



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

'Long Course'

Non-National Qualifier Meet

17th & 18th July 2010

(Under asa Laws & Technical Rules)

Saturday 17th July 2010

Session 1 (a.m.)

Warm-up (8:00am)

1. Girl's open 200m Freestyle
2. Boy's open 50m Butterfly
3. Girl's open 50m Backstroke
4. Boy's open 200m Butterfly
5. Girl's open 100m Breaststroke
6. Boy's open 100m Backstroke
7. Girl's open 400 IM

Session 2 (p.m.)

Warm-up (TBC)

8. Boy's open 400 Freestyle
9. Girl's open 200m Backstroke
10. Boy's open 50m Breaststroke
11. Girl's open 50m Freestyle
12. Boy's open 200m Breaststroke
13. Girl's open 100m Butterfly
14. Boy's open 100m Freestyle
15. Girl's open 200 I.M

Sunday 18th July 2010

Session 3 (a.m.)

Warm-up (8:00am)

16. Boy's open 200m Freestyle
17. Girl's open 50m Butterfly
18. Boy's open 50m Backstroke
19. Girl's open 200m Butterfly
20. Boy's open 100m Breaststroke
21. Girl's open 100m Backstroke
22. Boy's open 400 IM

Session 4 (p.m.)

Warm-up (TBC)

23. Girl's open 400 Freestyle
24. Boy's open 200m Backstroke
25. Girl's open 50m Breaststroke
26. Boy's open 50m Freestyle
27. Girl's open 200m Breaststroke
28. Boy's open 100m Butterfly
29. Girl's open 100m Freestyle
30. Boy's Open 200 I.M

Entries will not be accepted from
any swimmer (age on 18th July)
who has a National Qualifying Time in any event

ENTRIES £6.00 EACH



***This event is licensed Level 3 by the ASA for entry into
Regional Championships and levels 1 & 2
Licence number - 3NE0469***

- 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, 400m Individual Medley and 400m Freestyle. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over
- 4 **Age at 18th July 2010**
- 5 Entry cut off times are National Qualifying Times 2010. Entries will not be accepted from any swimmer who (age on 18th July 2010) has a national qualifying time in *any* event.
- 6 Entry fees are £6.00 per swim (to include licence fee).
- 7 All entries must state the club and show name and full date of birth for each swimmer
- 8 Entry forms should be returned to the Meet Manager by **Wednesday 16th June 2010** 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 should be in or converted to 50m pool times by use of ASA Conversion Tables.
- 10 Should entries be over-subscribed, entries will be accepted in the first instance from clubs affiliated to the Northumberland & Durham ASA. City of Sunderland ASC reserve the right to limit entry numbers of each event to manage the session times.
- 11 The meet is cardless. All entry withdrawal forms must be presented in the recorders office no later than 45 minutes before the commencement of each session.
- 12 All events will be heat declared winners – heats will be swum with all age groups combined and swimmers seeded by entry times.
- 13 Awards:
 - will be made to the top three placed swimmers in each age group using points scoring (8 - 1) in each event
 - Will be made to top girl/top boy in each age group based on points.

- 14** Late entries / poolside entries will be at the discretion of the promoter at £10 per swim. Swimmers competing on poolside entries will not be eligible for event awards or to count these events towards the Top Boy & Top Girl awards.
- 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.
- 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. Coaches will not be allowed on poolside 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 |
| WEEKEND PROGRAM | – | £3.00 |
- Children, accompanied by adults, will be admitted free.
OAP half price (admission only)
- 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** 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.
- 22** Swim shop will be in operation throughout the gala.
- 23** Lead referee for the meet tbc
- 24** Further information can be obtained from the Meet Manager:- John Lamb via email at: galas@cityofsunderlandasc.co.uk

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