



# City of Sunderland ASC

(Affiliated to N&DSA & SENNER)

## Summer Splash 2023

(Under ASA Laws & Technical Rules)

**Saturday 1<sup>st</sup> & Sunday 2<sup>nd</sup> July 2023**

**This event is licensed Level 3 by the ASA for entry into Regional and County Championships and other Meets at Level 1 or Level 2**

**Licence number: NE231255**

- 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, 100m, 200m all strokes and 200m Individual Medley. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/over.
- 4 **Age at 2<sup>nd</sup> July 2023.**
- 5 Entries will not be accepted from any swimmer who (age on 2<sup>nd</sup> July 2023) has a time faster than the upper limit time for each event.
- 6 Non-refundable entry fee of £8.00 per swim (to include licence fee). An admin fee of £10.00 will be charged for all paper entries.
- 7 All entries must state the club and show name and full date of birth for each swimmer. Swimmers can compete for only one club during the meet.
- 8 Entry files/forms and entry fees **must** be received by **6pm Thursday 1<sup>st</sup> June 2023** at the latest, and an email address for return of entry information. Payment should be made to C.O.S.A.S.C. **by entry deadline. Electronic entry and payment is preferred using reference SS23 followed by club name** – the electronic entry file will be available for download at [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk). Contact [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) with any further enquiries. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions.
- 9 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. Entries will be accepted from Level 1 – Level 4 meets achieved **after 1<sup>st</sup> January 2022**. Swimmers that do not have a time on rankings can be entered with a “Y”. 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.
- 10 Late entries / poolside entries will be at the discretion of the promoter.
- 11 All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.

**12** Should entries be over-subscribed, entries will be rejected based on:

- a) No times ('Yes' Entries) – unless the swimmer is a classified Para-Swimmer.
- b) slowest submitted times within each age group.

City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times. We recommend that no travel or accommodation arrangements are confirmed until the club receives confirmation of accepted entries. COSASC cannot be held responsible for any costs so arising.

**13** The meet is cardless. All entry withdrawal forms or e-mails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) must be with the promoter no later than:

- 4:00pm on Friday 30<sup>th</sup> June for Saturday 1<sup>st</sup> July events.
- 2:00pm on Saturday 1<sup>st</sup> July for Sunday 2<sup>nd</sup> July events.

**14** 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.

**15 Awards:**

- Will be made to the top three placed swimmers in each age group in each event.
- Will be made to places 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> in age groups 9,10,11,12.
- There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 per swimmer).

**16** Swimmers are not allowed into the spectator area wearing swimwear – they **MUST** be dry and fully clothed. No changing is allowed on poolside or within public toilet areas, the changing village **only** is to be used for this purpose.

**17** Spectators are not permitted into changing facilities, athlete seating area or on poolside at **any** time.

**18** Weekend Coach/Team Manager passes cost £25.00. This includes a programme, buffet lunch and start/results sheets on request. Coaches/Team Managers will not be allowed on poolside or in changing rooms without a valid pass.

**19** Admission for spectators will be:

SESSION PASS	–	£5.00
DAY PASS	–	£9.00

Children under 3, accompanied by adults, will be admitted free. Children 3-16 and over 65 half price (admission only).

**20** Over-the-top starts may be used during the meet. A secondary strobe will be available. Swimmers are requested to remain in the water until asked to leave the pool.

**21** If cancellation of the event is necessary, then only the entry fees paid can be claimed.

**22** Swim shop will be in operation throughout the gala.

**23** As with any gala, we can only run them with the support of local and visiting officials.

If any visiting club has registered ASA officials that would be willing to lend a hand, we would appreciate them letting us know their availability for this meet by emailing:

[officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

**24** Further information can be obtained from: [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk).

Also see our website: [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk)

**ORDER OF EVENTS**

<b>SESSION 1</b>			
<b>Event No</b>	<b>Gender</b>	<b>Age Group</b>	<b>Event</b>
101	Boys	13yrs & Over	200m IM
102	Girls	13yrs & Over	200m IM
103	Boys	9-12 yrs	200m Butterfly
104	Girls	9-12 yrs	200m Butterfly
105	Boys	13yrs & Over	200m Backstroke
106	Girls	13yrs & Over	200m Backstroke
107	Boys	9-12 yrs	100m Breaststroke
108	Girls	9-12 yrs	100m Breaststroke
109	Boys	13yrs & Over	100m Freestyle
110	Girls	13yrs & Over	100m Freestyle
111	Boys	9-12 yrs	50m Freestyle
112	Girls	9-12 yrs	50m Freestyle
113	Boys	13yrs & Over	50m Backstroke
114	Girls	13yrs & Over	50m Backstroke

<b>SESSION 3</b>			
<b>Event No</b>	<b>Gender</b>	<b>Age Group</b>	<b>Event</b>
301	Girls	9-12 yrs	200m IM
302	Boys	9-12 yrs	200m IM
303	Girls	13yrs & Over	200m Butterfly
304	Boys	13yrs & Over	200m Butterfly
305	Girls	9-12 yrs	200m Backstroke
306	Boys	9-12 yrs	200m Backstroke
307	Girls	13yrs & Over	100m Breaststroke
308	Boys	13yrs & Over	100m Breaststroke
309	Girls	9-12 yrs	100m Freestyle
310	Boys	9-12 yrs	100m Freestyle
311	Girls	13yrs & Over	50m Freestyle
312	Boys	13yrs & Over	50m Freestyle
313	Girls	9-12 yrs	50m Backstroke
314	Boys	9-12 yrs	50m Backstroke

