



## PREMIER OPEN MEET 2019

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

**VENUE:** PONDS FORGE ISC, SHEFFIELD

**DATE:** Friday 29<sup>th</sup>, Saturday 30<sup>th</sup> and Sunday 31<sup>st</sup> March, 2019

**MEET DIRECTOR:** Jane Faulkner

Email [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)

**AGE GROUPS:** Boys 11 yrs, 12, 13, 14, 15/16, 17/Ov  
Girls 11 yrs, 12, 13, 14, 15/16, 17/Ov  
Ages at 31<sup>st</sup> December 2019

**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:** £8.00 per event (BACS PAYMENTS PREFERRED)

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

Please submit entries via electronic files obtainable from our web site to [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)

**CLOSING DATE 17<sup>th</sup> February 2019**

# City of Sheffield Swim Squad

## Premier Open Meet 2019

### Programme of Events

<b>Session 1</b>	<b>Friday</b>	<b>29<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, 12, 13, 14, 15/16yrs, 17/Over	HDW
	102	1500m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	103	1500m Freestyle	Girls 11, 12, 13, 14, 15/16 yrs, 17/Over	HDW
	104	800m Freestyle	Boys 11, 12, 13, 14, 15/16 yrs, 17/Over	HDW

<b>Session 2</b>	<b>Saturday 30<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, 12, 13, 14, 15/16yrs, 17/over	
	202	50 Breaststroke	Boys Open	
	203	50 Fly	Girls Open	
	204	100m Backstroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	205	200m Backstroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	206	200m Breaststroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	207	100m Breaststroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	208	400m IM	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Session 3</b>	<b>Saturday 30<sup>th</sup> March</b>
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<b>Event No</b>	309	200m Freestyle	FINAL	Girls Age Group
	310	200m Freestyle	FINAL	Youth / Open
	311	50m Breaststroke	FINAL	Boys Open
	312	50 Fly	FINAL	Girls Open
	313	100m Backstroke	FINAL	Boys Age Group
	314	100m Backstroke	FINAL	Boys Youth / Open
	315	200m Backstroke	FINAL	Girls Age Group
	316	200m Backstroke	FINAL	Girls Youth / Open
	317	200m Breaststroke	FINAL	Boys Age Group
	318	200m Breaststroke	FINAL	Boys Youth / Open
	319	100m Breaststroke	FINAL	Girls Age Group
	320	100 m Breaststroke	FINAL	Girls Youth / Open

<b>Session 4</b>	<b>Saturday 30th March</b>	<b>Warm Up TBC</b>	<b>Start TBC</b>
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<b>Event No</b>	401	200m IM	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	402	50m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	403	50m Backstroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	404	200m Fly	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	405	100m Fly	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	406	100m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	407	400m Freestyle	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	HDW

**Session 5 Saturday 30<sup>th</sup> March**

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

**Session 6 Sunday 31<sup>st</sup> March Warm Up 8.00am Start 9.00am**

<b>Event No</b>	601	200m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	602	50 Breaststroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	603	50 Fly	Boys Open	
	604	100m Backstroke	Girls Open	
	605	200m Backstroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	606	200m Breaststroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	607	100m Breaststroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	608	400m IM	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	HDW

**Session 7 Sunday 31<sup>st</sup> March**

<b>Event No</b>	709	200m Freestyle	FINAL	Boys Age Group
	710	200m Freestyle	FINAL	Boys Youth / Open
	711	50m Breaststroke	FINAL	Girls Open
	712	50 Fly	FINAL	Boys Open
	713	100m Backstroke	FINAL	Girls Age Group
	714	100m Backstroke	FINAL	Girls Youth / Open
	715	200m Backstroke	FINAL	Boys Age Group
	716	200m Backstroke	FINAL	Boys Youth / Open
	717	200m Breaststroke	FINAL	Girls Age Group
	718	200m Breaststroke	FINAL	Girls Youth / Open
	719	100m Breaststroke	FINAL	Boys Age Group
	720	100m Breaststroke	FINAL	Boys Youth / Open

**Session 8 Sunday 31<sup>st</sup> March Warm Up TBC Start TBC**

<b>Event No</b>	801	200m IM	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	802	50m Freestyle	Girls Open	
	803	50m Backstroke	Boys Open	
	804	200m Fly	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	805	100m Fly	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	806	100m Freestyle	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	807	400m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	HDW

**Session 9 Sunday 31<sup>st</sup> March**

<b>Event No</b>	908	200m IM	FINAL	Boys Age Group
	909	200m IM	FINAL	Boys Youth / Open
	910	50m Freestyle	FINAL	Girls Open
	911	50m Backstroke	FINAL	Boys Open
	912	200m Fly	FINAL	Girls Age Group
	913	200m Fly	FINAL	Girls Youth / Open
	914	100m Fly	FINAL	Boys Age Group
	915	100m Fly	FINAL	Boys Youth / Open
	916	100m Freestyle	FINAL	Girls Age Group
	917	100m Freestyle	FINAL	Girls Youth / Open

