9-12 yrs	200m Backstroke
306	Boys	9-12 yrs	200m Backstroke
307	Girls	13yrs & Over	100m Breaststroke
308	Boys	13yrs & Over	100m Breaststroke
309	Girls	9-12 yrs	100m Freestyle
310	Boys	9-12 yrs	100m Freestyle
311	Girls	13yrs & Over	50m Freestyle
312	Boys	13yrs & Over	50m Freestyle
313	Girls	9-12 yrs	50m Backstroke
314	Boys	9-12 yrs	50m Backstroke
315	Girls	13yrs & Over	4x100m Medley Relay
316	Boys	13yrs & Over	4x100m Freestyle Relay

SESSION 2			
Event No	Gender	Age Group	Event
201	Boys	9-12 yrs	4x50m Freestyle Relay
202	Girls	9-12 yrs	4x50m Medley Relay
203	Boys	13yrs & Over	200m Breaststroke
204	Girls	13yrs & Over	200m Breaststroke
205	Boys	9-12 yrs	200m Freestyle
206	Girls	9-12 yrs	200m Freestyle
207	Boys	13yrs & Over	100m Butterfly
208	Girls	13yrs & Over	100m Butterfly
209	Boys	9-12 yrs	100m Backstroke
210	Girls	9-12 yrs	100m Backstroke
211	Boys	13yrs & Over	50m Butterfly
212	Girls	13yrs & Over	50m Butterfly
213	Boys	9-12 yrs	50m Breaststroke
214	Girls	9-12 yrs	50m Breaststroke

SESSION 4			
Event No	Gender	Age Group	Event
401	Girls	13yrs & Over	4x100m Freestyle Relay
402	Boys	13yrs & Over	4x100m Medley Relay
403	Girls	9-12 yrs	200m Breaststroke
404	Boys	9-12 yrs	200m Breaststroke
405	Girls	13yrs & Over	200m Freestyle
406	Boys	13yrs & Over	200m Freestyle
407	Girls	9-12 yrs	100m Butterfly
408	Boys	9-12 yrs	100m Butterfly
409	Girls	13yrs & Over	100m Backstroke
410	Boys	13yrs & Over	100m Backstroke
411	Girls	9-12 yrs	50m Butterfly
412	Boys	9-12 yrs	50m Butterfly
413	Girls	13yrs & Over	50m Breaststroke
414	Boys	13yrs & Over	50m Breaststroke



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

	MALE								FEMALE						
	9/10	11	12	13	14	15	16/OV		9/10	11	12	13	14	15	16/OV
50 Free	00:31.60	00:29.34	00:29.01	00:28.70	00:26.05	00:25.64	00:25.18		00:32.60	00:30.24	00:29.70	00:28.80	00:28.47	00:28.23	00:27.97
100 Free	01:10.60	01:07.30	01:02.52	00:58.98	00:56.79	00:54.49	00:54.49		01:09.70	01:06.41	01:03.96	01:02.03	01:01.04	00:59.84	00:59.84
200 Free	02:30.00	02:23.90	02:15.52	02:08.38	02:03.36	01:58.66	01:58.66		02:30.50	02:23.37	02:17.96	02:13.41	02:11.22	02:08.74	02:08.74
50 Breast	00:42.70	00:39.70	00:36.90	00:35.70	00:33.90	00:31.00	00:31.00		00:43.00	00:40.41	00:38.41	00:37.41	00:36.41	00:35.41	00:35.41
100 Breast	01:28.18	01:24.03	01:21.85	01:16.52	01:13.18	01:10.19	01:10.19		01:30.80	01:26.50	01:22.51	01:19.96	01:18.24	01:17.11	01:17.11
200 Breast	03:15.70	03:06.44	02:56.72	02:45.80	02:39.30	02:33.14	02:33.14		03:14.20	03:06.94	02:57.22	02:51.77	02:48.70	02:46.10	02:46.10
50 Fly	00:35.88	00:33.88	00:31.88	00:29.88	00:27.88	00:26.88	00:25.88		00:37.00	00:35.00	00:32.21	00:31.21	00:30.21	00:29.21	00:29.21
100 Fly	01:20.20	01:16.90	01:10.80	01:05.96	01:02.76	00:59.77	00:59.77		01:19.32	01:16.20	01:11.82	01:08.98	01:07.40	01:06.11	01:06.11
200 Fly	02:59.70	02:51.32	02:39.14	02:28.02	02:20.12	02:13.78	02:13.78		02:58.90	02:50.85	02:39.69	02:32.08	02:28.66	02:26.00	02:26.00
50 Back	00:37.70	00:35.70	00:33.70	00:31.70	00:30.70	00:29.70	00:28.07		00:38.00	00:35.00	00:34.00	00:33.00	00:32.00	00:31.00	00:31.00
100 Back	01:21.50	01:17.20	01:11.99	01:07.80	01:04.85	01:02.23	01:02.23		01:19.67	01:15.86	01:12.80	01:10.26	01:08.89	01:07.58	01:07.58
200 Back	02:51.70	02:43.60	02:33.90	02:25.38	02:19.35	02:14.50	02:14.50		02:49.36	02:42.36	02:35.36	02:29.97	02:27.19	02:25.13	02:25.13
200 I.M.	02:52.60	02:44.43	02:34.38	02:26.30	02:20.34	02:15.04	02:15.04		02:50.70	02:43.70	02:36.54	02:31.59	02:29.13	02:26.57	02:26.57



CITY OF SUNDERLAND ASC LONG COURSE SUMMER SPLASH - SAT 6TH & SUN 7TH JULY 2019

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 5PM FRIDAY 24TH MAY 2019



CITY OF SUNDERLAND ASC LONG COURSE SUMMER SPLASH - SAT 6TH & SUN 7TH JULY 2019

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 male entries _____

ENTRIES TO BE RECEIVED NO LATER THAN 5PM FRIDAY 24TH MAY 2019



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 for details

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

Return the summary sheet and cheque to:

Summer Splash 19
City of Sunderland ASC
8 Ettrick Grove
High Barnes
Sunderland
SR4 8PZ

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

	Quantity	Unit Cost	Total Cost
Female Entries		£7.00	
Male Entries		£7.00	
Female Team		£10.00	
Male Team		£10.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			