



# City of Sunderland ASC

(Affiliated to N&D SA & SE NER)

## New Year Meet 2026

(Under ASA Laws & Technical Rules)

**Friday 23<sup>rd</sup>, Saturday 24<sup>th</sup> & Sunday 25<sup>th</sup> January 2026**

**This event is licensed Level 1 by the ASA**

**Licence number: 1NE260108**

### 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 31<sup>st</sup> December 2026.**
- 6 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1<sup>st</sup> July 2024.**
- 7 Entry fees are £9.00 per individual swim, £13.00 for 800m and 1500m swims (to include licence fee).
- 8 Entry files and entry fees **must** be received **by 6pm Thursday 11<sup>th</sup> December 2025** 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 and payment is preferred using reference NY26 followed by club name – the locked** electronic entry file will be available for download at [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk).

Contact [galas@cityofsunderlandasc.co.uk](mailto: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. 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 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 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](mailto:galas@cityofsunderlandasc.co.uk)) must be with the promoter no later than:
- By 4pm on Thursday 22<sup>nd</sup> January 2026 for Friday 23<sup>rd</sup> January 2026 events
  - By 4pm on Friday 23<sup>rd</sup> January 2026 for Saturday 24<sup>th</sup> January 2026 events
  - By 2pm on Saturday 24<sup>th</sup> January 2026 for Sunday 25<sup>th</sup> January 2026 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, must 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](mailto: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](http://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 stroke 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](mailto:officials@cityofsunderlandasc.co.uk)
- 24** The meet manager can be contacted via: [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk)
- 25** Further information can be obtained from: [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk). Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)

**ORDER OF EVENTS****SESSION 1 – Friday 23<sup>rd</sup> January 2026**

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

**SESSION 2 – Saturday 24<sup>th</sup> January 2026**

|     |   |      |                             |
|-----|---|------|-----------------------------|
| 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 24<sup>th</sup> January 2026**

|     |   |      |                         |
|-----|---|------|-------------------------|
| 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 25<sup>th</sup> January 2026**

|     |   |      |                         |
|-----|---|------|-------------------------|
| 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 25<sup>th</sup> January 2026**

|     |   |      |                             |
|-----|---|------|-----------------------------|
| 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 23<sup>rd</sup>, SATURDAY 24<sup>th</sup> & SUNDAY 25<sup>th</sup> JANUARY 2026**

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<br>Free | 100<br>Free | 200<br>Free | 400<br>Free | 800m<br>Free | 1500<br>Free | 50<br>Back | 100<br>Back | 200<br>Back | 50<br>Breast | 100<br>Breast | 200<br>Breast | 50<br>Fly | 100<br>Fly | 200<br>Fly | 200<br>IM | 400<br>IM |
|-------------------|------------|-------------|-------------|-------------|--------------|--------------|------------|-------------|-------------|--------------|---------------|---------------|-----------|------------|------------|-----------|-----------|
| <b>10/<br/>11</b> | 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    |
| <b>12</b>         | 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    |
| <b>13</b>         | 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    |
| <b>14</b>         | 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    |
| <b>15</b>         | 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    |
| <b>16/<br/>OV</b> | 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<br>Free | 100<br>Free | 200<br>Free | 400<br>Free | 800m<br>Free | 1500<br>Free | 50<br>Back | 100<br>Back | 200<br>Back | 50<br>Breast | 100<br>Breast | 200<br>Breast | 50<br>Fly | 100<br>Fly | 200<br>Fly | 200<br>IM | 400<br>IM |
|-------------------|------------|-------------|-------------|-------------|--------------|--------------|------------|-------------|-------------|--------------|---------------|---------------|-----------|------------|------------|-----------|-----------|
| <b>10/<br/>11</b> | 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    |
| <b>12</b>         | 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    |
| <b>13</b>         | 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    |
| <b>14</b>         | 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    |
| <b>15</b>         | 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    |
| <b>16/<br/>OV</b> | 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 23<sup>rd</sup> – 24<sup>th</sup> JANUARY 2026**

**MALE/OPEN ENTRIES**

| NAME & ASA No. | DOB | 50<br>FREE | 100<br>FREE | 200<br>FREE | 400<br>FREE | 800<br>FREE | 1500<br>FREE | 50<br>BACK | 100<br>BACK | 200<br>BACK | 50<br>BREAST | 100<br>BREAST | 200<br>BREAST | 50<br>FLY | 100<br>FLY | 200<br>FLY | 200<br>IM | 400<br>IM |
|----------------|-----|------------|-------------|-------------|-------------|-------------|--------------|------------|-------------|-------------|--------------|---------------|---------------|-----------|------------|------------|-----------|-----------|
|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |
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|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |

Club \_\_\_\_\_

Total no of male/open entries \_\_\_\_\_



FEMALE ENTRIES

| NAME & ASA No. | DOB | 50<br>FREE | 100<br>FREE | 200<br>FREE | 400<br>FREE | 800<br>FREE | 1500<br>FREE | 50<br>BACK | 100<br>BACK | 200<br>BACK | 50<br>BREAST | 100<br>BREAST | 200<br>BREAST | 50<br>FLY | 100<br>FLY | 200<br>FLY | 200<br>IM | 400<br>IM |
|----------------|-----|------------|-------------|-------------|-------------|-------------|--------------|------------|-------------|-------------|--------------|---------------|---------------|-----------|------------|------------|-----------|-----------|
|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |
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|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |
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|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |
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|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |
|                |     |            |             |             |             |             |              |            |             |             |              |               |               |           |            |            |           |           |

Club\_\_\_\_\_ Total no of female entries\_\_\_\_\_



**PAPER ENTRIES - CITY OF SUNDERLAND ASC NEW YEAR MEET 23<sup>rd</sup> – 24<sup>th</sup> JANUARY 2026**

**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](mailto: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 2026 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 Standard Entries    |          | £9.00     |            |
| Male/Open Standard Entries |          | £9.00     |            |
| Female Distance Entries    |          | £13.00    |            |
| Male/Open Distance Entries |          | £13.00    |            |
| Paper Entry Admin Fee      |          | £10.00    |            |
| Poolside Pass              |          | £25.00    |            |
| Total Cost                 |          |           |            |