



City of Sunderland ASC

(Affiliated to N&D CASA & ASA NER)

Firecracker 2014

(Under asa Laws & Technical Rules. Licence number TBA)

Friday 31st October / Saturday 1st / Sunday 2nd November 2014
Sunderland Aquatic Centre

**This event is licensed Level 3 by the ASA for entry into
Regional Championships and levels 1 & 2**

Licence number: TBA

- 1 Sunderland Aquatic Centre is a 10 lane 50m pool with a full electronic timing system. A 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), 1500m Freestyle (boys), 4x100m Medley and Freestyle team relays. All events will be Heat Declared Winners.
- 3 Age Groups are 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15/over
- 4 **Age at 2nd November 2013**
- 5 Entry cut off times are based on upper limits. Swimmer shall not have swam faster than these times since 1st July 2013
- 6 Non-refundable entry fee of £5.50 per swim (to include licence fee).
Friday evening distance events are £10 per swim (to include licence fee).
Team events are £10 per team.
An admin fee of £1 will be charged for each competitor paper entry.
- 7 All entries must state the club and show name and full date of birth for each swimmer
- 8 Entry forms should be returned to the Meet Manager by **Wednesday 1st October 2014 08:00am** 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.
- 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. Paper entry times which are short course should be converted to LC times by use of ASA Conversion Tables.
In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.
Times to be confirmed on the British Swimming Database or foreign national equivalent.

- 10** Should entries be over-subscribed, City of Sunderland ASC reserves the right to limit entry numbers of each event to manage the session times.
- 11** The meet is cardless. All entry withdrawal forms must be presented in the recorder's office no later than **60 minutes** before the commencement of each session.
- 12** All events will be heat declared winners – heats will be swum with age groups combined and swimmers seeded by entry times.
- 13 Awards:**
- There will be a Trophy award for the top visiting club – to be awarded to the club based on Gold/Silver/Bronze medals achieved.
 - Medals will be awarded in each event as follows ...
 - Age Groups 9yrs 10yrs to the top SIX placed swimmers.
 - Age Groups 11yrs, 12yrs, 13yrs 14yrs 15yrs/Over – to the top THREE placed swimmers.
 - Classified Disabled swimmers will be ranked on a Multi-Disability basis using the British Disability Points system and medals awarded per event as above.
 - 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 / poolside 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. No changing is allowed on poolside, the changing village is to be used for this purpose.
- 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 without a valid pass.
- 19** Admission for spectators will be:
5 session pass(Fri/Sat/Sun) – £15.00
Weekend pass(Sat/Sun) – £14.00
Day pass – £8.00
Session pass(Sat or Sun) – £4.00
Session pass(Fri) – £2.00
Weekend programme – £2.00
Session start list – £0.50
Children, accompanied by adults, OAP half price (admission only)
- 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** In accordance with ASA Child Protection recommendations, any person wishing to use camera, video or digital capturing device (including mobile phones) should first register their details at the spectator entrance. An identification label will be issued and this must be displayed at all times.
- 22** Swim shop will be in operation throughout the gala.
- 23** Official information can be obtained from Tom Larsen at: [**officials@cityofsunderlandasc.co.uk**](mailto:officials@cityofsunderlandasc.co.uk)
- 24** Lead referee will be: Kath Smith, email:katy1959@live.co.uk
- 25** Further information can be obtained from the Mike Sharp at : [**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

Age Groups: - (Age as at 2rd November 2013)

Boys 9 Years 10 Years 11 Years 12 years 13 years 14 years 15/ over

Girls 9 Years 10 Years 11 Years 12 years 13 years 14 years 15/ over

(Please note that 9 year olds are not permitted to compete in 100m events)

| SESSION 1 – Friday 31st October 2014 | | | |
|--|---------------|-----------------|--------------|
| Warm Up 5.00pm 6:00pm Start | | | |
| Event | Gender | Distance | Event |
| 101 | Boys | 1500m | Freestyle |
| 102 | Girls | 800m | Freestyle |

| SESSION 2 – Saturday 1st November 2014 | | | |
|--|---------------|-----------------|-----------------------|
| Warm Up 8:00am 9:00am Start | | | |
| Event | Gender | Distance | Event |
| 201 | Boys | 4x100 | Freestyle team (Open) |
| 202 | Girls | 400m | Individual Medley |
| 203 | Boys | 200m | Freestyle |
| 204 | Girls | 100m | Backstroke |
| 205 | Boys | 100m | Butterfly |
| 206 | Girls | 50m | Butterfly |
| 207 | Boys | 50m | Backstroke |
| 208 | Girls | 200m | Breaststroke |

