



City of Sunderland ASC

(Affiliated to N&D SA & SE NER)

New Year Meet 2024

(Under ASA Laws & Technical Rules)

Friday 19th, Saturday 20th & Sunday 21st January 2024

This event is licensed Level 1 by the ASA

Licence number: 1NE240152

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 all strokes, 100m all strokes, 200m all strokes, 200m Individual Medley, 400m Individual Medley, 400m Freestyle, 800m Freestyle (Mixed) and 1500m Freestyle (Mixed). All events will be **OPEN** with Heat Declared Winners. Entries will be accepted for only one distance event (800m, 1500m) only per swimmer, should an entry be received for both events then they will be allocated as female - 800m, male - 1500m.
- 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 for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 5 **Age groups will be as at midnight on 31st December 2024.**
- 6 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1st July 2022**.
- 7 Entry fees are £8.00 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee).
- 8 Entry files and entry fees **must** be received **by 6pm Tuesday 12th December 2023** at the latest, an email address must be provided for return of entry information. Payment should be made to C.O.S.A.S.C. **Electronic entry is mandatory** – the **locked** electronic entry file will be available for download at <https://www.cityofsunderlandasc.co.uk/blog/event/ny24>. Contact galas@cityofsunderlandasc.co.uk with any further enquiries.
- 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. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.
- 10 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 session times.

11 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.

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

- By 4pm on Thursday 18th January 2024 for Friday 19th January 2024 events
- By 4pm on Friday 19th January 2024 for Saturday 20th January 2024 events
- By 2pm on Saturday 20th January 2024 for Sunday 21st January 2024 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.

Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds, subject to an appropriate medical certificate being received.

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

14 Awards:

- Medals will be awarded in each event as follows:
 - Age Groups 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over – to the top THREE placed swimmers.
- Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system and medals awarded per event as above.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer).

15 Late entries / poolside entries, if accepted, will be at the discretion of the promoter.

16 Swimmers can compete for only one club during the meet.

17 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.

18 Spectators are not allowed onto poolside, in the changing village or allocated swimmer area at any time.

19 Weekend coach/team manager passes cost £25.00. This includes lunch tickets and results sheets on request. Coaches and team managers will not be allowed on poolside or in changing rooms without a valid pass. Names of coaches and team managers for each pass requested must be provided to meetmanager@cityofsunderlandasc.co.uk.

20 Admission for spectators will be:

FRIDAY EVENING	£3.00
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.

- 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 may be used during the meet.
Swimmers are requested to remain in the water until asked to leave the pool.
A secondary strobe and backstroke ledges will be available.
- 22** A swim shop will be in operation throughout the gala hosted by NESS.
- 23** Official information can be obtained from: officials@cityofsunderlandasc.co.uk
- 24** The meet manager can be contacted via: meetmanager@cityofsunderlandasc.co.uk
- 25** Further information can be obtained from: galas@cityofsunderlandasc.co.uk. Also see our website: www.cityofsunderlandasc.co.uk

ORDER OF EVENTS**SESSION 1 – Friday 19th January 2024**

101	-	800m	Freestyle (Mixed)
102	-	1500m	Freestyle (Mixed)

SESSION 2 – Saturday 20th January 2024

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

SESSION 3 – Saturday 20th January 2024

301	-	400m	Freestyle Open/Boys
302	-	200m	Individual Medley Girls
303	-	200m	Backstroke Open/Boys
304	-	200m	Butterfly Girls
305	-	100m	Freestyle Open/Boys
306	-	100m	Breaststroke Girls
307	-	50m	Breaststroke Open/Boys
308	-	50m	Backstroke Girls

SESSION 4 – Sunday 21st January 2024

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

SESSION 5 – Sunday 21st January 2024

501	-	400m	Freestyle Girls
502	-	200m	Individual Medley Open/Boys
503	-	200m	Backstroke Girls
504	-	200m	Butterfly Open/Boys
505	-	100m	Freestyle Girls
506	-	100m	Breaststroke Open/Boys
507	-	50m	Breaststroke Girls
508	-	50m	Backstroke Open/Boys

CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 19th, SATURDAY 20th & SUNDAY 21st JANUARY 2024

Open/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

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

OPEN/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	200 IM	400 IM
10/11	48.0	1:32.0	3:21.0	6:39.0	13:56.0	24:58.0	52.0	1:41.0	3:29.0	59.0	1:59.0	4:08.0	52.0	1:43.0	3:29.0	3:36.0	7:16.0
12	43.0	1:28.0	3:06.0	6:36.0	13:16.0	22:56.0	47.0	1:34.0	3:18.0	52.0	1:52.0	3:56.0	42.0	1:35.0	3:20.0	3:24.0	7:02.0
13	40.0	1:21.0	2:49.0	6:04.0	12:40.0	21:54.0	43.0	1:29.0	3:08.0	46.0	1:40.0	3:36.0	41.0	1:29.0	3:12.0	3:15.0	6:40.0
14	36.0	1:14.0	2:38.0	5:34.0	11:35.0	20:30.0	37.0	1:22.0	2:53.0	43.0	1:34.0	3:18.0	37.0	1:22.0	2:55.0	2:57.0	6:14.0
15	33.0	1:11.0	2:34.0	5:26.0	11:15.0	19:50.0	36.0	1:20.0	2:48.0	41.0	1:32.0	3:12.0	35.0	1:19.0	2:49.0	2:51.0	6:04.0
16/OV	31.0	1:09.0	2:27.0	5:14.0	10:52.0	19:30.0	35.0	1:18.0	2:44.0	39.0	1:26.0	3:07.0	33.0	1:17.0	2:45.0	2:48.0	5:57.0

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	200 IM	400 IM
10/11	48.0	1:32.0	3:21.0	6:39.0	13:56.0	24:58.0	52.0	1:41.0	3:29.0	59.0	1:59.0	4:08.0	52.0	1:43.0	3:29.0	3:36.0	7:16.0
12	43.0	1:28.0	3:06.0	6:36.0	13:16.0	22:56.0	47.0	1:34.0	3:18.0	52.0	1:52.0	3:56.0	42.0	1:35.0	3:20.0	3:24.0	7:02.0
13	40.0	1:21.0	2:49.0	6:04.0	12:40.0	21:54.0	43.0	1:29.0	3:08.0	46.0	1:40.0	3:36.0	41.0	1:29.0	3:12.0	3:15.0	6:40.0
14	37.0	1:15.0	2:39.0	5:35.0	11:35.0	20:30.0	38.0	1:23.0	2:54.0	44.0	1:35.0	3:19.0	38.0	1:23.0	2:56.0	2:58.0	6:15.0
15	35.0	1:12.0	2:35.0	5:27.0	11:15.0	19:50.0	37.0	1:21.0	2:49.0	42.0	1:31.0	3:13.0	36.0	1:20.0	2:50.0	2:52.0	6:05.0
16/OV	32.0	1:10.0	2:28.0	5:15.0	10:52.0	19:30.0	36.0	1:19.0	2:45.0	40.0	1:27.0	3:08.0	34.0	1:18.0	2:46.0	2:49.0	5:58.0



PAPER ENTRIES CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 19TH / SATURDAY 20TH / SUNDAY 21ST JANUARY 2024

MALE/OPEN 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	200 IM	400 IM

Club _____

Total no of male/open entries _____



PAPER ENTRIES CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 19TH / SATURDAY 20TH / SUNDAY 21ST JANUARY 2024

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	200 IM	400 IM

Club_____

Total no of female entries_____



PAPER ENTRIES CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 19TH / SATURDAY 20TH / SUNDAY 21ST JANUARY 2024

SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TEL 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:

COSASC New Year Meet 2024
11 Adriana Close
Sunderland
SR2 0FG

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

	Quantity	Unit Cost	Total Cost
Female Standard Entries		£8.00	
Male/Open Standard Entries		£8.00	
Female Distance Entries		£12.00	
Male/Open Distance Entries		£12.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			