



# City of Sunderland ASC

(Affiliated to N&D SA & SE NER)

## National Qualifier 2024

(Under ASA Laws & Technical Rules)

Friday 12<sup>th</sup>, Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup> April 2024

This event is licensed Level 1 by the ASA

Licence number: 1NE240694

### Conditions

- 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 Freestyle, 100m all strokes, 200m all strokes, 200m Individual Medley, 400m Individual Medley, 400m Freestyle, 800m Freestyle (Mixed) and 1500m Freestyle (Mixed). All events will be **OPEN** with finals for 50m, 100m and 200m events, those events 400m+ will be Heat Declared Winners. Entries will be accepted for only one distance event (800m, 1500m) only per swimmer, should an entry be received for both events then they will be allocated as female - 800m, male - 1500m.
- 3 The Female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the 'Female' category, a swimmer confirms that their birth sex is female.
- 4 Age Groups for **qualification** are 10/11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs/Over.
- 5 **Age groups will be as at midnight on 31<sup>st</sup> December 2024.**
- 6 Entry cut off times are based on lower limits. Swimmer must have rankings time faster than these times since **1<sup>st</sup> July 2022.**
- 7 Entry fees are £8.00 per individual swim, £12.00 for 800m and 1500m swims (to include licence fee).
- 8 Entries files and entry fees **must** be received by **18:00 Wednesday 13<sup>th</sup> March 2024** at the latest, an email address must be provided 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](http://www.cityofsunderlandasc.co.uk). Contact [galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk) 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. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.
- 10 Should entries be over-subscribed, entries will be rejected 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.

- 11 We advise that travel or accommodation arrangements are booked with refund options until clubs receive confirmation of accepted entry. COSASC cannot be held responsible for any costs so arising.
- 12 The meet is cardless. All entry withdrawal forms or emails ([galas@cityofsunderlandasc.co.uk](mailto:galas@cityofsunderlandasc.co.uk)) should be with the promoter no later than:
- by 6:00pm on Thursday 11<sup>th</sup> April for Friday 12<sup>th</sup> April events
  - by 6:00pm on Friday 12<sup>th</sup> April for Saturday 13<sup>th</sup> April events
  - by 2:00pm on Saturday 13<sup>th</sup> April for Sunday 14<sup>th</sup> April 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.**

**Refunds will only be given where a competitor whose entry has been accepted, has to withdraw on medical grounds, subject to an appropriate medical certificate being received.**

- 13 Heats will be swum with all age groups combined and swimmers seeded by entry times.
- 14 **Awards:**
- Medals will be awarded to the top 3 in each final.
  - There will be a Top Male/Open / Girl award based on best 4 swims (FINA pts) for 14/Under and 15/Over.
  - There will be an award for any swimmer breaking a COSASC All-Comers record (to a maximum of 4 awards per athlete).
- 15 Late entries / poolside entries, if accepted, will be at the discretion of the promoter.
- 16 Swimmers can compete for only one club during the meet.
- 17 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. **All coaches must ensure their swimmers are aware of the Swim England guidance on mobile phones in changing rooms.**
- 18 **Spectators are not allowed onto poolside, in the changing village or allocated swimmer area at any time.**
- 19 Weekend coach/team manager passes cost £25.00. This includes a lunch and start/results sheets (on request). Coaches/Team Managers will not be allowed on poolside or in changing rooms without a valid pass. Names of coaches and team managers for each pass requested must be provided to [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk).
- 20 Admission for spectators will be:
- |                  |   |       |
|------------------|---|-------|
| FRIDAY EVENING   | - | £3.00 |
| ALL DAY SATURDAY | - | £9.00 |
| ALL DAY SUNDAY   | - | £9.00 |
| SESSION PASS     | - | £5.00 |
- Children under 3, accompanied by adults, will be admitted free. Children 3-16 and over 65 half price (admission only).
- Payment can be by card or in cash on the door.
- Meet programmes and start lists will be published online only, link to be published to [www.cityofsunderlandasc.co.uk](http://www.cityofsunderlandasc.co.uk).
- 21 When swimmers leave marshalling and report to the turn judge at the start end they must immediately remove all clothing except for swimwear.  
Over-the-top starts and side-by-side for backstroke may be used during the meet.  
Swimmers are requested to remain in the water until asked to leave the pool.

