



CITY OF SHEFFIELD SWIM SQUAD

(Affiliated to N.E. Region & Yorkshire ASA)



“NO FRILLS” OPEN MEET 2009

(Under ASA Laws and Technical Rules)

VENUE: **PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD**

DATE: **FRIDAY 29th, SATURDAY 30th & SUNDAY 31st MAY, 2009**

THIS MEET IS LICENSED BY THE ASA FOR ENTRY INTO NATIONAL COMPETITIONS AND CHAMPIONSHIPS

AGE GROUPS: Boys 11/U, 12, 13, 14, 15/16yrs, 17/Over
Girls 11/U, 12, 13, 14/15yrs, 16/Over

(Ages at 31st May 2009)

AWARDS:

- Awards to 1st 3 in all age groups
- Boys 11,12,13,14,15/16,17/Over Girls 11,12,13,14/15,16/Over
- Awards to top boy & girl.
- Trophy to top club

EVENTS: 50m Freestyle, Backstroke, Butterfly & Breaststroke (Open Age Group)
100m & 200m - All strokes
200IM & 400IM
400m, 800m & 1500m Freestyle

FEES: £5 per event (**Cheques payable to C.O.S.S.S**)
Coaches passes for weekend £15, to include programme and full set of results sheets.

**Entries on electronic files or entry form to:- Mrs J Faulkner
11 Backmoor Crescent
Sheffield,
S8 8LA
South Yorkshire,**

Club entries please email j.faulkner@btinternet.com for electronic files or telephone 01142 500598 / 07775556702

CLOSING DATE April 17TH 2009

Programme of events

City of Sheffield "NO FRILLS" Open Meet 2007

www.cityofsheffieldswimsquad.co.uk

Session 1	Friday 29th May	Warm Up 5.15pm	Start 6.00pm
------------------	-----------------------------------	-----------------------	---------------------

Event No	Event	Age Groups	
101	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
102	1500m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW

Session 2	Saturday 30th May	Warm Up 8.00am	Start 9.00am
------------------	-------------------------------------	-----------------------	---------------------

201	200m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
202	400m IM	Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW
203	200m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
204	100m Butterfly	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
205	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
206	50m Freestyle	Girls Open	
207	50m Backstroke	Boys Open	

Session 3	Saturday 30th May	Warm Up tbc	Start tbc
------------------	-------------------------------------	--------------------	------------------

301	200m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
302	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
303	100m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
304	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
305	200m Backstroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
306	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
307	50m Butterfly	Girls Open	
308	50m Breaststroke	Boys Open	

Session 4	Saturday 30th May	Warm Up tbc	Start tbc
------------------	-------------------------------------	--------------------	------------------

401	800m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
402	800m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW

Programme of events

City of Sheffield "NO FRILLS" Open Meet 2007

Session 5 Sunday 31st May Warm Up 8.00am Start 9.00am

Event No	Event	Age Groups	
501	200m IM	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
502	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
503	200m Butterfly	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
504	100m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
505	100m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
506	50m Freestyle	Boys Open	
507	50m Backstroke	Girls Open	

Session 6 Sunday 31st May Warm Up tbc Start tbc

601	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
602	400m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW
603	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
604	200m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
605	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
606	100m Backstroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
607	50m Butterfly	Boys Open	
608	50m Breaststroke	Girls Open	

Rules and information

"No Frills" Meet 2009

1. The Competition will be held under ASA Law & technical rules.
2. One start rule will apply. Over the top starts may be used at the promoters discretion.
3. The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
4. All events will be Heat Declared Winners
5. **Time entries to be based on 50m pool times. Poolside entries will not be accepted.**
6. **COACHES, SWIMMERS AND PARENTS MUST SUBMIT CORRECT AND TRUTHFUL ENTRY TIMES, THIS IS WITHIN THE ASA CODE OF CONDUCT. TIMES WILL BE VERIFIED VIA THE ASA RANKINGS SYSTEM.**
7. The promoter reserves the right to limit entries, this will be based on the submitted
8. **Swimmers who will be 11yrs of age at the National Age Group Championships, may be considered at the discretion of the Meet Manager.**
9. This meet will operate as a **CARDLESS** meet.
10. Coaches must wear badges provided and will receive a programme. Results sheets will be on sale.
11. The Referees decision is final.
12. Refreshments may be obtained in the cafeteria but may not be taken on to the poolside.
13. Swim Shop will be in operation throughout the gala.
14. No outdoor shoes to be worn on the poolside. Footwear must be worn outside the pool area.
15. Any point not covered by these rules will be at the discretion of the organisers.

