



# City of Sunderland ASC Long Course Summer Splash

*(Under ASA Laws & Technical Rules. Licence number NE160857)*

**Saturday 9<sup>th</sup> July & Sunday 10<sup>th</sup> July 2016**

**This event is licensed Level 3 by the ASA for entry into  
Regional Championships and levels 1 & 2**

**Licence number: NE160857**

- 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 10th July 2016**
- 5 Entries will not be accepted from any swimmer who has a time faster than the upper limit time for each event.
- 6 Non-refundable entry fee of £6.00 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, full date of birth and ASA number for each swimmer
- 8 Entry files/forms should be returned to the Meet Manager **by 6pm Monday 6th June 2016** 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](http://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 1<sup>st</sup> January 2015. Swimmers that do not have a time can be entered with a “Y”. Paper entry times which are short course should be converted to LC 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:
- No Times ('Yes' Entries) - unless the swimmer is a classified Para-Swimmer
  - Slowest submitted times within each age group.
- COSASC reserve the right to limit entry numbers to each event to manage the session times.
- 11** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 12 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 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> 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.
- 13 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** A withdrawal system will be in operation. Seeded Heat Start Lists will be produced prior to the start time of the Session. If a swimmer is NOT going to swim in an event it is the responsibility of the club entering the swimmer to inform the promoter no later than 5pm the day before the heats of that event takes place.
- 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 at anytime.
- 19** 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.
- 20** 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)

Start List	- £0.50 (per session)
Result Sheet	- £0.20 (per event)

- 21** Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 22** In accordance with ASA Child Protection recommendations, any person wishing to use camera, video or digital capturing device (including mobile phones) should first register their details at the spectator entrance. An identification label will be issued and this must be displayed at all times.
- 23** Swim shop will be in operation throughout the gala.
- 24** Conditions have been checked by the Lead Referee – Christine Golightly, [christine.golightly@hotmail.co.uk](mailto:christine.golightly@hotmail.co.uk)
- 25** Further information can be obtained from Kelly Smith at : [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)
- 26** ASA Officials information can be obtained from: [officials@cityofsunderlandasc.co.uk](mailto:officials@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)

**(Please note that 9 year olds are not permitted to compete in 100m events)**

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	10-12 yrs	100m Breaststroke
105	Girls	10-12 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	10-12 yrs	100m Freestyle
315	Boys	10-12 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	10-12 yrs	100m Backstroke
212	Girls	10-12 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	10-12 yrs	100m Butterfly
406	Boys	10-12 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 9th & SUN 10th JULY 2016**

**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
<b>50 Free</b>	00:31.60	00:31.60	00:29.34	00:29.01	00:28.70	00:26.05	00:25.64	00:25.18		00:32.60	00:32.60	00:30.24	00:29.70	00:28.80	00:28.47	00:28.23	00:27.97
<b>100 Free</b>		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
<b>200 Free</b>	02:30.00	02:30.00	02:23.90	02:15.52	02:08.38	02:03.36	01:58.66	01:58.66		02:30.50	02:30.50	02:23.37	02:17.96	02:13.41	02:11.22	02:08.74	02:08.74
<b>50 Breast</b>	00:42.70	00:42.70	00:39.70	00:36.90	00:35.70	00:33.90	00:31.00	00:31.00		00:43.00	00:43.00	00:40.41	00:38.41	00:37.41	00:36.41	00:35.41	00:35.41
<b>100 Breast</b>		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
<b>200 Breast</b>	03:15.70	03:15.70	03:06.44	02:56.72	02:45.80	02:39.30	02:33.14	02:33.14		03:14.20	03:14.20	03:06.94	02:57.22	02:51.77	02:48.70	02:46.10	02:46.10
<b>50 Fly</b>	00:35.88	00:35.88	00:33.88	00:31.88	00:29.88	00:27.88	00:26.88	00:25.88		00:37.00	00:37.00	00:35.00	00:32.21	00:31.21	00:30.21	00:29.21	00:29.21
<b>100 Fly</b>		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
<b>200 Fly</b>	02:59.70	02:59.70	02:51.32	02:39.14	02:28.02	02:20.12	02:13.78	02:13.78		02:58.90	02:58.90	02:50.85	02:39.69	02:32.08	02:28.66	02:26.00	02:26.00
<b>50 Back</b>	00:37.70	00:37.70	00:35.70	00:33.70	00:31.70	00:30.70	00:29.70	00:28.07		00:38.00	00:38.00	00:35.00	00:34.00	00:33.00	00:32.00	00:31.00	00:31.00
<b>100 Back</b>		01:21.50	01:17.70	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
<b>200 Back</b>	02:51.70	02:51.70	02:43.60	02:33.90	02:25.38	02:19.35	02:14.50	02:14.50		02:49.36	02:49.36	02:42.36	02:35.36	02:29.97	02:27.19	02:25.13	02:25.13
<b>200 I.M.</b>	02:52.60	02:52.60	02:44.43	02:34.38	02:26.30	02:20.34	02:15.04	02:15.04		02:50.70	02:50.70	02:43.70	02:36.54	02:31.59	02:29.13	02:26.57	02:26.57







**CITY OF SUNDERLAND ASC LC SUMMER SPLASH**  
**SAT 9th JULY / SUN 10th JULY 2016**  
**SUMMARY OF ENTRIES**

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELE NO \_\_\_\_\_

MOBILE \_\_\_\_\_

E-MAIL \_\_\_\_\_

**Entry Fees**

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  
35 Summerhill  
Middle Herrington  
Sunderland  
SR3 3NJ

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

Female Entries @ £6.00

Male Entries @ £6.00

Relay Entries @ 10.00

Coach Passes @ £20.00

Total Entry Fee Enclosed £ \_\_\_\_\_