



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

Summer Splash 2017

(Under ASA Laws & Technical Rules)

Saturday 8th July & Sunday 9th July 2017

**This event is licensed Level 3 by the ASA for entry into
Regional and County Championships and other Meets at Level 1 or Level 2**

Licence number: TBC

- 1 Sunderland Aquatic Centre is a 10 lane 50m pool with a full electronic timing system. A 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, 4x100m Medley and Freestyle team relays, 4x50m Medley and Freestyle team relays, 8x50m Medley and Freestyle team cannon. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 4 **Age at 9th July 2017.**
- 5 Entries will not be accepted from any swimmer who (age on 9th July 2017) has a time faster than the upper limit time for each event.
- 6 Non-refundable entry fee of £6.50 per swim (to include licence fee). Team events are £10 per team. An admin fee of £10 will be charged for all paper entries.
- 7 All entries must state the club and show name and full date of birth for each swimmer.
- 8 Entry files/forms should be returned to the Meet Manager **by 5pm Friday 9th June 2017** at the latest enclosing fees and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **Electronic entry is preferred** – the electronic entry file will be available for download at www.cityofsunderlandasc.co.uk. Contact the meet manager 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. Entries will be accepted from Level 1 – Level 4 meets achieved after 1st January 2016. Swimmers that do not have a time 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** have met the stated qualifying times for the meet.

10 Should entries be over-subscribed, entries will be rejected on the basis of:

- 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 the session times.

11 The meet is cardless. All entry withdrawal forms or e-mails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than 5pm the day before the heats of the event takes place:

- By 5pm on Friday 7th July for Saturday 8th July events
- By 5pm on Saturday 8th July for Sunday 9th July events

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

13 Awards:

- There be an award for the Top Club.
- Will be made to the top three placed swimmers in each age group in each event.
- Will be made to places 4th, 5th, 6th in age groups 9,10,11,12.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer).
- Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system.

Medal policy: 9, 10, 11 & 12 years, top 6 places. 13, 14, 15 & 16+ years, top 3 places

14 Late entries / poolside entries will be at the discretion of the promoter.

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

16 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.

17 Spectators are not allowed onto poolside at anytime.

18 Weekend coach passes cost £20.00. This includes a programme, lunch tickets and results sheets on request. Coaches will not be allowed on poolside or in changing rooms without a valid pass.

19 Admission for spectators will be:

ALL DAY SATURDAY	–	£8.00
ALL DAY SUNDAY	–	£8.00
WEEKEND PASS	–	£14.00
SESSION PASS	–	£4.00

Children, accompanied by adults, will be admitted free. OAP half price (admission only)

Weekend Programme	-	£2.00
Start List	-	£0.50 (per session)

20 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

21 Swim shop will be in operation throughout the gala.

22 Conditions have been checked by the Lead Referee – Christine Golightly,
christine.golightly@hotmail.co.uk

23 Further information can be obtained from Paul McGee at: galas@cityofsunderlandasc.co.uk.
Also see our website: www.cityofsunderlandasc.co.uk

**ORDER OF EVENTS**

The cannon is comprised of 4 age groups 9 -10, 11-12, 13-14, 15+ (girls swim first)
(The final leg is open to a member of the coaching or poolside staff)

SESSION 1			
Event No	Gender	Age Group	Event
101	Mixed	All	8 x 50m Cannon freestyle relay
102	Boys	13yrs & Over	200m IM
103	Girls	13yrs & Over	200m IM
104	Boys	9-12 yrs	100m Breaststroke
105	Girls	9-12 yrs	100m Breaststroke
106	Boys	13yrs & Over	50m Backstroke
107	Girls	13yrs & Over	50m Backstroke
108	Boys	9-12 yrs	50m Freestyle
109	Girls	9-12 yrs	50m Freestyle
110	Boys	13yrs & Over	200m Backstroke
111	Girls	13yrs & Over	200m Backstroke
112	Boys	9-12 yrs	200m Butterfly
113	Girls	9-12 yrs	200m Butterfly
114	Boys	13yrs & Over	100m Freestyle
115	Girls	13yrs & Over	100m Freestyle
116	Boys	9-12 yrs	4x50m Medley Relay
117	Girls	9-12 yrs	4x50m Freestyle Relay

SESSION 3			
Event No	Gender	Age Group	Event
301	Mixed	All	8 x 50m Cannon Medley relay
302	Girls	9-12 yrs	200m IM
303	Boys	9-12 yrs	200m IM
304	Girls	13yrs & Over	100m Breaststroke
305	Boys	13yrs & Over	100m Breaststroke
306	Girls	9-12 yrs	50m Backstroke
307	Boys	9-12 yrs	50m Backstroke
308	Girls	13yrs & Over	50m Freestyle
309	Boys	13yrs & Over	50m Freestyle
310	Girls	9-12 yrs	200m Backstroke
311	Boys	9-12 yrs	200m Backstroke
312	Girls	13yrs & Over	200m Butterfly
313	Boys	13yrs & Over	200m Butterfly
314	Girls	9-12 yrs	100m Freestyle
315	Boys	9-12 yrs	100m Freestyle
316	Girls	13yrs & Over	4x100m Medley Relay
317	Boys	13yrs & Over	4x100m Freestyle Relay

