



City of Sunderland ASC

(Affiliated to N&D SA & ASA NER)

National Qualifier 2018

(Under ASA Laws & Technical Rules)

Friday 23rd, Saturday 24th & Sunday 25th March 2018

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 (Girls) and 1500m Freestyle (Boys). All **Heats** are **OPEN**, with Heats and Finals for 50m & 100m events, all other events Heat Declared Winners.
- 3 Age Groups for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over.
Age Groups for **finals** are 14yrs & Under, 15yrs & Over.
- 4 **Ages as at 31st December 2018.**
- 5 Entry cut off times are based on lower limits. Swimmer must have swam faster than these times since **1st July 2016.**
- 6 Entry fees are £7.00 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 9th February 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. 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 22nd March for Friday 23rd March events
 - by 4:00pm on Friday 23rd March for Saturday 24th March events
 - by 2:00pm on Saturday 24th March for Sunday 25th 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** The Fastest 10 Swimmers will progress through to finals. Swimmers must withdraw from a final within 30 minutes of the heats of that event finishing so any reserves can be informed in time.
- 12** Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 13 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 of £50 based on best 4 swims (FINA pts) for 14/Under and 15/Over.
 - There will be a Disability Top Boy / Girl award of £50 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.
- 14** Late entries will be at the discretion of the promoter.
- 15** Swimmers can compete for only one club during the meet.
- 16** Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed.
- 17 Spectators are not allowed onto poolside at any time.**
- 18** Weekend coach passes cost £20.00. 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.
- 19** 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 |
- 20** Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.
- 21** A swim shop will be in operation throughout the gala.
- 22** Conditions have been checked by ASA Referee – Christine Golightly, christine.golightly@hotmail.co.uk
- 23** Officials information can be obtained from Simon Palmer at: officials@cityofsunderlandasc.co.uk
- 24** Further information can be obtained from Paul McGee at: galas@cityofsunderlandasc.co.uk
Also see our website: www.cityofsunderlandasc.co.uk

Programme of Events

Session 1 – 23/03/2018 @ 05:30 pm				
101	Girls	Open	800 Free	HDW
102	Boys	Open	1500 Free	HDW

Session 2 – 24/03/2018 @ 09:00 am				
201	Girls	Open	50 Breast	Heats
202	Boys	Open	50 Fly	Heats
203	Girls	Open	100 Fly	Heats
204	Boys	Open	100 Breast	Heats
205	Girls	Open	200 Free	HDW
206	Boys	Open	200 Back	HDW
207	Girls	Open	200 IM	HDW
208	Boys	Open	400 Free	HDW
Short Break (Session 3 – Finals)				
301	Girls	14/UN	50 Breast	Final
302	Girls	15/OV	50 Breast	Final
303	Boys	14/UN	50 Fly	Final
304	Boys	15/OV	50 Fly	Final
305	Girls	14/UN	100 Fly	Final
306	Girls	15/OV	100 Fly	Final
307	Boys	14/UN	100 Breast	Final
308	Boys	15/OV	100 Breast	Final

Session 6 – 25/03/2018 @ 09:00 am				
601	Boys	Open	50 Breast	Heats
602	Girls	Open	50 Fly	Heats
603	Boys	Open	100 Fly	Heats
604	Girls	Open	100 Breast	Heats
605	Boys	Open	200 Free	HDW
606	Girls	Open	200 Back	HDW
607	Boys	Open	200 IM	HDW
608	Girls	Open	400 Free	HDW
Short Break (Session 7 – Finals)				
701	Boys	14/UN	50 Breast	Final
702	Boys	15/OV	50 Breast	Final
703	Girls	14/UN	50 Fly	Final
704	Girls	15/OV	50 Fly	Final
705	Boys	14/UN	100 Fly	Final
706	Boys	15/OV	100 Fly	Final
707	Girls	14/UN	100 Breast	Final
708	Girls	15/OV	100 Breast	Final

Session 4 – 24/03/2018 @ 02:00 pm				
401	Boys	Open	50 Back	Heats
402	Girls	Open	50 Free	Heats
403	Boys	Open	100 Free	Heats
404	Girls	Open	100 Back	Heats
405	Boys	Open	200 Breast	HDW
406	Girls	Open	200 Fly	HDW
407	Boys	Open	400 IM	HDW
Short Break (Session 5 – Finals)				
501	Boys	14/UN	50 Back	Final
502	Boys	15/OV	50 Back	Final
503	Girls	14/UN	50 Free	Final
504	Girls	15/OV	50 Free	Final
505	Boys	14/UN	100 Free	Final
506	Boys	15/OV	100 Free	Final
507	Girls	14/UN	100 Back	Final
508	Girls	15/OV	100 Back	Final

Session 8 – 25/03/2018 @ 02:00 pm				
801	Girls	Open	50 Back	Heats
802	Boys	Open	50 Free	Heats
803	Girls	Open	100 Free	Heats
804	Boys	Open	100 Back	Heats
805	Girls	Open	200 Breast	HDW
806	Boys	Open	200 Fly	HDW
807	Girls	Open	400 IM	HDW
Short Break (Session 9 – Finals)				
901	Girls	14/UN	50 Back	Final
902	Girls	15/OV	50 Back	Final
903	Boys	14/UN	50 Free	Final
904	Boys	15/OV	50 Free	Final
905	Girls	14/UN	100 Free	Final
906	Girls	15/OV	100 Free	Final
907	Boys	14/UN	100 Back	Final
908	Boys	15/OV	100 Back	Final

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	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	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	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	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	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	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	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	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	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	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	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	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	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	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

CITY OF SUNDERLAND National Qualifier 2018
Friday 23rd, Saturday 24th and Sunday 25th March 2018

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	
Male Entries		£7	
Female Entries 800m		£12	
Male Entries 1500m		£12	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£20.00	
Total Cost			