



## PREMIER OPEN MEET 2016

THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO  
NATIONAL COMPETITIONS AND CHAMPIONSHIPS Licence applied for.

**VENUE:** PONDS FORGE ISC, SHEFFIELD

**DATE:** Friday 25th, Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> March, 2016

**MEET DIRECTOR:** Lesley Senior

**Mob** 07720930905  
**Email** lesley.senior@virgin.net

**AGE GROUPS:** Boys 11/U yrs, 12, 13, 14, 15/16, 17/Ov  
Girls 11/U yrs, 12, 13, 14, 15/16, 17/Ov  
Ages at 27<sup>th</sup> March 2016

**AWARDS:** Medals to 1st 3 in all age groups.  
• Open 50m swims – medals to 1<sup>st</sup> 3 in finals only  
• Top visiting club award

**EVENTS:** 50m all strokes (open finals)  
• 100m, 200m all strokes 200 IM (finals Age Group and Youth/Senior)  
• 400 IM, 400m, 800m, 1500m freestyle all HDW

**FEES:** £7.00 per event (cheques payable to C.O.S.S.S Ltd)

Coaches' passes for weekend are £15 (to include programme and full set of starts sheets)

Would all clubs please submit their entries via electronic files obtainable from our web site :- [www.cosss.co.uk](http://www.cosss.co.uk)

\*individual entry forms to:- Mrs Lesley Senior  
3 Wood Syke  
Dodworth  
Barnsley  
S75 3SZ

**CLOSING DATE 28<sup>th</sup> February 2016**

# City of Sheffield Swim Squad

## Premier Open Meet 2016

### Programme of Events

<b>Session 1</b>	<b>Friday</b>	<b>25<sup>th</sup> March</b>	<b>Warm Up 5.15pm</b>	<b>Start 6.00pm</b>
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<b>Event No</b>	101	800m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
	102	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Session 2</b>	<b>Saturday</b>	<b>26<sup>th</sup> March</b>	<b>Warm Up 8.00am</b>	<b>Start 9.00am</b>
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<b>Event No</b>	201	200m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/over	
	202	50 Breaststroke	Boys Open	
	203	50 Fly	Girls Open	
	204	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	205	200m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	206	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	207	100m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	208	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Event No</b>	209	200m Freestyle	FINAL	Girls Age Group
	210	200m Freestyle	FINAL	Youth / Open
	211	50m Breaststroke	FINAL	Boys Open
	212	50 Fly	FINAL	Girls Open
	213	100m Backstroke	FINAL	Boys Age Group
	214	100m Backstroke	FINAL	Boys Youth / Open
	215	200m Backstroke	FINAL	Girls Age Group
	216	200m Backstroke	FINAL	Girls Youth / Open
	217	200m Breaststroke	FINAL	Boys Age Group
	218	200m Breaststroke	FINAL	Boys Youth / Open
	219	100m Breaststroke	FINAL	Girls Age Group
	220	100 m Breaststroke	FINAL	Girls Youth / Open

<b>Session 3</b>	<b>Saturday</b>	<b>26<sup>th</sup> March</b>	<b>Warm Up TBC</b>	<b>Start TBC</b>
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<b>Event No</b>	301	200m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	302	50m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	303	50m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	304	200m Fly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	305	100m Fly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	306	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	307	400m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Event no</b>	308	200m IM	FINAL	Girls Age Group
	309	200m IM	FINAL	Youth / Open
	310	50m Freestyle	FINAL	Boys Open
	311	50m Backstroke	FINAL	Girls Open
	312	200m Fly	FINAL	Boys Age Group
	313	200m Fly	FINAL	Boys Youth / Open
	314	100m Fly	FINAL	Girls Age Group
	315	100m Fly	FINAL	Girls Youth / Open
	316	100m Freestyle	FINAL	Boys Age Group
	317	100m Freestyle	FINAL	Boys Youth / Open