<b>SESSION 2</b>			
<b>Event No</b>	<b>Gender</b>	<b>Age Group</b>	<b>Event</b>
201	Boys	13yrs & Over	200m Breaststroke
202	Girls	13yrs & Over	200m Breaststroke
203	Boys	9-12 yrs	200m Freestyle
204	Girls	9-12 yrs	200m Freestyle
205	Boys	13yrs & Over	100m Butterfly
206	Girls	13yrs & Over	100m Butterfly
207	Boys	9-12 yrs	100m Backstroke
208	Girls	9-12 yrs	100m Backstroke
209	Boys	13yrs & Over	50m Butterfly
210	Girls	13yrs & Over	50m Butterfly
211	Boys	9-12 yrs	50m Breaststroke
212	Girls	9-12 yrs	50m Breaststroke

<b>SESSION 4</b>			
<b>Event No</b>	<b>Gender</b>	<b>Age Group</b>	<b>Event</b>
401	Girls	9-12 yrs	200m Breaststroke
402	Boys	9-12 yrs	200m Breaststroke
403	Girls	13yrs & Over	200m Freestyle
404	Boys	13yrs & Over	200m Freestyle
405	Girls	9-12 yrs	100m Butterfly
406	Boys	9-12 yrs	100m Butterfly
407	Girls	13yrs & Over	100m Backstroke
408	Boys	13yrs & Over	100m Backstroke
409	Girls	9-12 yrs	50m Butterfly
410	Boys	9-12 yrs	50m Butterfly
411	Girls	13yrs & Over	50m Breaststroke
412	Boys	13yrs & Over	50m Breaststroke



Long Course qualifying times - Upper limit times – (must not be faster than)

	MALE							FEMALE						
	9/10	11	12	13	14	15	16/OV	9/10	11	12	13	14	15	16/OV
<b>50 Free</b>	00:33.00	00:29.50	00:28.50	00:27.50	00:25.50	00:24.50	00:24.00	00:32.00	00:30.00	00:29.00	00:28.50	00:28.00	00:27.50	00:27.00
<b>100 Free</b>	01:10.00	01:07.00	01:02.00	00:58.00	00:56.00	00:54.00	00:52.00	01:10.00	01:07.00	01:03.00	01:02.00	01:01.00	01:00.00	00:59.00
<b>200 Free</b>	02:30.00	02:23.00	02:15.00	02:08.00	02:03.00	01:58.00	01:52.50	02:30.00	02:23.00	02:17.00	02:13.00	02:11.00	02:10.00	02:08.00
<b>50 Breast</b>	00:42.00	00:39.00	00:36.00	00:34.00	00:32.00	00:30.00	00:29.50	00:43.00	00:40.00	00:38.00	00:37.00	00:36.00	00:33.50	00:33.00
<b>100 Breast</b>	01:36.00	01:30.00	01:22.00	01:16.00	01:13.00	01:09.00	01:05.00	01:30.00	01:26.00	01:22.00	01:19.00	01:16.00	01:14.00	01:13.00
<b>200 Breast</b>	03:15.00	03:05.00	02:50.00	02:37.00	02:29.00	02:27.00	02:25.00	03:14.00	03:06.00	02:57.00	02:51.00	02:47.00	02:44.00	02:42.00
<b>50 Fly</b>	00:35.00	00:33.00	00:31.00	00:29.00	00:27.00	00:26.00	00:25.00	00:37.00	00:35.00	00:32.00	00:31.00	00:30.00	00:29.00	00:28.50
<b>100 Fly</b>	01:20.00	01:15.00	01:10.00	01:05.00	01:02.00	00:59.00	00:58.00	01:19.00	01:16.00	01:11.00	01:08.00	01:07.00	01:06.00	01:04.00
<b>200 Fly</b>	03:15.00	03:00.00	02:50.00	02:36.00	02:23.00	02:15.00	02:12.00	03:15.00	03:00.00	02:50.00	02:38.00	02:28.00	02:25.00	02:22.00
<b>50 Back</b>	00:37.00	00:35.00	00:33.00	00:30.00	00:29.00	00:28.00	00:27.00	00:38.00	00:35.00	00:34.00	00:33.00	00:32.00	00:31.00	00:30.00
<b>100 Back</b>	01:22.00	01:17.00	01:12.00	01:07.00	01:04.00	01:02.00	00:59.50	01:19.00	01:15.00	01:12.00	01:10.00	01:08.00	01:07.00	01:06.00
<b>200 Back</b>	02:51.00	02:43.00	02:33.00	02:25.00	02:19.00	02:14.00	02:10.00	02:49.00	02:42.00	02:35.00	02:30.00	02:27.00	02:24.00	02:23.00
<b>200 I.M.</b>	02:52.00	02:44.00	02:34.00	02:26.00	02:20.00	02:15.00	02:13.00	02:50.00	02:43.00	02:36.00	02:31.00	02:28.00	02:25.00	02:23.00







### SUMMARY OF ENTRIES

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELE NO \_\_\_\_\_

MOBILE \_\_\_\_\_

E-MAIL \_\_\_\_\_

#### Entry Fees

If you wish to pay by Bank Transfer contact  
[galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) for details

Otherwise payment should be made to: C.O.S.A.S.C. (CIC)

Return the summary sheet and cheque to:

Summer Splash 23  
City of Sunderland ASC  
11 Adriana Close  
Ryhope  
Sunderland  
SR2 0FG

Include an **email** address for return of entry information

	Quantity	Unit Cost	Total Cost
Female Entries		£8.00	
Male Entries		£8.00	
Paper Entry Admin Fee		£10.00	
Poolside Pass		£25.00	
Total Cost			