



# City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

## Club Championships 2022

(Under ASA Laws & Technical Rules)

**Tuesday 20<sup>th</sup> September 2022**

**This event is licensed Level 4 by the ASA**

**Licence number: NE221650**

- 1 Sunderland Aquatic Centre is a 10 lane 25m pool with a full electronic timing system.
- 2 Events will be 50m all strokes, 100m all strokes, 100m Individual Medley. All events will be Heat Declared Winners.
- 3 Age Groups are 8yrs/Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over.
- 4 **Only registered City of Sunderland ASC swimmers are permitted to enter.**
- 5 **Age at 20<sup>th</sup> September 2022.**
- 6 There are no upper or lower qualifying times. All entries will be accepted.
- 7 Non-refundable entry fee of £20.00 per swimmer.
- 8 Entry forms should be returned to the Competition Secretary **by midnight Friday 9<sup>th</sup> September 2022** at the latest enclosing fees. Payment should be made to C.O.S.A.S.C. Contact the Meet Manager with any further enquiries.
- 9 Entry times are **Short Course**. The meet will be managed using Sportsystems. The entry file will convert all ASA rankings long course times, to short course automatically. Paper entry times should be converted to short course times by use of ASA Conversion Tables.
- 10 All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 11 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.
- 12 All swimmers under the age of 16 must be accompanied by an adult at all times while on poolside.
- 13 **Spectators are not allowed onto poolside at any time.**
- 14 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 15 Official information can be obtained from: [officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

16 The Meet Manager for this event can be contacted via: [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk)

17 Further information can be obtained from: [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) or see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)

## CITY OF SUNDERLAND ASC CLUB CHAMPS 2022 - TUESDAY 20<sup>TH</sup> SEPTEMBER 2022

### SCHEDULE OF EVENTS

101	-	100m	Butterfly Open Boys/Girls
102	-	50m	Breaststroke Open Boys/Girls
103	-	100m	Backstroke Open Boys/Girls
104	-	50m	Butterfly Open Boys/Girls
105	-	100m	Freestyle Open Boys/Girls
106	-	50m	Backstroke Open Boys/Girls
107	-	100m	Breaststroke Open Boys/Girls
108	-	50m	Freestyle Open Boys/Girls
109	-	100m	Individual Medley Open Boys/Girls