<b>Session 4</b>	<b>Sunday</b>	<b>27<sup>th</sup> March</b>	<b>Warm Up 8.00am</b>	<b>Start 9.00am</b>
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<b>Event No</b>	401	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	402	50 Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	403	50 Fly	Boys Open	
	404	100m Backstroke	Girls Open	
	405	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	406	200m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	407	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	408	400m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Event No</b>	409	200m Freestyle	FINAL	Boys Age Group
	410	200m Freestyle	FINAL	Boys Youth / Open
	411	50m Breaststroke	FINAL	Girls Open
	412	50 Fly	FINAL	Boys Open
	413	100m Backstroke	FINAL	Girls Age Group
	414	100m Backstroke	FINAL	Girls Youth / Open
	415	200m Backstroke	FINAL	Boys Age Group
	416	200m Backstroke	FINAL	Boys Youth / Open
	417	200m Breaststroke	FINAL	Girls Age Group
	418	200m Breaststroke	FINAL	Girls Youth / Open
	419	100m Breaststroke	FINAL	Boys Age Group
	420	100m Breaststroke	FINAL	Boys Youth / Open

<b>Session 5</b>	<b>Sunday</b>	<b>27<sup>th</sup> March</b>	<b>Warm Up TBC</b>	<b>Start TBC</b>
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<b>Event No</b>	501	200m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	502	50m Freestyle	Girls Open	
	503	50m Backstroke	Boys Open	
	504	200m Fly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	505	100m Fly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	506	100m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	507	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Event No</b>	508	200m IM	FINAL	Boys Age Group
	509	200m IM	FINAL	Boys Youth / Open
	510	50m Freestyle	FINAL	Girls Open
	511	50m Backstroke	FINAL	Boys Open
	512	200m Fly	FINAL	Girls Age Group
	513	200m Fly	FINAL	Girls Youth / Open
	514	100m Fly	FINAL	Boys Age Group
	515	100m Fly	FINAL	Boys Youth / Open
	516	100m Freestyle	FINAL	Girls Age Group
	517	100m Freestyle	FINAL	Girls Youth / Open

# City of Sheffield Swim Squad

## Premier Open Meet 2016

### Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts will be used at the promoter's discretion.
3. The pool is 50m long, 10 lanes, anti wave lane ropes and electronic timing.
4. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
5. This meet will be run using the linked Sportssystem 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 Sportssystem 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.**
6. 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.
7. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
8. 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 organisers' discretion.
9. **Withdrawals from finals must be notified to the Omega timing suite within 30 mins of the conclusion of the heats for the relevant event.**
10. This meet will operate as a cardless meet.
11. Coaches **MUST** wear badges provided and will receive a programme and full set of start sheets. During the gala live results will be published via the club web site [www.cosss.co.uk](http://www.cosss.co.uk)
12. **All accepted and rejected swims 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 each warm-up session to the Omega timing suite or via email to **Mrs Lesley Senior** Email [lesley.senior@virgin.net](mailto:lesley.senior@virgin.net)
14. The promoter reserves the right to fill empty lanes with cosss swimmers.
15. If cancellation of the event is necessary then the only claim will be the entry fees paid.
16. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
17. The Referees decision on all swimming matters is final.
18. Any point not covered by these rules will be at the discretion of the organisers.

# City of Sheffield Swim Squad

## Premier Open Meet 2016

### Consideration times

Swimmers must have achieved the Qualifying standard times listed below  
LONG COURSE TIMES

*All entries are now linked to the ASA Rankings via Sportsystems Entry for verification*

