



City of Sunderland ASC

(Affiliated to N&D SA & SENER)

Autumn Meet 2019

(Under ASA Laws & Technical Rules)

Saturday 16th & Sunday 17th November 2019

This event is licensed Level 2 by the ASA

Licence number: TBC

- 1** Sunderland Aquatic Centre is a 10 lane, 25m 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, 100m / 200m / 400m Individual Medley, 400m Freestyle, 800m Freestyle (Mixed), 1500m Freestyle (Mixed). All events will be **OPEN** with Heat Declared Winners.
- 3** Age Groups are 11yrs/Under, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over.
(Please Note that 9-year olds are not permitted to compete in 100m events, anyone 8-years old on the day of the gala will not be permitted to swim).
- 4 Age at 31st December 2019**
- 5** Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since 1st July 2017
- 6** Entry fees are £7.50 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee). An admin fee of £10 will be charged for each paper entry. All entries must state the club and show name and full date of birth for each swimmer
- 7** Entry forms should be returned **by 4:00 pm Friday 11th October 2019** at the latest, 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. Contact the Meet Manager with any further enquiries.
- 8** Entry times are **Short Course**. The meet will be managed using Sportsystems. The **locked** entry file will convert all ASA rankings long course times, to short course automatically. Paper entry times which are long course should be converted to short 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.
- 9** Should entries be over-subscribed, entries will be rejected on the basis of slowest submitted times within each age group – unless the swimmer is a classified Para-Swimmer. City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times.

- 10** The meet is cardless. All entry withdrawal forms or emails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than:
- by 4:00pm on Friday 15th November for Saturday 16th November events
 - by 2:00pm on Saturday 16th November for Sunday 17th November events
- Seeded Heat Start Lists will be produced prior to the start time of the session. Any withdrawals not given by stated time will result in an empty lane during the event.
- 11** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 12 Awards and Trophies – the following shall apply:**
- There will be a Trophy award for the top visiting club – to be awarded to the club based on points achieved.
 - There will be a Top Boy / Girl award based on best 4 swims (FINA pts) for 14/Under and 15/Over.
 - Medals will be awarded in each event as follows
 - Age Groups 11yrs/Under, 12yrs, 13yrs 14yrs 15yrs, 16yrs/Over – to the top THREE placed swimmers.
 - 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 / poolside 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. No changing is allowed on poolside, the changing village is to be used for this purpose.
- 16 Spectators are not allowed onto poolside at any time.**
- 17** Weekend coach passes cost £25.00. This includes a programme, lunch and results sheets (on request). Coaches will not be allowed on poolside or in changing rooms 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 |
- Children, accompanied by adults, will be admitted free. OAP half price (admission only)
- | | | |
|--------------------|---|-------|
| WEEKEND PROGRAM | – | £2.00 |
| SESSION START LIST | – | £0.50 |
- 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** A swim shop will be in operation throughout the gala.
- 21** Meet manager for this Gala is: Tracy Barnett - meetmanager@cityofsunderlandasc.co.uk
- 22** Officials information can be obtained from: officials@cityofsunderlandasc.co.uk
- 23** 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 – SATURDAY 16th NOVEMBER 2019

101	-	400m	Individual Medley Boys
102	-	200m	Freestyle Girls
103	-	100m	Backstroke Boys
104	-	100m	Butterfly Girls
105	-	50m	Butterfly Boys
106	-	50m	Freestyle Girls
107	-	200m	Breaststroke Boys
108	-	800m	Freestyle (Mixed)

SESSION 2 – SATURDAY 16th NOVEMBER 2019

201	-	400m	Freestyle Boys
202	-	200m	Individual Medley Girls
203	-	50m	Breaststroke Boys
204	-	50m	Backstroke Girls
205	-	100m	Freestyle Boys
206	-	200m	Butterfly Girls
207	-	200m	Backstroke Boys
208	-	100m	Breaststroke Girls
209	-	100m	Individual Medley Boys

SESSION 3 – SUNDAY 17th NOVEMBER 2019

301	-	400m	Individual Medley Girls
302	-	200m	Freestyle Boys
303	-	100m	Backstroke Girls
304	-	100m	Butterfly Boys
305	-	50m	Butterfly Girls
306	-	50m	Freestyle Boys
307	-	200m	Breaststroke Girls
308	-	1500m	Freestyle (Mixed)

SESSION 4 – SUNDAY 17th NOVEMBER 2019

401	-	400m	Freestyle Girls
402	-	200m	Individual Medley Boys
403	-	50m	Breaststroke Girls
404	-	50m	Backstroke Boys
405	-	100m	Freestyle Girls
406	-	200m	Butterfly Boys
407	-	200m	Backstroke Girls
408	-	100m	Breaststroke Boys
409	-	100m	Individual Medley Girls

