



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

Summer Splash 2018

(Under ASA Laws & Technical Rules)

Saturday 30th June & Sunday 1st July 2018

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 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, 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 1st July 2018.**
- 5 Entries will not be accepted from any swimmer who (age on 1st July 2018) has a time faster than the upper limit time for each event.
- 6 Non-refundable entry fee of £7.00 per swim (to include licence fee). Team events are £10.00 per team. An admin fee of £10.00 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. Swimmers can compete for only one club during the meet.
- 8 Entry files/forms and entry fees **must** be received by **5pm Friday 25th May 2018** at the latest, and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **Electronic entry and payment is preferred** – the 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. Entries will be accepted from Level 1 – Level 4 meets achieved **after 1st January 2017**. 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 Late entries / poolside entries will be at the discretion of the promoter.
- 11 All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.

12 Should entries be over-subscribed, entries will be rejected based on:

- 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. We recommend that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSASC cannot be held responsible for any costs so arising.

13 The meet is cardless. All entry withdrawal forms or e-mails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than:

- 4:00pm on Friday 29th June for Saturday 30th June events.
- 2:00pm on Saturday 30th June for Sunday 1st July events.

14 Refunds will not be given for swimmers withdrawn after the closing date or for entry errors or omissions attributable to the individual or their club. Withdrawals for medical reasons must be accompanied by the appropriate certification to qualify for a refund.

15 The promoter reserves the right to fill empty lanes with COSASC swimmers.

16 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

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 **any** time.

19 Weekend coach passes cost £20.00. This includes a programme, lunch tickets and start/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)

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

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 If cancellation of the event is necessary, then only the entry fees paid can be claimed.

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

25 Officials information can be obtained from Simon Palmer at: officials@cityofsunderlandasc.co.uk

26 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 30TH JUNE & SUN 1ST JULY 2018

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 2018
SAT 30th JUNE / SUN 1st JULY 2018
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:

Summer Splash 18
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 | | £7.00 | |
| Male Entries | | £7.00 | |
| Paper Entry Admin Fee | | £10.00 | |
| Poolside Pass | | £20.00 | |
| Total Cost | | | |