



SWIM SQUAD

SUMMER MEET 2018

THIS IS A LEVEL 3 LICENSED MEET
(FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS)
Lic. No.

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Saturday & Sunday, 21st / 22nd July, 2018

MEET DIRECTOR: Jane Faulkner
Email summermeet1@gmail.com

AGE GROUPS: Boys 9/10, 11/12, 13/14, 15/16, 17/18, 19/over
Girls 9/10, 11/12, 13/14, 15/16, 17/18, 19/over

Ages at 22nd July 2018

EVENTS:

- 50m all strokes - including Open final in 50m free
- 100m all strokes - including 14/Under and 15/Over finals
- 200m all strokes - including Open finals
- 400m Free HDW

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

*individual forms to:- Mrs Jane Faulkner
11 Backmoor Crescent
Sheffield
S8 8LA

Email summermeet1@gmail.com

This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 2^{4th} June 2018

City of Sheffield Swim Squad

SUMMER MEET 2018 Programme of Events

Session 1 Saturday 21st July	Warm Up 8.00 am	Start 9.00 am
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Event No	101	200m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	102	100m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	103	100m Breaststroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	104	200m Breaststroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	105	200m Backstroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	106	50m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	107	50m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	108	200m Freestyle	Girls	Open FINAL
	109	100m Freestyle	Boys	14/Under FINAL
	110	100m Freestyle	Boys	15/Over FINAL
	111	100m Breaststroke	Girls	14/Under FINAL
	112	100m Breaststroke	Girls	15/Over FINAL
	113	200m Breaststroke	Boys	Open FINAL
	114	200m Backstroke	Girls	Open FINAL
	115	50m Freestyle	Boys	Open FINAL
	116	50m Freestyle	Girls	Open FINAL

Session 2 Saturday 21st July	Warm Up TBC	Start TBC
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Event No	201	200IM	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	202	100m Backstroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	203	100 Butterfly	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	204	200m Butterfly	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	205	400m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	206	50m Breaststroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	207	50m Breaststroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	208	200IM	Boys	Open FINAL
	209	100m Backstroke	Girls	14/Under FINAL
	210	100m Backstroke	Girls	15/Over FINAL
	211	100m Butterfly	Boys	14/Under FINAL
	212	100m Butterfly	Boys	15/Over FINAL
	213	200m Butterfly	Girls	Open FINAL

Session 3 Sunday 22nd July	Warm Up 8.00 am	Start 9.00 am
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Event No	301	200m Freestyle	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	302	100m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	303	100m Breaststroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	304	200m Breaststroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	305	200m Backstroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	306	50m Butterfly	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	307	50m Butterfly	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	308	200m Freestyle	Boys	Open FINAL
	309	100m Freestyle	Girls	14/Under FINAL
	310	100m Freestyle	Girls	15/Over FINAL
	311	100m Breaststroke	Boys	14/Under FINAL
	312	100m Breaststroke	Boys	15/Over FINAL
	313	200m Breaststroke	Girls	Open FINAL
	314	200m Backstroke	Boys	Open FINAL

Session 4 Sunday 22nd July	Warm Up TBC	Start TBC
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Event No	401	200m IM	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	402	100m Backstroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	403	100m Butterfly	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	404	200m Butterfly	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over
	405	400m Freestyle	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	406	50m Backstroke	Boys	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	407	50m Backstroke	Girls	9/10, 11/12, 13/14, 15/16, 17/18, 19/Over HDW
	408	200m IM	Girls	Open FINAL
	409	100m Backstroke	Boys	14/Under FINAL
	410	100m Backstroke	Boys	15/Over FINAL
	411	100m Butterfly	Girls	14/Under FINAL
	412	100m Butterfly	Girls	15/Over FINAL
	413	200m Butterfly	Boys	Open FINAL

City of Sheffield Swim Squad

SUMMER MEET 2018

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 entry form 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. 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 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
Withdrawals for heats must be notified to the Timing Suite by 7.45am, or via email to summermeet1@gmail.com any made after this time will be ignored or accepted at the organisers discretion.
14. Withdrawals from finals must be notified to the Omega timing suite within 30 mins of the conclusion of the heats for the relevant event.
15. There will be two reserves for each final, no further reserves will be considered.
16. 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.
17. This meet will operate as a cardless meet.
18. 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.
19. The promoter reserves the right to fill empty lanes with COSSS swimmers.
20. If cancellation of the event is necessary then the only claim will be the entry fees paid.
21. 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.
22. 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.
23. 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.
24. The Referees decision on all swimming matters is final.
25. Any point not covered by these rules will be at the discretion of the organisers.
26. 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.

City of Sheffield Swim Squad

SUMMER MEET 2018

ENTRY TIMES

Swimmers must NOT BE FASTER THAN the times below

LONG COURSE TIMES (short course converted will be accepted)

BOYS						EVENTS	GIRLS					
9/10 YRS	11/12 YRS	13/14 YRS	15/16 YRS	17/18 YRS	19/0V		9/10 YRS	11/12 YRS	13/14 YRS	15/16 YRS	17/18 YRS	19/0V
26.00	26.00	26.00	25.29	24.73	24.57	50 freestyle	28.00	28.00	28.00	28.08	27.78	27.51
1.02.86	1.02.86	57.18	54.95	54.31	52.53	100 freestyle	1.04.63	1.04.63	1.00.92	59.72	59.66	58.88
2.17.38	2.17.38	2.04.27	1.58.63	1.57.17	1.55.20	200 freestyle	2.18.46	2.18.46	2.11.36	2.08.91	2.07.43	2.06.95
4.50.12	4.50.12	4.23.78	4.14.31	4.09.87	4.09.46	400 freestyle	4.51.89	4.51.89	4.37.79	4.32.29	4.32.17	4.31.79
25.00	25.00	25.00	25.00	25.00	25.00	50 backstroke	28.00	28.00	28.00	28.00	28.00	28.00
1.11.46	1.11.46	1.03.86	1.01.55	1.00.35	1.00.24	100 backstroke	1.13.02	1.13.02	1.07.87	1.06.33	1.06.23	1.06.11
2.32.86	2.32.86	2.18.89	2.13.36	2.10.37	2.10.25	200 backstroke	2.35.35	2.35.35	2.25.67	2.22.44	2.21.88	2.21.43
27.00	27.00	27.00	27.00	27.00	27.00	50 breaststroke	29.00	29.00	29.00	29.00	29.00	29.00
1.22.86	1.22.86	1.13.20	1.10.22	1.09.50	1.06.40	100 breaststroke	1.21.72	1.21.72	1.17.43	1.16.42	1.16.33	1.16.23
2.57.21	2.57.21	2.38.80	2.32.38	2.30.63	2.24.45	200 breaststroke	2.56.79	2.56.79	2.47.37	2.46.94	2.44.80	2.44.20
23.00	23.00	23.00	23.00	23.00	23.00	50 butterfly	26.00	26.00	26.00	26.00	26.00	26.00
1.09.53	1.09.53	1.03.26	59.08	59.04	57.50	100 butterfly	1.11.21	1.11.21	1.06.71	1.05.37	1.05.32	1.04.74
2.35.37	2.35.37	2.21.07	2.13.19	2.12.26	2.08.89	200 butterfly	2.37.59	2.37.59	2.28.39	2.24.47	2.24.23	2.24.06
2.34.79	2.34.79	2.21.46	2.15.90	2.12.75	2.12.10	200 IM	2.37.45	2.37.45	2.29.50	2.26.60	2.26.02	2.23.58

