



City of Sunderland ASC

(Affiliated to N&DSA & SENER)

Long Course Preparation 2025

(Under ASA Laws & Technical Rules)

Saturday 25th October 2025

This event is licensed Level 3 by the ASA

Licence number: TBC

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, 100m all strokes and 200m Individual Medley. All events will be Heat Declared Winners.
- 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 are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs/over.
- 5 **Age groups will be as at 25th October 2025.**
- 6 Entries will not be accepted from any swimmer who (age on 25th October 2025) has a time faster than the upper limit time for each event.
- 7 Entry fees are £8.50 per individual swim (to include licence fee).
- 8 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.
- 9 Entry forms will be available for download starting **23rd August 2025**. Entries will open for submission from visiting clubs at 9am on **Saturday 30th August 2025** any recieved before this time will not be accepted. This gala will be filled on a **first come first serve basis**. The gala will be filled in the order entries are received. The last day to submit entries is **14th September 2025**, unless the gala reaches full capacity before then.
- 10 The promoter will limit the number of entries should the events be oversubscribed, from the last accepted club, the slowest entries from that club in each age group will be rejected until the programme time fits.
- 11 Entry files/forms and entry fees **must** be received by **6pm Sunday 14th September 2025** at the latest, and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **by entry deadline. Electronic entry and payment is preferred using reference LCP25 followed by club name** – the electronic entry file will be available for download on the 30th



August 2025 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.

- 12** This meet will be run using the linked Sportsystem software. Converted short course times may be used.
- 13** Swimmers that do not have a time on rankings 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** not have times faster than the specified upper time limits.
- 14** Late entries / poolside entries will be at the discretion of the promoter. In the event of rejected entries being processed, there will be no late/poolside entries under any circumstance.
- 15** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 16** 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 confirmation of accepted entries. COSASC cannot be held responsible for any costs so arising.
- 17** The meet is cardless. All entry withdrawal forms or e-mails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than:
- 2:00pm on Friday 24th October 2025 for Saturday 25th October 2025 events.
- 18** 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.
- 19 Awards:**
- 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).
- 20** Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed. No changing is allowed on poolside or within public toilet areas, the changing village **only** is to be used for this purpose. **All coaches must ensure their swimmers are aware of the Swim England guidance on mobile phones in changing rooms.**
- 21** Spectators are not permitted into changing facilities, athlete seating area or on poolside at **any** time.
- 22 Weekend Coach/Team Manager passes cost £12.50.** This includes a programme, buffet lunch and start/results sheets on request. Coaches/Team Managers will not be allowed on poolside or in changing rooms without a valid pass.
- 23** Admission for spectators will be:

ALL DAY SATURDAY	£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.



- 24** 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 and side-by-side for backstroke may be used during the meet.
A secondary strobe and backstroke ledges will be available.
Swimmers are requested to remain in the water until asked to leave the pool.
- 25** 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.
- 26** Swim shop will be in operation throughout the gala.
- 27** As with any gala, we can only run them with the support of local and visiting officials.

If any visiting club has registered ASA officials that would be willing to lend a hand, we would appreciate them letting us know their availability for this meet by emailing:
officials@cityofsunderlandasc.co.uk or completing the following form:
<https://forms.gle/gQoQkDZSuMGmfEys7>
- 28** Officials information can be obtained from: officials@cityofsunderlandasc.co.uk
- 29** The meet manager can be contacted via: meetmanager@cityofsunderlandasc.co.uk
- 30** Further information can be obtained from: galas@cityofsunderlandasc.co.uk.
Also see our website: www.cityofsunderlandasc.co.uk



ORDER OF EVENTS

SESSION 1		
Event No	Gender	Event
101	Girls	200m IM
102	Open/Boys	100m Breaststroke
103	Girls	100m Breaststroke
104	Open/Boys	50m Butterfly
105	Girls	50m Butterfly
106	Open/Boys	100m Freestyle
107	Girls	100m Freestyle
108	Open/Boys	50m Backstroke
109	Girls	50m Backstroke

SESSION 2		
Event No	Gender	Event
201	Open/Boys	200m IM
202	Girls	100m Butterfly
203	Open/Boys	100m Butterfly
204	Girls	50m Breaststroke
205	Open/Boys	50m Breaststroke
206	Girls	100m Backstroke
207	Open/Boys	100m Backstroke
208	Girls	50m Freestyle
209	Open/Boys	50m Freestyle



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

	OPEN/MALE							FEMALE						
	9	10	11	12	13	14	15/OV	9	10	11	12	13	14	15/OV
50 Free	00:34.00	00:33.00	00:32.60	00:32.60	00:30.70	00:29.40	00:27.30	00:34.00	00:33.00	00:32.60	00:32.60	00:31.70	00:31.00	00:29.40
100 Free	01:16.00	01:14.00	01:12.80	01:12.80	01:08.00	01:03.00	00:59.80	01:15.00	01:13.00	01:11.60	01:11.60	01:08.90	01:06.80	01:03.20
50 Back	00:41.00	00:40.00	00:38.00	00:38.00	00:35.70	00:34.00	00:32.00	00:41.00	00:40.00	00:37.60	00:37.60	00:36.70	00:35.00	00:33.80
100 Back	01:29.00	01:26.00	01:23.50	01:23.50	01:17.40	01:13.50	01:07.50	01:27.00	01:24.00	01:21.60	01:21.60	01:17.50	01:16.10	01:12.00
50 Breast	00:46.00	00:45.00	00:43.50	00:43.50	00:41.10	00:38.50	00:35.00	00:46.00	00:45.00	00:43.50	00:43.50	00:41.00	00:40.20	00:38.00
100 Breast	01:42.00	01:38.00	01:36.00	01:36.00	01:30.40	01:24.00	01:17.30	01:40.00	01:36.00	01:33.90	01:33.90	01:28.50	01:26.00	01:22.70
50 Fly	00:39.00	00:38.00	00:36.90	00:36.90	00:34.00	00:32.00	00:29.40	00:39.00	00:38.00	00:36.30	00:36.30	00:35.00	00:33.00	00:32.30
100 Fly	01:37.00	01:33.00	01:28.60	01:28.60	01:19.10	01:11.60	01:05.50	01:35.00	01:32.00	01:26.20	01:26.20	01:18.00	01:15.40	01:10.30
200 I.M.	03:20.00	03:10.00	03:00.40	03:00.40	02:46.30	02:35.00	02:27.50	03:20.00	03:10.00	02:57.20	02:57.20	02:45.10	02:39.30	02:34.60



CITY OF SUNDERLAND ASC LONG COURSE PREPARATION – SAT 25th OCTOBER 2025

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 6PM SUNDAY 14th SEPTEMBER 2025



CITY OF SUNDERLAND ASC LONG COURSE PREPARATION – SAT 25th OCTOBER 2025

OPEN/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 open/male entries _____

ENTRIES TO BE RECEIVED NO LATER THAN 6PM SUNDAY 14th SEPTEMBER 2025



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 2025 Entries
City of Sunderland ASC
64 Helmdon
Washington
NE37 3AP

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

	Quantity	Unit Cost	Total Cost
Female Entries		£8.50	
Open/Male Entries		£8.50	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£12.50	
Total Cost			