A secondary strobe and backstroke ledges will be available.

22 A swim shop may be in operation throughout the gala.

23 Officials information can be obtained from: [officials@cityofsunderlandasc.co.uk](mailto:officials@cityofsunderlandasc.co.uk)

24 The meet manager can be contacted via: [meetmanager@cityofsunderlandasc.co.uk](mailto:meetmanager@cityofsunderlandasc.co.uk)

25 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)

# Event Schedule

M/O = Male/Open

Session 1 – 12/04/2024 @ 17:30				
101	Mixed	Open	800 Free	HDW
102	Mixed	Open	1500 Free	HDW

Session 2 – 13/04/2024 @ 09:00 – 11:30				
201	Female	15/OV	400 IM	HDW
202	M/O	15/OV	400 IM	HDW
203	Female	15/OV	100 Butterfly	Heat
204	M/O	15/OV	100 Butterfly	Heat
205	Female	15/OV	100 Breaststroke	Heat
206	M/O	15/OV	100 Breaststroke	Heat
207	Female	15/OV	200 Freestyle	Heat
208	M/O	15/OV	200 Freestyle	Heat
209	Female	15/OV	200 Backstroke	Heat
210	M/O	15/OV	200 Backstroke	Heat
211	Female	15/OV	50 Freestyle	Heat
212	M/O	15/OV	50 Freestyle	Heat

Session 5 – 14/04/2024 @ 09:00 – 11:30				
501	M/O	15/OV	400 Freestyle	HDW
502	Female	15/OV	400 Freestyle	HDW
503	M/O	15/OV	200 IM	Heats
504	Female	15/OV	200 IM	Heats
505	M/O	15/OV	100 Backstroke	Heats
506	Female	15/OV	100 Backstroke	Heats
507	M/O	15/OV	100 Freestyle	Heats
508	Female	15/OV	100 Freestyle	Heats
509	M/O	15/OV	200 Butterfly	Heats
510	Female	15/OV	200 Butterfly	Heats
511	M/O	15/OV	200 Breaststroke	Heats
512	Female	15/OV	200 Breaststroke	Heats

Session 3 – 13/04/2024 @ 13:00 – 15:30				
301	Female	10-14	400 IM	HDW
302	M/O	10-14	400 IM	HDW
303	Female	10-14	100 Butterfly	Heat
304	M/O	10-14	100 Butterfly	Heat
305	Female	10-14	100 Breaststroke	Heat
306	M/O	10-14	100 Breaststroke	Heat
307	Female	10-14	200 Freestyle	Heat
308	M/O	10-14	200 Freestyle	Heat
309	Female	10-14	200 Backstroke	Heat
310	M/O	10-14	200 Backstroke	Heat
311	Female	10-14	50 Freestyle	Heat
312	M/O	10-14	50 Freestyle	Heat

Session 6 – 14/04/2024 @ 13:00 – 15:30				
601	M/O	10-14	400 Freestyle	HDW
602	Female	10-14	400 Freestyle	HDW
603	M/O	10-14	200 IM	Heats
604	Female	10-14	200 IM	Heats
605	M/O	10-14	100 Backstroke	Heats
606	Female	10-14	100 Backstroke	Heats
607	M/O	10-14	100 Freestyle	Heats
608	Female	10-14	100 Freestyle	Heats
609	M/O	10-14	200 Butterfly	Heats
610	Female	10-14	200 Butterfly	Heats
611	M/O	10-14	200 Breaststroke	Heats
612	Female	10-14	200 Breaststroke	Heats

Session 4 – 13/04/2024 @ 16:30 – 18:00				
401	Female	10-14	100 Butterfly	Finals
402	M/O	10-14	100 Butterfly	Finals
403	Female	15/OV	100 Butterfly	Finals
404	M/O	15/OV	100 Butterfly	Finals
405	Female	10-14	100 Breaststroke	Finals
406	M/O	10-14	100 Breaststroke	Finals
407	Female	15/OV	100 Breaststroke	Finals
408	M/O	15/OV	100 Breaststroke	Finals
409	Female	10-14	200 Freestyle	Finals
410	M/O	10-14	200 Freestyle	Finals
411	Female	15/OV	200 Freestyle	Finals
412	M/O	15/OV	200 Freestyle	Finals
413	Female	10-14	200 Backstroke	Finals
414	M/O	10-14	200 Backstroke	Finals
415	Female	15/OV	200 Backstroke	Finals
416	M/O	15/OV	200 Backstroke	Finals
417	Female	10-14	50 Freestyle	Finals
418	M/O	10-14	50 Freestyle	Finals
419	Female	15/OV	50 Freestyle	Finals
420	M/O	15/OV	50 Freestyle	Finals