| SESSION 4 – Sunday 2nd November 2014 | | | |
|--|---------------|-----------------|-----------------------|
| Warm Up 8:00am 9:00am Start | | | |
| Event | Gender | Distance | Event |
| 401 | Girls | 4x100 | Freestyle team (Open) |
| 402 | Boys | 400m | Individual Medley |
| 403 | Girls | 200m | Freestyle |
| 404 | Boys | 100m | Backstroke |
| 405 | Girls | 100m | Butterfly |
| 406 | Boys | 50m | Butterfly |
| 407 | Girls | 50m | Backstroke |
| 408 | Boys | 200m | Breaststroke |

| SESSION 3 – Saturday 1st November 2014 | | | |
|--|---------------|-----------------|--------------------|
| Warm Up TBA | | | |
| Event | Gender | Distance | Event |
| 301 | Girls | 4x100 | Medley Team (Open) |
| 302 | Boys | 400m | Freestyle |
| 303 | Girls | 200m | Individual Medley |
| 304 | Boys | 50m | Breaststroke |
| 305 | Girls | 50m | Freestyle |
| 306 | Boys | 100m | Freestyle |
| 307 | Girls | 200m | Butterfly |
| 308 | Boys | 200m | Backstroke |
| 309 | Girls | 100m | Breaststroke |

| SESSION 5 – Sunday 2nd November 2014 | | | |
|--|---------------|-----------------|--------------------|
| Warm Up TBA | | | |
| Event | Gender | Distance | Event |
| 501 | Boys | 4x100 | Medley Team (Open) |
| 502 | Girls | 400m | Freestyle |
| 503 | Boys | 200m | Individual Medley |
| 504 | Girls | 50m | Breaststroke |
| 505 | Boys | 50m | Freestyle |
| 506 | Girls | 100m | Freestyle |
| 507 | Boys | 200m | Butterfly |
| 508 | Girls | 200m | Backstroke |
| 509 | Boys | 100m | Breaststroke |



CITY OF SUNDERLAND FIRECRACKER 2014 – 31st October – 2nd November 2014

(Please Note that 9 year olds are not permitted to compete in 100m events)

Upper limit times – (must not be faster than)

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 |
|--------------|----------|----------|----------|----------|-----------|----------|----------|----------|-----------|------------|------------|----------|----------|---------|---------|---------|
| 9 | 00:36.00 | X | 2:30.00 | 5:20.00 | 20:30.00 | 00:37:00 | X | 2:45.00 | 00:37:00 | X | 3:15.00 | 00:35.00 | X | 2:50.00 | 2:40.00 | 5:50.00 |
| 10 | 00:35.00 | 1:05.00 | 2:24.00 | 5:10.00 | 20:15.00 | 00:36:00 | 1:16.00 | 2:40.00 | 00:36:00 | 1:26.00 | 3:05.00 | 00:34.00 | 1:13.00 | 2:45.00 | 2:38.00 | 5:40.00 |
| 11 | 00:34.00 | 1:03.50 | 2:20.00 | 5:00.00 | 19:45.00 | 00:35:00 | 1:13.00 | 2:35.00 | 00:35:00 | 1:24.00 | 3:00.00 | 00:33.00 | 1:11.00 | 2:40.00 | 2:36.00 | 5:30.00 |
| 12 | 00:33.00 | 1:02.86 | 2:17.38 | 4:50.12 | 19:12.11 | 00:34:00 | 1:11.46 | 2:32.86 | 00:34:00 | 1:22.86 | 2:57.21 | 00:32.00 | 1:09.53 | 2:35.37 | 2:34.79 | 5:26.09 |
| 13 | 00:31.00 | 00:59.46 | 2:10.00 | 4:34.71 | 18:12.24 | 00:32:00 | 1:08.18 | 2:26.02 | 00:33:00 | 1:17.41 | 2:45.53 | 00:31.00 | 1:06.44 | 2:27.40 | 2:28.13 | 5:13.30 |
| 14 | 00:29.00 | 00:57.18 | 2:04.27 | 4:23.78 | 17:34.43 | 00:30:00 | 1:03.86 | 2:18.89 | 00:31:00 | 1:13.20 | 2:38.80 | 00:29.00 | 1:03.26 | 2:21.07 | 2:21.46 | 5:01.28 |
| 15/OV | 00:25.29 | 00:54.95 | 1:58.63 | 4:14.31 | 17:00.79 | 00:28:78 | 1:01.55 | 2:13.36 | 00:29:72 | 1:10.22 | 2:32.38 | 00:25.93 | 00:59.08 | 2:13.19 | 2:15.90 | 4:51.45 |

