



SWIM SQUAD

'NO FRILLS' MEET 2020

THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS

Lic. No. applied for

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: 30th / 31st May 2020

MEET DIRECTOR: Jane Faulkner

Email noofrillss@gmail.com

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

Ages at 31st May 2020

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

EVENTS: 50 M all strokes
• 100 M all strokes
• 200 M all strokes
• 200 IM

FEES: £7.00 per event (BACS Payments preferred)

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

Email noofrillss@gmail.com

This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 28th April 2020

City of Sheffield Swim Squad

'No Frills' Meet 2020 Programme of Events

Session 1 Saturday 30th May Warm Up 8.00 am Start 9.00 am

| | | | | | |
|----------|-----|-------------------|-------|--------------------------------------|-----|
| Event No | 101 | 200m Freestyle | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 102 | 200m Freestyle | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 103 | 100m Breaststroke | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 104 | 100m Breaststroke | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 105 | 200m Butterfly | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 106 | 200m Butterfly | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |

Session 2 Saturday 30th May Warm Up TBC Start TBC

| | | | | | |
|----------|-----|----------------|-------|--------------------------------------|-----|
| Event No | 201 | 100m Butterfly | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 202 | 100m Butterfly | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 203 | 200m IM | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 204 | 50m Freestyle | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 205 | 50m Freestyle | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 206 | 50m Backstroke | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 207 | 50m Backstroke | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |

Session 3 Sunday 31st May Warm Up 8.00 am Start 9.00 am

| | | | | | |
|----------|-----|-------------------|-------|--------------------------------------|-----|
| Event No | 301 | 200m Backstroke | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 302 | 200m Backstroke | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 303 | 200m Breaststroke | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 304 | 200m Breaststroke | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 305 | 100m Freestyle | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 306 | 100m Freestyle | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |

Session 4 Sunday 31st May Warm Up TBC Start TBC

| | | | | | |
|----------|-----|------------------|-------|---------------------------------------|-----|
| Event No | 401 | 100m Backstroke | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 402 | 100m Backstroke | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 403 | 200m IM | Boys | 9, 10, 11, 12, 13/14, 15, 16, 17/Over | HDW |
| | 404 | 50m Breaststroke | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 405 | 50m Breaststroke | Boys | 9, 10, 11, 12, 13/14, 15, 16, 17/Over | HDW |
| | 406 | 50m Butterfly | Girls | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |
| | 407 | 50m Butterfly | Boys | 9, 10, 11, 12, 13/14, 15/16, 17/Over | HDW |

City of Sheffield Swim Squad

'No Frills' Meet 2020

Meet Conditions

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 stars 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 outdoor shoes are to be worn on the poolside. **Footwear must be worn outside the pool area.**
6. This meet will be run using 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 should be based on 50m pool times. **Poolside entries will not be accepted.**
7. The submission of entries, either electronic or by email indicates an 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 and returned.**
8. Entries will be accepted on a first come, first served 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 correctly completed for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter will not be held responsible for any discrepancies after to the competition entry 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 to 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 swimmer's entries. Without the letter / application form being signed by the club/gala secretary, no coaches passes will be issued.**
12. A draft programme will be posted onto the COSSS website after the entries closing date. All rejected swim refunds will be returned to the relevant clubs during the gala. Any rejected swimmer presenting to the competitor stewards and attempting to swim will not be allowed to do so.

13. **Coaches and team staff MUST wear the poolside passes provided** and will receive a programme and full set of start sheets. During the gala live results will be published via the COSSS website www.cosss.co.uk
14. Withdrawals from the heats must be notified to the timing suite via email to noofrillss@gmail.com or before 7.45 am.
15. Only the last heat of each event will be spearhead seeded.
16. It is the responsibility of the swimmer to report the stewarding area in enough time for each event. COSSS cannot be held responsible for any swimmer missing the start of their particular heat.
17. The promotor reserves the right to fill empty lane with COSSS swimmers.
18. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
19. Refunds will not be given for swimmers withdrawing from the gala after the closing date or for entry errors or omissions attributable to the individual of their club. Withdrawals for medical reasons must be accompanied by the appropriate certification to qualify for a refund.
20. 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.
21. 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.
22. The referee's decision on all swimming matters is final.
23. Any point not covered by these rules will be at the discretion of the organisers.
24. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club have any licensed officials who would be prepared to help during the meet. If so, then please contact our official's co-ordinator Mick Budd at 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 event 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

