



# City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

## New Year Meet 2019

(Under ASA Laws & Technical Rules)

**Friday 18<sup>th</sup> January, Saturday 19<sup>th</sup> January & Sunday 20<sup>th</sup> January 2019**

**This event is licensed Level 1 by the ASA**

**Licence number: NE190293**

- 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, 400m Individual Medley, 400m Freestyle, 800m Freestyle (Mixed) and 1500m Freestyle (Mixed). All events will be **OPEN** with Heat Declared Winners.
- 3 Age Groups for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 4 **Age as at 31<sup>st</sup> December 2019.**
- 5 Entry cut off times are based on lower limits. Swimmer must have swam faster than these times since **1<sup>st</sup> July 2017.**
- 6 Entry fees are £7.50 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee). An admin fee of £10 will be charged for all paper entries. All entries must state the club and show name and full date of birth for each swimmer.
- 7 Entry files/forms should be returned to the Meet Manager **by 4pm Friday 7<sup>th</sup> December 2018** at the latest, 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 **locked** electronic entry file will be available for download at [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk). Contact the Meet Manager with any further enquiries.
- 8 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. 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.
- 9 Should entries be over-subscribed, entries will be rejected on the basis of slowest submitted times within each age group – unless the swimmer is a classified Para-Swimmer. City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times.

- 10** The meet is cardless. All entry withdrawal forms or e-mails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) must be with the promoter no later than:
- By 4pm on Thursday 17<sup>th</sup> January for Friday 18<sup>th</sup> January events
  - By 4pm on Friday 18<sup>th</sup> January for Saturday 19<sup>th</sup> January events
  - By 2pm on Saturday 19<sup>th</sup> January for Sunday 20<sup>th</sup> January events
- Seeded Heat Start Lists will be produced prior to the start time of the Session. Any withdrawals not given by stated time will result in an empty lane during the event.
- 11** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 12 Awards:**
- There be an award for the Top Club – to be awarded to the club based on Gold/Silver/Bronze medals achieved.
  - Medals will be awarded in each event as follows:
    - Age Groups 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over – to the top THREE placed swimmers.
  - Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system and medals awarded per event as above.
  - There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer).
- 13** Late entries / poolside entries will be at the discretion of the promoter.
- 14** Swimmers can compete for only one club during the meet.
- 15** 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.
- 16 Spectators are not allowed onto poolside at any time.**
- 17** Weekend coach passes cost £25.00. This includes a programme, lunch tickets and results sheets on request. Coaches will not be allowed on poolside or in changing rooms without a valid pass.
- 18** 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) |
- 19** Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 20** A swim shop will be in operation throughout the gala.
- 21** Conditions have been checked by the Lead Referee.
- 22** Official information can be obtained from Michelle Cambrook at: [officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk).
- 23** Meet manager for this Gala is Tracy Barnett, [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk)
- 24** Further information can be obtained from Paul McGee at: [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk). Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)

**ORDER OF EVENTS****SESSION 1 – Friday 18<sup>th</sup> January 2019**

101	-	800m	Freestyle (Mixed)
102	-	1500m	Freestyle (Mixed)

**SESSION 2 – Saturday 19<sup>th</sup> January 2019**

201	-	400m	Individual Medley Boys
202	-	200m	Freestyle Girls
203	-	100m	Backstroke Boys
204	-	100m	Butterfly Girls
205	-	50m	Butterfly Boys
206	-	50m	Freestyle Girls
207	-	200m	Breaststroke Boys

**SESSION 3 – Saturday 19<sup>th</sup> January 2019**

301	-	400m	Freestyle Boys
302	-	200m	Individual Medley Girls
303	-	50m	Breaststroke Boys
304	-	50m	Backstroke Girls
305	-	100m	Freestyle Boys
306	-	200m	Butterfly Girls
307	-	200m	Backstroke Boys
308	-	100m	Breaststroke Girls

**SESSION 4 – Sunday 20<sup>th</sup> January 2019**

401	-	400m	Individual Medley Girls
402	-	200m	Freestyle Boys
403	-	100m	Backstroke Girls
404	-	100m	Butterfly Boys
405	-	50m	Butterfly Girls
406	-	50m	Freestyle Boys
407	-	200m	Breaststroke Girls

**SESSION 5 – Sunday 20<sup>th</sup> January 2019**

501	-	400m	Freestyle Girls
502	-	200m	Individual Medley Boys
503	-	50m	Breaststroke Girls
504	-	50m	Backstroke Boys
505	-	100m	Freestyle Girls
506	-	200m	Butterfly Boys
507	-	200m	Backstroke Girls
508	-	100m	Breaststroke Boys

**CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 18<sup>th</sup>, SATURDAY 13<sup>th</sup> & SUNDAY 14<sup>th</sup> JANUARY 2019**