## Premier Open Meet 2019

### Rules and Information

1. The Competition will be held under ASA Law and technical rules.
2. All competitors must be members of an ASA affiliated club, eligible to compete and registered in accordance with ASA laws and technical rules and may enter in the name of one club only.
3. Over the top starts will be used at the promoter's discretion.
4. The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
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. All times must have been achieved in the previous 12 months before the date of the gala. Time entries to be based on 50m pool times. **Poolside entries will not be accepted**
7. The submission of entries, either electronically or by email indicates acceptance of the Meet Conditions. **Entries will not be accepted until the appropriate payment is received and the summary sheet provided in this pack has been completed.**
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. In this case, within each event, entries will be restricted to the fastest times within each age group on a pro-rata basis.
9. All swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events and not separate events. It is the responsibility of the competitor or competitor's representative to ensure that the entry form is completed correctly for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter cannot be held responsible for any discrepancies after the competition cut-off date.
10. Late entries will not be accepted and once an entry file has been submitted, improved times will not be accepted.
11. **All team staff must be CRB/DBS checked to gain a coaches pass and access onto the poolside. Any parent wishing to act as a coach must also be CRB/DBS checked and registered as a member of the club they are representing. Parents must also ask the club secretary to sign the appropriate letter on their behalf and submit it along with the swimmers entries. Without the letter / application form being signed by the club/gala secretary, no coaches' passes will be issued.**
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. Any rejected swimmer presenting to Competitors Stewards and attempting to swim will not be allowed to do so.
13. Coaches and team staff **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)

14. Withdrawals for heats must be notified to the Timing Suite by 7.45am, or via email to [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com) any made after this time will be ignored or accepted at the organisers discretion.
15. Withdrawals from finals must be notified to the Omega timing suite within 30 mins of the conclusion of the heats for the relevant event.
16. There will be two reserves for each final, no further reserves will be considered.
17. Only the last heat of each event will be cyclically seeded, the last two for 400m, 800m and 1500m events that are Heat Declared Winners.
18. To comply with current level 1 meet rules there will be one heat of the girls 1500m freestyle and one heat of the boys 800m freestyle at this meet, the fastest 10 swimmers will be selected.
19. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. COSSS cannot be held responsible for any swimmer missing the start of their particular heat.
20. The promoter reserves the right to fill empty lanes with COSSS swimmers.
21. If cancellation of the event is necessary then the only claim will be the entry fees paid.
22. Refunds will not be given for swimmers withdrawn after the closing date or for entry errors or omissions attributable to the individual or their club. Withdrawals for medical reasons must be accompanied by the appropriate certification to qualify for a refund.
23. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
24. The Promoter reserves the right to give preference to Club entries from overseas clubs where the pre- booking of flights is required to travel to and from the Meet. All entries must meet the published qualifying times, proof maybe requested. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSSS cannot be held responsible for any costs so arising.
25. The Referees decision on all swimming matters is final.
26. Any point not covered by these rules will be at the discretion of the organisers.
27. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club has any licensed officials that would be prepared to help during the meet. If so then please contact our officials' coordinator Mick Budd at [buddies1@btinternet.com](mailto:buddies1@btinternet.com).

When entering this event you agree that we may collect and publish personal information as part of the entry to and results of the event. We may pass such information to the Governing Body or Affiliated organisations for the purpose of membership and qualification checking. Following the even your personal information will be used for publishing results either for the event alone or combined with or compared to other events (British Rankings). The published results may include (but not limited to) Name, Club Membership, Race Times, Age Category.

# City of Sheffield Swim Squad

## Premier Open Meet 2019

### 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					
11YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11YRS	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
11.24.00	11.24.00	11.00.00	10.55.00	10.48.00	10.20.00	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	21.00.00	21.00.00	19.45.00	19.00.00	18.21.00	17.45.00
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

**CLUB ONLY**

**ELECTRONIC ENTRY SUMMARY SHEET**

ALL CLUBS PLEASE RETURN THIS SHEET WITH DETAILS OF YOUR PAYMENT AND SPORTSYSTEM PRINTOUT to the email address below

- Payments via BACS to **COSSS Ltd. (PM19)** Account No 19893376 sort code 05-08-48 Yorkshire Bank (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 sportsy reports and this sheet.**

CLUB .....

CLUB CONTACT .....

CONTACT ADDRESS & TEL NO .....

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**Entries**

Girls .....@ £8.00 per event £.....

Boys .....@ £8.00 per event £.....

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

TOTAL £.....

**Return to :**

**Mrs Jane Faulkner  
11 Backmoor Crescent  
Norton  
Sheffield S8 8LA**

**Email [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)**