SESSION 2			
Event No	Gender	Age Group	Event
201	Boys	13yrs & Over	200m Breaststroke
202	Girls	13yrs & Over	200m Breaststroke
203	Boys	9-12 yrs	200m Freestyle
204	Girls	9-12 yrs	200m Freestyle
205	Boys	13yrs & Over	100m Butterfly
206	Girls	13yrs & Over	100m Butterfly
207	Boys	9-12 yrs	50m Breaststroke
208	Girls	9-12 yrs	50m Breaststroke
209	Boys	13yrs & Over	50m Butterfly
210	Girls	13yrs & Over	50m Butterfly
211	Boys	9-12 yrs	100m Backstroke
212	Girls	9-12 yrs	100m Backstroke
213	Boys	13yrs & Over	4x100m Medley Relay
214	Girls	13yrs & Over	4x100m Freestyle Relay

SESSION 4			
Event No	Gender	Age Group	Event
401	Girls	9-12 yrs	200m Breaststroke
402	Boys	9-12 yrs	200m Breaststroke
403	Girls	13yrs & Over	200m Freestyle
404	Boys	13yrs & Over	200m Freestyle
405	Girls	9-12 yrs	100m Butterfly
406	Boys	9-12 yrs	100m Butterfly
407	Girls	13yrs & Over	50m Breaststroke
408	Boys	13yrs & Over	50m Breaststroke
409	Girls	9-12 yrs	50m Butterfly
410	Boys	9-12 yrs	50m Butterfly
411	Girls	13yrs & Over	100m Backstroke
412	Boys	13yrs & Over	100m Backstroke
413	Girls	9-12 yrs	4x50m Medley Relay
414	Boys	9-12 yrs	4x50m Freestyle Relay

CITY OF SUNDERLAND ASC LONG COURSE SUMMER SPLASH - SAT 8th & SUN 9th JULY 2017

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

	MALE										FEMALE					
	9/10	11	12	13	14	15	16/OV	9/10	11	12	13	14	15	16/OV		
50 Free	00:31.60	00:29.34	00:29.01	00:28.70	00:26.05	00:25.64	00:25.18	00:32.60	00:30.24	00:29.70	00:28.80	00:28.47	00:28.23	00:27.97		
100 Free	01:10.60	01:07.30	01:02.52	00:58.98	00:56.79	00:54.49	00:54.49	01:09.70	01:06.41	01:03.96	01:02.03	01:01.04	00:59.84	00:59.84		
200 Free	02:30.00	02:23.90	02:15.52	02:08.38	02:03.36	01:58.66	01:58.66	02:30.50	02:23.37	02:17.96	02:13.41	02:11.22	02:08.74	02:08.74		
50 Breast	00:42.70	00:39.70	00:36.90	00:35.70	00:33.90	00:31.00	00:31.00	00:43.00	00:40.41	00:38.41	00:37.41	00:36.41	00:35.41	00:35.41		
100 Breast	01:28.18	01:24.03	01:21.85	01:16.52	01:13.18	01:10.19	01:10.19	01:30.80	01:26.50	01:22.51	01:19.96	01:18.24	01:17.11	01:17.11		
200 Breast	03:15.70	03:06.44	02:56.72	02:45.80	02:39.30	02:33.14	02:33.14	03:14.20	03:06.94	02:57.22	02:51.77	02:48.70	02:46.10	02:46.10		
50 Fly	00:35.88	00:33.88	00:31.88	00:29.88	00:27.88	00:26.88	00:25.88	00:37.00	00:35.00	00:32.21	00:31.21	00:30.21	00:29.21	00:29.21		
100 Fly	01:20.20	01:16.90	01:10.80	01:05.96	01:02.76	00:59.77	00:59.77	01:19.32	01:16.20	01:11.82	01:08.98	01:07.40	01:06.11	01:06.11		
200 Fly	02:59.70	02:51.32	02:39.14	02:28.02	02:20.12	02:13.78	02:13.78	02:58.90	02:50.85	02:39.69	02:32.08	02:28.66	02:26.00	02:26.00		
50 Back	00:37.70	00:35.70	00:33.70	00:31.70	00:30.70	00:29.70	00:28.07	00:38.00	00:35.00	00:34.00	00:33.00	00:32.00	00:31.00	00:31.00		
100 Back	01:21.50	01:17.20	01:11.99	01:07.80	01:04.85	01:02.23	01:02.23	01:19.67	01:15.86	01:12.80	01:10.26	01:08.89	01:07.58	01:07.58		
200 Back	02:51.70	02:43.60	02:33.90	02:25.38	02:19.35	02:14.50	02:14.50	02:49.36	02:42.36	02:35.36	02:29.97	02:27.19	02:25.13	02:25.13		
200 I.M.	02:52.60	02:44.43	02:34.38	02:26.30	02:20.34	02:15.04	02:15.04	02:50.70	02:43.70	02:36.54	02:31.59	02:29.13	02:26.57	02:26.57		



CITY OF SUNDERLAND ASC SUMMER SPLASH 2017

SAT 8th JULY / SUN 9th JULY 2017

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:

Meet Manager
City of Sunderland ASC
14 Nairn Close
Sunderland
SR4 8RN

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

	Quantity	Unit Cost	Total Cost
Female Entries		£6.50	
Male Entries		£6.50	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£20.00	
Total Cost			