



SWIM SQUAD

SUMMER MEET 2016

THIS IS A LEVEL 3 LICENSED MEET
(FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS)
Lic. No.

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Saturday 23rd and Sunday 24th July, 2016

MEET DIRECTOR: Jane Faulkner
Tel 01142500598 Mob 07775556702
Email cosssgalas@gmail.com

AGE GROUPS: Boys 9/10, 11/12, 13/14, 15/16, 17/18, 19/over
Girls 9/10, 11/12, 13/14, 15/16, 17/18, 19/over

Ages at 24th July 2016

EVENTS:

- 50m all strokes - including Open final in 50m free
- 100m all strokes - including 14/Under and 15/Over finals
- 200m all strokes - including Open finals
- 400m Free HDW

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

Coaches' passes for weekend are £15 (to include programme)

Would all clubs please submit their entries via electronic files obtainable from our web site
www.cosss.co.uk

***individual forms to:- Mrs Jane Faulkner**
11 Backmoor Crescent
Sheffield
S8 8LA
Email cosssgalas@gmail.com

This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 3rd July 2016

City of Sheffield Swim Squad

SUMMER MEET 2016 Programme of Events

Session 1	Saturday 23rd July	Warm Up 8.00 am	Start 9.00 am
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Event No	101	200m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	102	100m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	103	100m Breaststroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	104	200m Breaststroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	105	200m Backstroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	106	50m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	107	50m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	108	200m Freestyle	Girls	Open FINAL
	109	100m Freestyle	Boys	14/Under FINAL
	110	100m Freestyle	Boys	15/Over FINAL
	111	100m Breaststroke	Girls	14/Under FINAL
	112	100m Breaststroke	Girls	15/Over FINAL
	113	200m Breaststroke	Boys	Open FINAL
	114	200m Backstroke	Girls	Open FINAL
	115	50m Freestyle	Boys	Open FINAL
	116	50m Freestyle	Girls	Open FINAL

Session 2	Saturday 23rd July	Warm Up TBC	Start TBC
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Event No	201	200IM	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	202	100m Backstroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	203	100 Butterfly	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	204	200m Butterfly	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	205	400m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	206	50m Breaststroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	207	50m Breaststroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	208	200IM	Boys	Open FINAL
	209	100m Backstroke	Girls	14/Under FINAL
	210	100m Backstroke	Girls	15/Over FINAL
	211	100m Butterfly	Boys	14/Under FINAL
	212	100m Butterfly	Boys	15/Over FINAL
	213	200m Butterfly	Girls	Open FINAL

Session 3	Sunday 24th July	Warm Up 8.00 am	Start 9.00 am
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Event No	301	200m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	302	100m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	303	100m Breaststroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	304	200m Breaststroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	305	200m Backstroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	306	50m Butterfly	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	307	50m Butterfly	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	308	200m Freestyle	Boys	Open FINAL
	309	100m Freestyle	Girls	14/Under FINAL
	310	100m Freestyle	Girls	15/Over FINAL
	311	100m Breaststroke	Boys	14/Under FINAL
	312	100m Breaststroke	Boys	15/Over FINAL
	313	200m Breaststroke	Girls	Open FINAL
	314	200m Backstroke	Boys	Open FINAL

Session 4	Sunday 24th July	Warm Up TBC	Start TBC
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Event No	401	200m IM	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	402	100m Backstroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	403	100m Butterfly	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	404	200m Butterfly	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	405	400m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	406	50m Backstroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	407	50m Backstroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	408	200m IM	Girls	Open FINAL
	409	100m Backstroke	Boys	14/Under FINAL
	410	100m Backstroke	Boys	15/Over FINAL
	411	100m Butterfly	Girls	14/Under FINAL
	412	100m Butterfly	Girls	15/Over FINAL
	413	200m Butterfly	Boys	Open FINAL

City of Sheffield Swim Squad

SUMMER 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 meet organiser'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. Converted short course times can be used, and the Sportsystem entry file will be produced to accept these times. ALL ENTRIES MUST HAVE A SUBMITTED TIME WHERE ONE IS NOT AVAILABLE FROM ASA RANKINGS.
6. Poolside entries will not be accepted.
7. The promoter reserves the right to limit entries to comply with license conditions. This gala will be filled on a first come-first served basis.
8. This meet will operate as a cardless meet.
9. Coaches MUST wear badges provided, and will receive a programme and full set of starts sheets. During the gala, live results will be published via the club web site www.cosss.co.uk
10. All accepted and rejected swims will be posted on the club web site www.cosss.co.uk. Any refunds will be returned to the relevant clubs during the gala.
11. Withdrawals must be made before the start of each warm-up session to the Omega timing suite, or via email to cosssgalas@gmail.com
12. If cancellation of the event is necessary, then the only claim will be the entry fee paid.
13. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
14. The Referees decision on all swimming matters is final.
15. Any point not covered by these rules, will be at the discretion of the Meet Organisers.