16. Session times:-

Friday May 29th

Session 1 Warm Up 5.15pm Start 6.00pm

Saturday May 30th

Session 2 Warm up 08.15am Start 09.15am

Session 3 Warm up tbc Start tbc

Session 4 Warm up tbc Start tbc

Sunday May 31st

Session 5 Warm up 08.15am Start 09.15am

Session 6 Warm up tbc Start tbc

City of Sheffield Swim Squad

“NO FRILLS” OPEN MEET 2009

PONDS FORGE, SHEFFIELD 29th, 30th & 31st May, 2009

(Under A.S.A. Laws and Technical Rules)

Individual Entry Form

Please complete all details requested below in **full** *.

Name		Male /Female
Address		
Telephone No *		(We require a contact No)*
Date Of Birth		Age as at May 31st 2009
Club		
ASA Registration No		
Entry No (Official Use Only)		

ALL TIMES TO BE LONG COURSE TIMES

EVENT	ENTRY TIME	EVENT	ENTRY TIME
50m Free		50m Breast	
100m Free		100m Breast	
200m Free		200m Breast	
400m Free		50m Butterfly	
800m Free		100m Butterfly	
1500m Free		200m Butterfly	
50 Back			
100m Back		200m I.M	
200m Back		400m I.M	

Total No of Entries		@ £5 per event = Total	£
Coaches Passes Req		@ £15 for weekend	£

Please return entries with **Large SAE** by **Closing Date 17th April 2009**

**To Mrs J Faulkner
11 Backmoor Crescent
Sheffield
S8 8LA**

club entries via electronic files please. (Contact Jane Faulkner tel. 01142 500598 / 07775556702 or email j.faulkner@btinternet.com for files)

These cut off times may be reduced if over subscribed

Event		MALE					
		11/u	12yrs	13yrs	14yrs	15/16yrs	17/O
100	FR	1.18.00	1.18.00	1.17.00	1.12.00	1.10.00	1.02.00
200	FR	2.43.00	2.38.00	2.33.00	2.26.00	2.21.00	2.16.00
400	FR	5.39.00	5.28.00	5.12.00	5.03.00	4.48.00	4.43.00
800		11.48.00	11.20.00	10.48.00	10.25.00	10.04.00	9.44.00
1500	FR	22.00.00	21.25.00	20.30.00	19.45.00	19.00.00	18.15.00
100	BR	1.39.00	1.38.00	1.31.00	1.29.00	1.27.00	1.20.00
200	BR	3.33.00	3.23.00	3.10.00	3.03.00	2.55.00	2.53.00
100	FL	1.28.00	1.24.00	1.20.00	1.15.00	1.12.00	1.09.00
200	FL	3.19.00	3.05.00	2.55.00	2.41.00	2.35.00	2.30.00
100	BA	1.30.00	1.28.00	1.24.00	1.18.00	1.17.00	1.13.00
200	BA	3.06.00	2.59.00	2.50.00	2.47.00	2.40.00	2.35.00
200	IM	3.08.00	2.58.00	2.52.00	2.42.00	2.37.00	2.32.00
400	IM	6.37.00	6.11.00	5.53.00	5.35.00	5.24.00	5.20.00

Event		FEMALE				
		11/u	12yrs	13yrs	14/15yrs	16/OV
100	FR	1.24.00	1.18.00	1.15.00	1.12.00	1.10.00
200	FR	2.50.00	2.43.00	2.36.00	2.31.00	2.30.00
400	FR	5.41.00	5.32.00	5.20.00	5.11.00	5.00.00
800		12.00.00	11.30.00	11.00.00	10.30.00	10.00.00
1500	FR	22.10.00	21.25.00	20.38.00	19.40.00	18.45.00
100	BR	1.49.00	1.40.00	1.35.00	1.32.00	1.30.00
200	BR	3.34.00	3.23.00	3.14.00	3.08.00	3.05.00
100	FL	1.31.00	1.26.00	1.24.00	1.20.00	1.18.00
200	FL	3.14.00	3.12.00	2.56.00	2.49.00	2.49.00
100	BA	1.31.00	1.26.00	1.24.00	1.19.00	1.19.00
200	BA	3.08.00	2.59.00	2.54.00	2.49.00	2.46.00
200	IM	3.17.00	3.01.00	2.53.00	2.51.00	2.50.00
400	IM	6.58.00	6.15.00	5.57.00	5.48.00	5.47.00