

No Frills Meet 2017

Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts may be used at the promoter's discretion.
3. The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
4. All events will be heat declared winners.
5. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool are.
6. This meet will be run using the linked Sportsystems software and all entry times will be directly checked with the ASA rankings files and will be rejected if the submitted times are not on the ranking files. Converted short course times can be used and the Sportsystem entry file will be produced to accept these times. All times must have been achieved in the previous 12 months before the date of the gala.
7. Swimmers, who will be 11 years of age at the National Age Group Championships, may be considered if they meet the times listed and at the discretion of the meet organiser.
8. Time entries to be based on 50m pool times. Poolside entries will not be accepted.
9. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the swimmers with the fastest submitted times will take precedence. Events chosen for restrictions will be at the meet organiser's discretion.
10. The promoter reserves the right to fill empty lanes with COSSS swimmers.
11. Coaches MUST wear badges provided and will receive a programme and full set of starts sheets. During the gala live results will be published via the club web site www.cosss.co.uk
12. A draft programme will be posted on the web site. All rejected swim refunds will be returned to the relevant clubs during the gala.
13. Withdrawals must be made before the start of each warm-up session to the Omega timing suite or via email to Mrs Lesley Senior cosssgalas@gmail.com
14. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
15. If cancellation of the event is necessary then the only claim will be the entry fee paid.
16. The Referees decision on all swimming matters is final.
17. Any point not covered by these rules will be at the discretion of the organisers.

Age Groups: Ages as of 14th May 2017

Boys 11/u yrs, 12, 13, 14, 15/16, 17/ov

Girls 11/u yrs, 12, 13, 14, 15/16, 17/ov

Awards to 1st 3 in all Age Groups

Competition Pool			Swim Down Diving Pit	
	Start	Finish	Start	Finish
Warm up	9:00	9:55		
Session 1 & 2	10:00	12:30	10:00	12:30
Warm up	12:30	13:25		
Session 3	13:30	16:00	13:30	16:00
Warm up	9:00	9:55		
Session 4 & 5	10:00	12:30	10:00	12:30
Warm up	12:30	13:25		
Session 6	13:30	16:00	13:30	16:00