City of Sheffield Swim Squad

SUMMER MEET 2016

ENTRY TIMES

Swimmers must NOT BE FASTER THAN the times below

LONG COURSE TIMES (short course converted will be accepted)

BOYS						EVENTS	GIRLS					
9/10 YRS	11/12 YRS	13/14 YRS	15/16 YRS	17/18 YRS	19/0V		9/10 YRS	11/12 YRS	13/14 YRS	15/16 YRS	17/18 YRS	19/0V
26.00	26.00	26.00	25.29	24.73	24.57	50 freestyle	28.00	28.00	28.00	28.08	27.78	27.51
1.02.86	1.02.86	57.18	54.95	54.31	52.53	100 freestyle	1.04.63	1.04.63	1.00.92	59.72	59.66	58.88
2.17.38	2.17.38	2.04.27	1.58.63	1.57.17	1.55.20	200 freestyle	2.18.46	2.18.46	2.11.36	2.08.91	2.07.43	2.06.95
4.50.12	4.50.12	4.23.78	4.14.31	4.09.87	4.09.46	400 freestyle	4.51.89	4.51.89	4.37.79	4.32.29	4.32.17	4.31.79
25.00	25.00	25.00	25.00	25.00	25.00	50 backstroke	28.00	28.00	28.00	28.00	28.00	28.00
1.11.46	1.11.46	1.03.86	1.01.55	1.00.35	1.00.24	100 backstroke	1.13.02	1.13.02	1.07.87	1.06.33	1.06.23	1.06.11
2.32.86	2.32.86	2.18.89	2.13.36	2.10.37	2.10.25	200 backstroke	2.35.35	2.35.35	2.25.67	2.22.44	2.21.88	2.21.43
27.00	27.00	27.00	27.00	27.00	27.00	50 breaststroke	29.00	29.00	29.00	29.00	29.00	29.00
1.22.86	1.22.86	1.13.20	1.10.22	1.09.50	1.06.40	100 breaststroke	1.21.72	1.21.72	1.17.43	1.16.42	1.16.33	1.16.23
2.57.21	2.57.21	2.38.80	2.32.38	2.30.63	2.24.45	200 breaststroke	2.56.79	2.56.79	2.47.37	2.46.94	2.44.80	2.44.20
23.00	23.00	23.00	23.00	23.00	23.00	50 butterfly	26.00	26.00	26.00	26.00	26.00	26.00
1.09.53	1.09.53	1.03.26	59.08	59.04	57.50	100 butterfly	1.11.21	1.11.21	1.06.71	1.05.37	1.05.32	1.04.74
2.35.37	2.35.37	2.21.07	2.13.19	2.12.26	2.08.89	200 butterfly	2.37.59	2.37.59	2.28.39	2.24.47	2.24.23	2.24.06
2.34.79	2.34.79	2.21.46	2.15.90	2.12.75	2.12.10	200 IM	2.37.45	2.37.45	2.29.50	2.26.60	2.26.02	2.23.58

City of Sheffield Swim Squad

SUMMER MEET 2016

Ponds Forge, Sheffield 23rd / 24th July, 2016

Individual Entry Form

ALL ENTRIES ARE 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 July 24 th 2016		
Club				
ASA Registration No				
Entry No (Official Use Only)				
50 free	100 free	200 free	400 free	50 back
100 back	200 back	50 breast	100 br	200 breast
50 fly	100 fly	200 fly	200 IM	
Total no entries @ £7.00 per event		£		
Coaches Passes @ £15.00 each		£		

CLOSING DATE ON OR BEFORE 3rd July, 2016

THIS GALA WILL BE FILLED ON A FIRST COME FIRST SERVED BASIS

Please return to: Mrs Jane Faulkner

11 Backmoor Crescent

SHEFFIELD S8 8LA

Tel. 01142 500598 Mob 07775556702

City of Sheffield Swim Squad

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CLUB ELECTRONIC ENTRY SUMMARY SHEET

ALL CLUBS PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM PRINTOUT

- All cheques made payable to COSSS Ltd (City of Sheffield Swim Squad). BACS payments to COSSS LTD Sort code 05-08-03 Account 21640022
- 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

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Entries

Girls@ £7.00 per event £.....

Boys@ £7.00 per event £.....

Coaches Passes@ £15.00 per pass £.....

TOTAL £.....

PLEASE RETURN TO:-

Mrs Jane Faulkner
11 Backmoor Crescent
SHEFFIELD
S8 8LA

Tel 01142 500598

Mob 07775556702