



## NO FRILLS MEET 2017

**THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS  
AND CHAMPIONSHIPS Licence No. 1NE 170249**

**VENUE:** PONDS FORGE ISC, SHEFFIELD

**DATE:** Saturday 13<sup>th</sup> May and Sunday 14<sup>th</sup>, 2017

**MEET DIRECTOR :** Lesley Senior

**Email** [cosssgalas@gmail.com](mailto:cosssgalas@gmail.com)

**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 14<sup>th</sup> May 2017

**AWARDS:** Awards to 1st 3 in all age groups.

**EVENTS:**

- 50m All Strokes (Open only)
- 100 M all strokes
- 200 M all strokes
- 200 IM, 400 IM
- 400m, 800m, 1500m freestyle

**FEES:** £7.00 per event - £7.50 per event paper entry  
Payments via BACS to **COSSS Ltd. Ref (NF17) Your club / name**  
Yorkshire Bank, Account No 21640022 Sort code 05-08-03

Coaches' passes for weekend are £15

**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 forms to:-

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

**CLOSING DATE 9<sup>th</sup> April 2017**

# City of Sheffield Swim Squad

## No Frills Meet 2017 Programme of Events

Session 1	Saturday 13th May	Warm Up 7.15 am	Start 8.00 am
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Event No	101	800m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
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Session 2	Saturday 13th May	Warm Up tbc	Start tbc
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Event No	201	100 Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	202	400m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	203	200m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	204	100m Butterfly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	205	200 IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	206	50m Freestyle	Girls OPEN	HDW
	207	50m Backstroke	Boys OPEN	HDW

Session 3	Saturday 13th May	Warm Up tbc	Start tbc
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Event No	301	200m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	302	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	303	100m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	304	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	305	200m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	306	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	307	50m Butterfly	Girls OPEN	HDW
	308	50m Breaststroke	Boys OPEN	HDW

Session 4	Sunday 14 <sup>th</sup> May	Warm Up 7.15 am	Start 8.00 am
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Event No	401	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
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Session 5	Sunday 14 <sup>th</sup> May	Warm Up tbc	Start tbc
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Event No	501	100m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	502	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	503	200m Butterfly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	504	100m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	505	200m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	506	50m Freestyle	Boys OPEN	HDW
	507	50m Backstroke	Girls OPEN	HDW

Session 6	Sunday 14 <sup>th</sup> May	Warm Up tbc	Start tbc
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Event No	601	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	602	400m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	603	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	604	200m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	605	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	606	100m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	607	50m Butterfly	Boys OPEN	HDW
	608	50m Breaststroke	Girls OPEN	HDW

# City of Sheffield Swim Squad

## No Frills Meet 2017

### Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts may be used at the promoter's discretion.
3. The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
4. All events will be heat declared winners.
5. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
6. This meet will be run using the linked Sportsystems 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 Sportsystem 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.**
7. 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.
8. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
9. 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.
10. The promoter reserves the right to fill empty lanes with cosss swimmers.
11. Coaches **MUST** wear badges provided and will receive a full set of starts sheets. During the gala live results will be published via the club web site [www.cosss.co.uk](http://www.cosss.co.uk)
12. A draft programme 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 of each warm-up session to the Omega timing suite or via email to **Mrs Lesley Senior** [cosssgalas@gmail.com](mailto:cosssgalas@gmail.com)
14. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club. **Payments for entries must be made with entries, failure to do so may affect your entry into the gala.**
15. If cancellation of the event is necessary then the only claim will be the entry fee paid.
16. The Referees decision on all swimming matters is final.
17. Any point not covered by these rules will be at the discretion of the organisers.
18. There will be no use of backstroke starting platforms at this meet.
19. COSSS cannot be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
20. The promoters reserve the right to refuse admission to any competitor or spectator.

# City of Sheffield Swim Squad

## No Frills Open Meet 2017

### 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 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11/UN YRS	12YRS	13 YRS	14 YRS	15/16 YRS	17/OV
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 FREESTYLE	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

## No Frills Meet 2017

Ponds Forge, Sheffield Saturday 13th May and Sunday 14<sup>th</sup> May 2017

### Individual Entry Form

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

**ALL ENTRY TIMES 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 14 <sup>th</sup> May 2017		
Club				
ASA Registration No				
Entry No (Official Use Only)				
<b>100 free</b>	<b>200 free</b>	<b>400 free</b>	<b>800 free</b>	<b>1500 free</b>
<b>100 back</b>	<b>200 back</b>	<b>100n breast</b>	<b>200 breast</b>	
<b>100 fly</b>	<b>200 fly</b>	<b>200 IM</b>	<b>400 IM</b>	
Total no entries @ £7.00 per event			£	
Paper entry @ £7.50 per event			£	
Coaches Passes @ £15.00 each			£	

**CLOSING DATE 9<sup>th</sup> April 2017**

**Please return to:**

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

# City of Sheffield Swim Squad

## No Frills Meet 2017

\*\*\*\*\***CLUB ONLY**\*\*\*\*\*

### ELECTRONIC ENTRY SUMMARY SHEET

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

- Payments via BACS to **COSSS Ltd. Ref (NF17) Your club / name**  
Yorkshire Bank Account No 21640022 Sort code 05-08-03 (cheques payable to COSSS Ltd)
- A draft programme will be published on the club web site for corrections.
- **Please enclose a computer generated Sportsystems printout of swims with a record of your payment** (these should balance with each other minus pass payment). For our records. **Please do not send all paper copies only sportsys reports and this sheet**

CLUB .....

CLUB CONTACT .....

CONTACT ADDRESS & TEL NO .....

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#### Entries

Girls	.....@ £7.00 per event	£.....
	@ £7.50 per event (cheque payment)	
Boys	.....@ £7.00 per event	£.....
	@ £7.50 per event (cheque payment)	
Coaches Passes	.....@ £15.00 per pass	£.....
	<b>TOTAL</b>	<b>£.....</b>

PLEASE RETURN TO:- Mrs Lesley Senior  
3 Wood Syke  
Dodworth  
Barnsley  
S75 3SZ  
Email [cosssgalas@gmail.com](mailto:cosssgalas@gmail.com)