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 |
|--------------|----------|----------|----------|----------|----------|----------|----------|----------|-----------|------------|------------|----------|---------|---------|---------|---------|
| 9 | 00:37.00 | X | 2:31.00 | 5:21.00 | 10:24.00 | 00:40:00 | X | 2:46.00 | 00:43:00 | X | 3:15.00 | 00:37.00 | X | 2:50.00 | 2:42.00 | 5:55.00 |
| 10 | 00:36.00 | 1:07.00 | 2:25.00 | 5:11.00 | 10:17.00 | 00:39:00 | 1:17.00 | 2:41.00 | 00:41:50 | 1:25.00 | 3:05.00 | 00:36.00 | 1:15.00 | 2:45.00 | 2:40.50 | 5:45.00 |
| 11 | 00:35.00 | 1:05.50 | 2:21.00 | 5:01.00 | 10:10.00 | 00:38:00 | 1:15.30 | 2:37.00 | 00:40:00 | 1:23.00 | 3:00.00 | 00:35.00 | 1:13.00 | 2:40.00 | 2:39.00 | 5:35.00 |
| 12 | 00:34.00 | 1:04.63 | 2:18.46 | 4:51.89 | 10:02.03 | 00:37:00 | 1:13.02 | 2:35.35 | 00:39:00 | 1:21.72 | 2:56.79 | 00:34.00 | 1:11.21 | 2:37.59 | 2:37.45 | 5:33.56 |
| 13 | 00:32.00 | 1:02.09 | 2:13.82 | 4:41.55 | 9:41.25 | 00:35:00 | 1:09.80 | 2:28.63 | 00:38:00 | 1:18.50 | 2:48.14 | 00:33.00 | 1:08.19 | 2:30.53 | 2:30.49 | 5:18.15 |
| 14 | 00:30.00 | 1:00.92 | 2:11.36 | 4:37.79 | 9:29.14 | 00:33:00 | 1:07.87 | 2:25.67 | 00:37:00 | 1:17.43 | 2:47.37 | 00:32.00 | 1:06.71 | 2:28.39 | 2:29.50 | 5:14.19 |
| 15/OV | 00:28.08 | 00:59.72 | 2:08.91 | 4:32.29 | 9:21.12 | 00:31:96 | 1:06.33 | 2:22.44 | 00:35:91 | 1:16.42 | 2:46.94 | 00:29.58 | 1:05.37 | 2:24.47 | 2:26.60 | 5:11.76 |



PAPER ENTRIES

CITY OF SUNDERLAND FIRECRACKER 2014 – 31st October – 2nd November 2014

FEMALE ENTRIES

| NAME | DOB | 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 |
|------|-----|------------|-------------|-------------|-------------|-------------|------------|-------------|-------------|--------------|---------------|---------------|-----------|------------|------------|-----------|-----------|
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Club _____

Total no of female entries _____



PAPER ENTRIES

CITY OF SUNDERLAND FIRECRACKER 2013 - 31st October – 2nd November 2014

MALE ENTRIES

| NAME | DOB | 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 |
|------|-----|---------|----------|----------|----------|-----------|---------|----------|----------|-----------|------------|------------|--------|---------|---------|--------|--------|
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Club_____

Total no of male entries_____



CITY OF SUNDERLAND ASC FIRECRACKER 2014

Friday 31st October – Sunday 2nd November

SUMMARY OF ENTRIES

CLUB _____

CONTACT NAME _____

ADDRESS _____

TELE NO _____

E-MAIL _____

Entry Fees

Payment should be made to: COSASC (CIC)

Return the summary sheet and cheque to:

Mike Sharp

City of Sunderland ASC (CIC)

7 Hylton Close

Langley Park

County Durham

DH7 9FJ

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

Female Entries @ £5.50

Male Entries @ £5.50

Friday Distance Entries @ 10.00

Relay Entries @ 10.00

Coach Passes @ £20.00

Paper Entries Admin Charge @ £1.00

Total Entry Fee Enclosed £