Boys 10/11 Years, 12 years, 13 years, 14 years, 15 years, 16/over  
 Girls 10/11 Years, 12 years, 13 years, 14 years, 15 years, 16/over

**Minimum Permitted Qualifying Times (Must be FASTER or EQUAL to these times)**

**MALE**

	50 Free	100 Free	200 Free	400 Free	800m Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
<b>10/11</b>	48.0	1:32.0	3:21.0	6:39.0	13:56.0	24:58.0	52.0	1:41.0	3:29.0	59.0	1:59.0	4:08.0	52.0	1:43.0	3:29.0	3:36.0	7:16.0
<b>12</b>	43.0	1:28.0	3:06.0	6:36.0	13:16.0	22:56.0	47.0	1:34.0	3:18.0	52.0	1:52.0	3:56.0	42.0	1:35.0	3:20.0	3:24.0	7:02.0
<b>13</b>	40.0	1:21.0	2:49.0	6:04.0	12:40.0	21:54.0	43.0	1:29.0	3:08.0	46.0	1:40.0	3:36.0	41.0	1:29.0	3:12.0	3:15.0	6:40.0
<b>14</b>	36.0	1:14.0	2:38.0	5:34.0	11:35.0	20:30.0	37.0	1:22.0	2:53.0	43.0	1:34.0	3:18.0	37.0	1:22.0	2:55.0	2:57.0	6:14.0
<b>15</b>	33.0	1:11.0	2:34.0	5:26.0	11:15.0	19:50.0	36.0	1:20.0	2:48.0	41.0	1:32.0	3:12.0	35.0	1:19.0	2:49.0	2:51.0	6:04.0
<b>16/OV</b>	31.0	1:09.0	2:27.0	5:14.0	10:52.0	19:30.0	35.0	1:18.0	2:44.0	39.0	1:26.0	3:07.0	33.0	1:17.0	2:45.0	2:48.0	5:57.0

**FEMALE**

	50 Free	100 Free	200 Free	400 Free	800m Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	200 IM	400 IM
<b>10/11</b>	48.0	1:32.0	3:21.0	6:39.0	13:56.0	24:58.0	52.0	1:41.0	3:29.0	59.0	1:59.0	4:08.0	52.0	1:43.0	3:29.0	3:36.0	7:16.0
<b>12</b>	43.0	1:28.0	3:06.0	6:36.0	13:16.0	22:56.0	47.0	1:34.0	3:18.0	52.0	1:52.0	3:56.0	42.0	1:35.0	3:20.0	3:24.0	7:02.0
<b>13</b>	40.0	1:21.0	2:49.0	6:04.0	12:40.0	21:54.0	43.0	1:29.0	3:08.0	46.0	1:40.0	3:36.0	41.0	1:29.0	3:12.0	3:15.0	6:40.0
<b>14</b>	37.0	1:15.0	2:39.0	5:35.0	11:35.0	20:30.0	38.0	1:23.0	2:54.0	44.0	1:35.0	3:19.0	38.0	1:23.0	2:56.0	2:58.0	6:15.0
<b>15</b>	35.0	1:12.0	2:35.0	5:27.0	11:15.0	19:50.0	37.0	1:21.0	2:49.0	42.0	1:31.0	3:13.0	36.0	1:20.0	2:50.0	2:52.0	6:05.0
<b>16/OV</b>	32.0	1:10.0	2:28.0	5:15.0	10:52.0	19:30.0	36.0	1:19.0	2:45.0	40.0	1:27.0	3:08.0	34.0	1:18.0	2:46.0	2:49.0	5:58.0



**MALE ENTRIES**

NAME & ASA No.	DOB	50 FREE	100 FREE	200 FREE	400 FREE	1500 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM

Club \_\_\_\_\_

Total no of male entries \_\_\_\_\_



**PAPER ENTRIES CITY OF SUNDERLAND ASC NEW YEAR MEET – FRIDAY 12<sup>th</sup> / SATURDAY 13<sup>th</sup> / SUNDAY 14<sup>th</sup> JANUARY 2019**

**FEMALE ENTRIES**

NAME & ASA No.	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 FREE	50 BACK	100 BACK	200 BACK	50 BREAST	100 BREAST	200 BREAST	50 FLY	100 FLY	200 FLY	200 IM	400 IM

Club \_\_\_\_\_

Total no of female entries \_\_\_\_\_



SUMMARY OF ENTRIES

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TEL NO \_\_\_\_\_

MOBILE \_\_\_\_\_

E-MAIL \_\_\_\_\_

**Entry Fees**

If you wish to pay by Bank Transfer contact [galas@cityofsunderlandasc.co.uk](mailto: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:

COSASC New Year 19  
14 Nairn Close  
Sunderland  
SR4 8RN

Include an **email** address for return of entry information

	Quantity	Unit Cost	Total Cost
Female Entries		£7.50	
Male Entries		£7.50	
800m & 1500m Entries		£12.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			