'No Frills' Meet 2020

Consideration times

Swimmers must NOT BE FASTER THAN the times below
LONG COURSE TIMES

| BOYS | | | | | | | EVENTS | GIRLS | | | | | | |
|---------|---------|---------|---------|-----------|-----------|---------|------------------|---------|---------|---------|---------|-----------|-----------|---------|
| 9 YRS | 10 YRS | 11YRS | 12 YRS | 13/14 YRS | 15/16 YRS | 17/OV | | 9YRS | 10 YRS | 11 YRS | 12 YRS | 13/14 YRS | 15/16 YRS | 17/OV |
| 32.00 | 32.00 | 31.00 | 29.50 | 28.50 | 26.50 | 26.00 | 50 freestyle | 32.00 | 32.00 | 30.50 | 30.00 | 30.00 | 28.50 | 28.00 |
| 1.10.40 | 1.10.40 | 1.02.91 | 1.02.91 | 59.79 | 55.55 | 54.68 | 100 freestyle | 1.10.40 | 1.10.40 | 1.07.41 | 1.04.49 | 1.05.92 | 1.00.89 | 59.89 |
| 2.30.90 | 2.30.90 | 2.24.71 | 2.16.32 | 2.09.95 | 2.00.86 | 1.59.23 | 200 freestyle | 2.30.90 | 2.30.90 | 2.25.37 | 2.18.76 | 2.15.09 | 2.10.61 | 2.09.91 |
| 37.00 | 37.00 | 35.00 | 33.00 | 31.00 | 27.50 | 27.00 | 50 backstroke | 37.00 | 37.00 | 35.00 | 34.00 | 33.00 | 32.00 | 31.50 |
| 1.20.10 | 1.20.10 | 1.12.27 | 1.12.27 | 1.08.48 | 1.03.47 | 1.02.60 | 100 backstroke | 1.20.10 | 1.20.10 | 1.16.88 | 1.13.26 | 1.11.11 | 1.08.95 | 1.08.65 |
| 2.50.20 | 2.50.24 | 2.44.24 | 2.34.57 | 2.26.86 | 2.17.15 | 2.15.43 | 200 backstroke | 2.50.20 | 2.50.20 | 2.42.56 | 2.36.53 | 2.31.56 | 2.28.10 | 2.27.40 |
| 40.00 | 40.00 | 39.00 | 38.00 | 36.50 | 34.00 | 33.00 | 50 breaststroke | 40.00 | 40.00 | 37.00 | 36.00 | 35.00 | 34.00 | 33.00 |
| 1.33.00 | 1.33.00 | 1.21.82 | 1.21.82 | 1.18.04 | 1.11.08 | 1.09.95 | 100 breaststroke | 1.33.00 | 1.33.00 | 1.27.03 | 1.22.70 | 1.20.37 | 1.18.26 | 1.17.95 |
| 3.20.10 | 3.20.10 | 3.09.11 | 2.56.92 | 2.46.87 | 2.35.40 | 2.32.95 | 200 breaststroke | 3.20.10 | 3.20.10 | 3.06.96 | 2.57.24 | 2.52.62 | 2.48.47 | 2.48.00 |
| 38.00 | 35.00 | 35.00 | 32.50 | 30.50 | 28.00 | 27.00 | 50 butterfly | 38.00 | 38.00 | 34.00 | 33.00 | 32.00 | 31.00 | 30.50 |
| 1.21.00 | 1.21.00 | 1.10.94 | 1.10.94 | 1.06.66 | 1.01.83 | 59.87 | 100 butterfly | 1.21.00 | 1.21.00 | 1.16.55 | 1.12.17 | 1.09.70 | 1.07.26 | 1.07.00 |
| 2.58.10 | 2.58.10 | 2.50.57 | 2.38.39 | 2.28.98 | 2.16.08 | 2.13.83 | 200 butterfly | 2.58.10 | 2.58.10 | 2.51.08 | 2.39.92 | 2.32.99 | 2.28.62 | 2.28.00 |
| 2.50.50 | 2.50.50 | 2.42.97 | 2.34.92 | 2.27.62 | 2.17.25 | 2.15.32 | 200 I M | 2.50.50 | 2.50.50 | 2.44.53 | 2.37.37 | 2.32.93 | 2.28.82 | 2.28.00 |

City of Sheffield Swim Squad

'No Frills' Meet 2020

CLUB ELECTRONIC ENTRY SUMMARY SHEET

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

- BACS payments to **COSSS LTD Ref. NF20** Acc No 19893376 sort code 05-08-48
- All cheques made payable to COSSS Ltd (City of Sheffield Swim Squad).
- 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

.....

.....

Entries

Girls@ £7.00 per event £.....

Boys@ £7.00 per event £.....

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

TOTAL £.....

PLEASE RETURN TO:-

Mrs Jane Faulkner

Email noofrillss@gmail.com