BOYS						EVENTS	GIRLS					
11/UN	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11/UN	12YRS	13 YRS	14 YRS	15/16 YRS	17/OV
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 FREESTYLE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.10.00	1.10.00	1.06.00	1.02.00	0.59.00	0.58.00	100 FREESTYLE	1.12.00	1.12.00	1.07.00	1.06.00	1.05.00	1.04.00
2.30.00	2.30.00	2.23.00	2.16.00	2.11.00	2.09.00	200 FREESTYLE	2.33.00	2.33.00	2.26.00	2.21.00	2.20.00	2.18.00
5.15.00	5.15.00	5.05.00	4.53.00	4.45.00	4.36.00	400 FREESTYLE	5.20.00	5.20.00	5.10.00	4.55.00	4.50.00	4.45.00
						800 FREESTYLE	11.24.00	11.24.00	11.00.00	10.55.00	10.48.00	10.20.00
21.00.00	21.00.00	19.45.00	19.00.00	18.21.00	17.45.00	1500 FREESTYLE						
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BACKSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.21.00	1.21.00	1.15.00	1.12.00	1.10.00	1.08.00	100 BACKSTROKE	1.20.00	1.20.00	1.18.00	1.16.00	1.14.00	1.12.00
2.53.00	2.53.00	2.41.00	2.37.00	2.30.00	2.25.00	200 BACKSTROKE	2.49.00	2.49.00	2.44.00	2.42.00	2.39.00	2.39.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BREASTSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.33.00	1.33.00	1.26.00	1.23.00	1.22.00	1.15.00	100 BREASTSTROKE	1.32.00	1.32.00	1.30.00	1.27.00	1.25.00	1.23.00
3.21.00	3.21.00	3.06.00	3.01.00	2.48.00	2.44.00	200 BREASTSTROKE	3.16.00	3.16.00	3.10.00	3.05.00	3.02.00	3.00.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BUTTERFLY	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
1.21.00	1.21.00	1.16.00	1.12.00	1.08.00	1.05.00	100 BUTTERFLY	1.19.00	1.19.00	1.16.00	1.15.00	1.13.00	1.12.00
3.00.00	3.00.00	2.52.00	2.42.00	2.30.00	2.24.00	200 BUTTERFLY	3.03.00	3.03.00	2.52.00	2.43.00	2.39.00	2.37.00
2.51.00	2.51.00	2.42.00	2.36.00	2.33.00	2.31.00	200 INDIVIDUAL MEDLEY	2.51.00	2.51.00	2.46.00	2.41.00	2.40.00	2.38.00
6.10.00	6.10.00	5.51.00	5.36.00	5.20.00	5.15.00	400 INDIVIDUAL MEDLEY	6.12.00	6.12.00	5.55.00	5.46.00	5.41.00	5.38.00

# City of Sheffield Swim Squad

## Premier Open Meet 2016

Ponds Forge, Sheffield 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> March 2016

### Individual Entry Form

*All entry times are now linked to the ASA Rankings via Sportsystems Entry for verification*

**ALL ENTRIES TO BE CONVERTED TO LONG COURSE TIMES**

Please complete all details requested below in **full** \*

Name						Male /Female
Address						
Telephone No *					(We require a contact No)*	
Date Of Birth				Age as at 27 <sup>th</sup> March 2016		
Club						
ASA Registration No						
Entry No (Official Use Only)						
<b>50 free</b>	<b>100 free</b>	<b>200 free</b>	<b>400 free</b>	<b>800 free</b>	<b>1500 free</b>	
<b>50 back</b>	<b>100 back</b>	<b>200 back</b>	<b>50 breast</b>	<b>100 breast</b>	<b>200 breast</b>	
<b>50 fly</b>	<b>100 fly</b>	<b>200 fly</b>		<b>200 IM</b>	<b>400 IM</b>	
Total number of entries @ £7.00 per event					£	
Coaches passes @ £15.00 each					£	

**CLOSING DATE 28<sup>th</sup> February 2016**

**Please return to:**

Mrs Lesley Senior  
3 Wood Syke  
Dodworth  
Barnsley  
S75 3SZ  
Email

lesley.senior@virgin.net

www.cosss.co.uk

**Swim21**  
Accredited

# City of Sheffield Swim Squad

## Premier Open Meet 2016

### CLUB ELECTRONIC ENTRY SUMMARY SHEET

**All electronic club entries please return this summary sheet with your entry form and payment.**

- All cheques made payable to COSSS Ltd (City of Sheffield Swim Squad). BACS payments please email for details.
- all rejected and accepted swims will be published on the club web site.
- **Please enclose a computer generated Sportsystems printout of swims with your payment (these should balance with each other minus pass payment). For our records.**

CLUB .....

CLUB CONTACT .....

CONTACT ADDRESS & TEL NO .....

### Entries

Girls	.....@ £7.00 per event	£.....
Boys	.....@ £7.00 per event	£.....
Coaches Passes	.....@ £15.00 per pass	£.....
	TOTAL	£.....

Return to :

**Mrs Lesley Senior  
3 Wood Syke  
Dodworth  
Barnsley  
S75 3SZ  
Email**

**lesley.senior@virgin.net**