COSASC AUTUMN MEET 2019

Qualifying Times

Boys 11 Years/Under 12 years 13 years 14 years 15 years 16/over
 Girls 11 Years/Under 12 years 13 years 14 years 15 years 16/over

Minimum Permitted Qualifying Times (Must be FASTER or EQUAL to these times)

MALE

	50 Free	100 Free	200 Free	400 Free	800m Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
11/UN	42.0	1:21.0	2:55.0	5:56.0	12:19.0	24:44.0	50.0	1:33.0	3:18.0	54.0	1:45.0	3:45.0	49.0	1:35.0	3:20.0	1:35.0	3:19.0	6:55.0
12	39.0	1:17.0	2:41.0	5:39.0	11:39.0	22:20.0	47.0	1:29.0	3:09.0	51.0	1:40.0	3:36.0	45.0	1:30.0	3:11.0	1:30.0	3:09.0	6:31.0
13	37.0	1:13.0	2:33.0	5:22.0	11:10.0	21:16.0	44.0	1:23.0	2:59.0	47.0	1:35.0	3:20.0	42.0	1:25.0	3:05.0	1:25.0	3:04.0	6:16.0
14	35.0	1:11.0	2:27.0	5:07.0	10:56.0	20:19.0	42.0	1:20.0	2:49.0	44.0	1:30.0	3:15.0	39.0	1:20.0	2:55.0	1:20.0	2:55.0	5:54.0
15	33.0	1:08.0	2:21.0	4:58.0	10:45.0	19:37.0	40.0	1:18.0	2:43.0	42.0	1:26.0	3:05.0	37.0	1:18.0	2:45.0	1:18.0	2:45.0	5:42.0
16/OV	32.0	1:05.0	2:17.0	4:51.0	10:36.0	19:07.0	37.0	1:15.0	2:39.0	40.0	1:24.0	3:00.0	35.0	1:15.0	2:40.0	1:15.0	2:40.0	5:36.0

FEMALE

	50 Free	100 Free	200 Free	400 Free	800m Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
11/UN	45.0	1:23	2:59.0	5:59.0	12:19.0	24:44.0	50.0	1:31.0	3:18.0	54.0	1:45.0	3:45.0	49.0	1:35.0	3:20.0	1:35.0	3:19.0	6:55.0
12	43.0	1:19.0	2:47.0	5:43.0	11:39.0	22:20.0	47.0	1:28.0	3:09.0	51.0	1:40.0	3:36.0	45.0	1:30.0	3:11.0	1:30.0	3:09.0	6:31.0
13	41.0	1:17.0	2:40.0	5:30.0	11:10.0	21:16.0	45.0	1:25.0	2:59.0	47.0	1:35.0	3:20.0	42.0	1:25.0	3:05.0	1:25.0	3:04.0	6:16.0
14	38.0	1:15.0	2:36.0	5:20.0	10:56.0	20:19.0	42.0	1:23.0	2:51.0	45.0	1:31.0	3:15.0	40.0	1:21.0	2:56.0	1:21.0	2:57.0	5:56.0
15	36.0	1:12.0	2:32.0	5:15.0	10:45.0	19:37.0	39.0	1:20.0	2:48.0	43.0	1:29.0	3:10.0	38.0	1:19.0	2:47.0	1:19.0	2:47.0	5:44.0
16/OV	34.0	1:10.0	2:29.0	5:11.0	10:36.0	19:07.0	38.0	1:18.0	2:45.0	41.0	1:27.0	3:06.0	36.0	1:16.0	2:42.0	1:16.0	2:42.0	5:38.0

**PAPER ENTRIES****CITY OF SUNDERLAND ASC AUTUMN MEET 2019 - SAT 16th / SUN 17th November 2019****FEMALE ENTRIES**

NAME & ASA No.	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 IM	200 IM	400 IM

Club _____

Total no of female entries _____

**PAPER ENTRIES****CITY OF SUNDERLAND ASC AUTUMN MEET 2019 - SAT 16th / SUN 17th November 2019****MALE ENTRIES**

NAME / ASA No.	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	100 IM	200 IM	400 IM

Club_____

Total no of male entries_____



CITY OF SUNDERLAND ASC AUTUMN MEET 2019

Saturday 16th November – Sunday 17th November 2019

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:

Paul McGee
City of Sunderland ASC
59 Broadmeadows
East Herrington
Sunderland
SR3 3RF

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

Female Entries @ £7.50

Male Entries @ £7.50

Coach Passes @ £25.00

Paper Entries Admin Charge @ £10.00

Total Entry Fee Enclosed £