



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

National Qualifier 2019

(Under ASA Laws & Technical Rules)

Friday 22nd, Saturday 23rd & Sunday 24th March 2019

This event is licensed Level 1 by the ASA

Licence number: TBC

- 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 **Ages as at 31st December 2019.**
- 5 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1st 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 forms should be returned to the Meet Manager **by 4:00pm Friday 8th February 2019** 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. 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 emails (galas@cityofsunderlandasc.co.uk) should be with the promoter no later than:
- by 4:00pm on Thursday 21st March for Friday 22nd March events
 - by 4:00pm on Friday 22nd March for Saturday 23rd March events
 - by 2:00pm on Saturday 23rd March for Sunday 24th March 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** Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 12 Awards and Trophies - The following shall apply:**
- There will be an award for the top visiting club – to be awarded to the club based on points achieved.
 - There will be a Top Boy / Girl award based on best 4 swims (FINA pts) for 14/Under and 15/Over.
 - There will be a Disability Top Boy / Girl award based on best 4 swims (Disability pts).
 - Awards will be made where a minimum of 3 competitors/clubs compete in each category.
 - There will be an award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual.
- 13** Late 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.
- 16 Spectators are not allowed onto poolside at any time.**
- 17** Weekend coach passes cost £25.00. This includes a programme, lunch 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 PROGRAM | – | £2.00 |
| SESSION START LIST | – | £0.50 |
- 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** Meet manager for this Gala is: Tracy Barnett - meetmanager@cityofsunderlandasc.co.uk
- 22** Officials information can be obtained from: officials@cityofsunderlandasc.co.uk
- 23** Further information can be obtained from Paul McGee at: galas@cityofsunderlandasc.co.uk
Also see our website: www.cityofsunderlandasc.co.uk

Event Schedule

Session 1 – 22/03/2019 @ TBC				
101	Mixed	Open	800 Free	HDW
102	Mixed	Open	1500 Free	HDW

Session 2 – 23/03/2019 @ 09:00				
201	Boys	Open	400 Free	HDW
202	Girls	Open	200 IM	HDW
203	Boys	Open	200 Back	HDW
204	Girls	Open	200 Free	HDW
205	Boys	Open	100 Breast	HDW
206	Girls	Open	100 Fly	HDW
207	Boys	Open	50 Fly	HDW
208	Girls	Open	50 Breast	HDW

Session 4 – 24/03/2019 @ 09:00				
401	Girls	Open	400 Free	HDW
402	Boys	Open	200 IM	HDW
403	Girls	Open	200 Back	HDW
404	Boys	Open	200 Free	HDW
405	Girls	Open	100 Breast	HDW
406	Boys	Open	100 Fly	HDW
407	Girls	Open	50 Fly	HDW
408	Boys	Open	50 Breast	HDW

Session 3 – 23/03/2019 @ 14:00				
301	Boys	Open	400 IM	HDW
302	Girls	Open	200 Fly	HDW
303	Boys	Open	200 Breast	HDW
304	Girls	Open	100 Back	HDW
305	Boys	Open	100 Free	HDW
306	Girls	Open	50 Free	HDW
307	Boys	Open	50 Back	HDW

Session 5 – 24/03/2019 @ 14:00				
501	Girls	Open	400 IM	HDW
502	Boys	Open	200 Fly	HDW
503	Girls	Open	200 Breast	HDW
504	Boys	Open	100 Back	HDW
505	Girls	Open	100 Free	HDW
506	Boys	Open	50 Free	HDW
507	Girls	Open	50 Back	HDW

City of Sunderland ASC National Qualifier - Long Course Qualifying Times

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	800 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
10/11	43.0	1:20.0	2:58.8	6:04.0	12:34.6	24:59.7	47.2	1:31.8	3:16.0	52.2	1:43.5	3:43.1	47.2	1:31.8	3:18.5	3:18.3	6:58.8
12	40.0	1:17.0	2:44.8	5:46.1	11:55.0	22:35.5	44.5	1:27.2	3:04.7	48.6	1:38.9	3:29.2	42.1	1:26.0	3:04.9	3:06.8	6:34.7
13	38.0	1:15.0	2:36.6	5:29.8	11:25.8	21:31.6	42.2	1:21.7	2:54.3	45.8	1:32.1	3:19.5	39.9	1:22.0	2:59.0	2:59.7	6:14.4
14	35.5	1:13.0	2:29.6	5:15.0	11:10.0	20:34.0	40.1	1:17.0	2:46.3	42.7	1:27.1	3:06.5	38.0	1:18.0	2:49.0	2:50.8	5:57.3
15	34.0	1:10.0	2:24.7	5:05.6	11:00.5	19:52.1	37.5	1:14.2	2:40.0	40.8	1:23.4	2:59.4	35.2	1:14.0	2:44.0	2:42.4	5:44.2
16/OV	31.0	1:07.0	2:20.3	4:57.1	10:51.0	19:22.7	34.5	1:12.3	2:35.4	37.8	1:20.9	2:55.6	32.4	1:11.0	2:36.0	2:37.9	5:35.6

FEMALE

	50 Free	100 Free	200 Free	400 Free	800 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
10/11	44.0	1:21.3	2:59.4	6:01.4	12:34.6	24:59.7	48.1	1:31.9	3:16.0	52.8	1:43.6	3:41.6	48.1	1:30.9	3:19.6	3:19.3	6:57.3
12	41.4	1:18.0	2:46.5	5:46.8	11:55.0	22:35.5	45.9	1:28.5	3:05.6	49.0	1:38.2	3:28.9	43.9	1:24.9	3:06.7	3:08.8	6:34.9
13	39.0	1:16.0	2:40.2	5:34.3	11:25.8	21:31.6	42.4	1:24.7	2:59.3	46.1	1:32.8	3:19.5	40.7	1:21.2	3:01.5	3:01.8	6:20.6
14	36.0	1:14.0	2:36.1	5:26.0	11:10.0	20:34.0	39.0	1:21.6	2:54.8	44.6	1:31.0	3:12.7	38.7	1:18.3	2:53.0	2:57.3	6:12.0
15	34.2	1:11.6	2:33.1	5:18.8	11:00.5	19:52.1	38.0	1:19.9	2:51.0	42.4	1:29.5	3:10.7	36.8	1:16.9	2:50.7	2:53.9	6:05.2
16/OV	32.2	1:10.8	2:31.5	5:16.2	10:51.0	19:22.7	37.6	1:19.1	2:48.9	41.1	1:28.1	3:09.8	35.2	1:15.8	2:48.3	2:51.9	6:00.8



PAPER ENTRIES - CITY OF SUNDERLAND ASC National Qualifier 22nd March – 24th March 2019

MALE ENTRIES

NAME / ASA No	DOB	50 FREE	100 FREE	200 FREE	400 FREE	800 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 _____

CITY OF SUNDERLAND National Qualifier 2019
Friday 22nd, Saturday 23rd and Sunday 24th March 2019

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-MAIL _____

Entry Fees

If you wish to pay by Bank Transfer contact
galas@cityofsunderlandasc.co.uk for details

Otherwise payment should be made to: COSASC (CIC)

Return the summary sheet and cheque to:

Meet Manager
 City of Sunderland ASC
 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	
Female Entries 800m		£12.00	
Male Entries 1500m		£12.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			