



City of Sunderland ASC

(Affiliated to N&D SA & SE NER)

National Qualifier 2026

(Under ASA Laws & Technical Rules)

Friday 10th, Saturday 11th & Sunday 12th April 2026

This event is licensed Level 1 by the ASA

Licence number: 1NE260177

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 2026.**
- 6 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1st July 2024**. Entries will be accepted from Level 1-3 meets only.
- 7 Entry fees are £9.00 per individual swim, £13.00 for 800m and 1500m swims (to include licence fee). An admin fee of £10.00 will be charged for all paper entries. All entries must state the club and show name and full date of birth for each swimmer.

- 8 Entries files/forms and entry fees **must** be received by **6pm Wednesday 4th March 2026** at the latest and an email address must be provided for return of entry information. Payment must be made to C.O.S.A.S.C. **by entry deadline. Electronic entry and payment is preferred using reference NQ26 followed by club name** – the **locked** electronic entry file will be available for download 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.

- 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 emails (galas@cityofsunderlandasc.co.uk) should be with the promoter no later than:
- 4:00pm on Thursday 9th April for Friday 10th April events
 - 4:00pm on Friday 10th April for Saturday 11th April events
 - 2:00pm on Saturday 11th April for Sunday 12th April 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 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 14 **Awards:**
- Medals will be awarded in each even as follows:
 - Age Groups 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over – to the top THREE placed swimmers.
 - There will be a Top Boy / Girl award based on best 4 swims (FINA pts) for 14/Under and 15/Over.
 - 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 awards per swimmer).
- 15 Late entries / poolside entries, if accepted, will be at the discretion of the promoter.
- 16 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.
- 17 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.**
- 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 a buffet lunch and start/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.

Meet programmes and start lists will be published online only, 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 and side-by-side for backstroke 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 may be in operation throughout the gala.

23 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

24 Officials information can be obtained from: officials@cityofsunderlandasc.co.uk

25 The meet manager can be contacted via: meetmanager@cityofsunderlandasc.co.uk

26 Further information can be obtained from: galas@cityofsunderlandasc.co.uk

Also see our website: www.cityofsunderlandasc.co.uk

Event Schedule

Session 1 – 10/04/2026 @ 17:30

101	Mixed	Open	800 Free	HDW
102	Mixed	Open	1500 Free	HDW

Session 2 – 11/04/2026 @ 09:00

201	Boys	Open	400 Free	HDW
202	Girls	Open	200 IM	HDW
203	Boys	Open	200 Back	HDW
204	Girls	Open	200 Free	HDW
205	Boys	Open	100 Breast	HDW
206	Girls	Open	100 Fly	HDW
207	Boys	Open	50 Fly	HDW
208	Girls	Open	50 Breast	HDW

Session 4 – 12/04/2026 @ 09:00

401	Girls	Open	400 Free	HDW
402	Boys	Open	200 IM	HDW
403	Girls	Open	200 Back	HDW
404	Boys	Open	200 Free	HDW
405	Girls	Open	100 Breast	HDW
406	Boys	Open	100 Fly	HDW
407	Girls	Open	50 Fly	HDW
408	Boys	Open	50 Breast	HDW

Session 3 – 11/04/2026 @ 14:00

301	Boys	Open	400 IM	HDW
302	Girls	Open	200 Fly	HDW
303	Boys	Open	200 Breast	HDW
304	Girls	Open	100 Back	HDW
305	Boys	Open	100 Free	HDW
306	Girls	Open	50 Free	HDW
307	Boys	Open	50 Back	HDW

Session 5 – 12/04/2026 @ 14:00

501	Girls	Open	400 IM	HDW
502	Boys	Open	200 Fly	HDW
503	Girls	Open	200 Breast	HDW
504	Boys	Open	100 Back	HDW
505	Girls	Open	100 Free	HDW
506	Boys	Open	50 Free	HDW
507	Girls	Open	50 Back	HDW

City of Sunderland ASC National Qualifier - Long Course Qualifying Times

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)

MALE/OPEN

	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
10/11	43.0	1:20.0	2:58.8	6:04.0	12:34.6	24:59.7	47.2	1:31.8	3:16.0	52.2	1:43.5	3:43.1	47.2	1:31.8	3:18.5	3:18.3	6:58.8
12	40.0	1:17.0	2:44.8	5:46.1	11:55.0	22:35.5	44.5	1:27.2	3:04.7	48.6	1:38.9	3:29.2	42.1	1:26.0	3:04.9	3:06.8	6:34.7
13	38.0	1:15.0	2:36.6	5:29.8	11:25.8	21:31.6	42.2	1:21.7	2:54.3	45.8	1:32.1	3:19.5	39.9	1:22.0	2:59.0	2:59.7	6:14.4
14	35.5	1:13.0	2:29.6	5:15.0	11:10.0	20:34.0	40.1	1:17.0	2:46.3	42.7	1:27.1	3:06.5	38.0	1:18.0	2:49.0	2:50.8	5:57.3
15	34.0	1:10.0	2:24.7	5:05.6	11:00.5	19:52.1	37.5	1:14.2	2:40.0	40.8	1:23.4	2:59.4	35.2	1:14.0	2:44.0	2:42.4	5:44.2
16/OV	31.0	1:07.0	2:20.3	4:57.1	10:51.0	19:22.7	34.5	1:12.3	2:35.4	37.8	1:20.9	2:55.6	32.4	1:11.0	2:36.0	2:37.9	5:35.6

FEMALE

	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
10/11	44.0	1:21.3	2:59.4	6:01.4	12:34.6	24:59.7	48.1	1:31.9	3:16.0	52.8	1:43.6	3:41.6	48.1	1:30.9	3:19.6	3:19.3	6:57.3
12	41.4	1:18.0	2:46.5	5:46.8	11:55.0	22:35.5	45.9	1:28.5	3:05.6	49.0	1:38.2	3:28.9	43.9	1:24.9	3:06.7	3:08.8	6:34.9
13	39.0	1:16.0	2:40.2	5:34.3	11:25.8	21:31.6	42.4	1:24.7	2:59.3	46.1	1:32.8	3:19.5	40.7	1:21.2	3:01.5	3:01.8	6:20.6
14	36.0	1:14.0	2:36.1	5:26.0	11:10.0	20:34.0	39.0	1:21.6	2:54.8	44.6	1:31.0	3:12.7	38.7	1:18.3	2:53.0	2:57.3	6:12.0
15	34.2	1:11.6	2:33.1	5:18.8	11:00.5	19:52.1	38.0	1:19.9	2:51.0	42.4	1:29.5	3:10.7	36.8	1:16.9	2:50.7	2:53.9	6:05.2
16/OV	32.2	1:10.8	2:31.5	5:16.2	10:51.0	19:22.7	37.6	1:19.1	2:48.9	41.1	1:28.1	3:09.8	35.2	1:15.8	2:48.3	2:51.9	6:00.8



PAPER ENTRIES - CITY OF SUNDERLAND ASC National Qualifier 10th – 12th April 2026

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 National Qualifier 10th – 12th April 2026

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 _____

City of Sunderland ASC - National Qualifier 2026
Friday 10th, Saturday 11th and Sunday 12th April

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

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: COSASC (CIC)

Return the summary sheet and cheque to:

National Qualifier 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 Standard Entries		£9.00	
Female Distance Entries		£13.00	
Male Distance Entries		£13.00	
Poolside Pass		£25.00	
Total Cost			