Session 7 – 14/04/2024 @ 16:30 – 18:00				
701	M/O	10-14	200 IM	Finals
702	Female	10-14	200 IM	Finals
703	M/O	15/OV	200 IM	Finals
704	Female	15/OV	200 IM	Finals
705	M/O	10-14	100 Backstroke	Finals
706	Female	10-14	100 Backstroke	Finals
707	M/O	15/OV	100 Backstroke	Finals
708	Female	15/OV	100 Backstroke	Finals
709	M/O	10-14	100 Freestyle	Finals
710	Female	10-14	100 Freestyle	Finals
711	M/O	15/OV	100 Freestyle	Finals
712	Female	15/OV	100 Freestyle	Finals
713	M/O	10-14	200 Butterfly	Finals
714	Female	10-14	200 Butterfly	Finals
715	M/O	15/OV	200 Butterfly	Finals
716	Female	15/OV	200 Butterfly	Finals
717	M/O	10-14	200 Breaststroke	Finals
718	Female	10-14	200 Breaststroke	Finals
719	M/O	15/OV	200 Breaststroke	Finals
720	Female	15/OV	200 Breaststroke	Finals

## 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/OPEN

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
10/11	43.0	1:20.0	2:58.8	6:04.0	12:34.6	24:59.7	1:31.8	3:16.0	1:43.5	3:43.1	1:31.8	3:18.5	3:18.3	6:58.8
12	40.0	1:17.0	2:44.8	5:46.1	11:55.0	22:35.5	1:27.2	3:04.7	1:38.9	3:29.2	1:26.0	3:04.9	3:06.8	6:34.7
13	38.0	1:15.0	2:36.6	5:29.8	11:25.8	21:31.6	1:21.7	2:54.3	1:32.1	3:19.5	1:22.0	2:59.0	2:59.7	6:14.4
14	35.5	1:13.0	2:29.6	5:15.0	11:10.0	20:34.0	1:17.0	2:46.3	1:27.1	3:06.5	1:18.0	2:49.0	2:50.8	5:57.3
15	34.0	1:10.0	2:24.7	5:05.6	11:00.5	19:52.1	1:14.2	2:40.0	1:23.4	2:59.4	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	10:51.0	19:22.7	1:12.3	2:35.4	1:20.9	2:55.6	1:11.0	2:36.0	2:37.9	5:35.6

### FEMALE

	50 Free	100 Free	200 Free	400 Free	800 Free	1500 Free	100 Back	200 Back	100 Breast	200 Breast	100 Fly	200 Fly	200 IM	400 IM
10/11	44.0	1:21.3	2:59.4	6:01.4	12:34.6	24:59.7	1:31.9	3:16.0	1:43.6	3:41.6	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	22:35.5	1:28.5	3:05.6	1:38.2	3:28.9	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	21:31.6	1:24.7	2:59.3	1:32.8	3:19.5	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	20:34.0	1:21.6	2:54.8	1:31.0	3:12.7	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	19:52.1	1:19.9	2:51.0	1:29.5	3:10.7	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	19:22.7	1:19.1	2:48.9	1:28.1	3:09.8	1:15.8	2:48.3	2:51.9	6:00.8





**City of Sunderland ASC - National Qualifier 2024**  
**Friday 12<sup>th</sup>, Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> April**

CLUB \_\_\_\_\_

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

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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

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: COSASC (CIC)

Return the summary sheet and cheque to:

NQ24 Entries  
 City of Sunderland ASC  
 11 Adriana Close  
 Sunderland  
 SR2 0FG

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

	Quantity	Unit Cost	Total Cost
Female Standard Entries		£8.00	
Male Standard Entries		£8.00	
Female Distance Entries		£12.00	
Male Distance Entries		£12.00	
Poolside Pass		£25.00	
<b>Total Cost</b>			