



CITY OF SHEFFIELD SWIM SQUAD

Swim21
Accredited

Gold Performance

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

Lic. No.8104

PREMIER OPEN MEET 2008

(Under ASA Laws and Technical Rules)

VENUE: **PONDS FORGE ISC, SHEFFIELD**

DATE: FRIDAY March 21st, SATURDAY 22nd, SUNDAY 23rd March 2008

THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS AND CHAMPIONSHIPS

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

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

Ages at 24th March 2008

AWARDS:

- Medals to 1st 3 in all age group
- 50m swims – medals to 1st 3 in finals only
- Prize money to top boy and girl in each age group
- Trophy to 1st place in all finals (except 50m swims)
- Top visiting club award.

EVENTS:

- 50m All strokes (including Open finals)
- 100M, 200M All strokes (including Age, Youth/Open finals)
- 200 IM, 400 IM
- 400m, 800m 1500m Freestyle

FEES:

£5.00 per event (cheques payable to C.O.S.S.S)

Coaches passes for weekend are £15 (to include programme and full set of result sheets)

*Entries on disk/email or entry form to:-

Mrs Jane Faulkner
11 Backmoor Crescent
Norton
Sheffield
S8 8LA

Tel No 01142 500598

Mob 07775556702

Email j.faulkner@btinternet.com

CLOSING DATE FEBRUARY 18th 2008

Meet organiser and promoter Mrs. J. Weatherington

Programme of Events

City of Sheffield Premier Open Meet 2008

www.cityofsheffieldswimsquad.co.uk

Session 1 Friday 21st March Warm Up 5.15pm Start 6.00pm

Event No	Event	Age Groups	
101	800m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
		Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW
102	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
		Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW

Session 2 Saturday 22nd March 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 22nd March Warm Up 12.45pm Start 1.45pm

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 22nd March Warm Up 5.30pm Start 6.15pm

FINALS

401	50m Backstroke	Boys Open	
402	50m Freestyle	Girls Open	
403/404	200m IM	Boys Age Group/Youth+Open	
405/406	100m Butterfly	Girls Age Group/Youth+Open	
407/408	100m Freestyle	Boys Age Group/Youth+Open	
409/410	200m Freestyle	Girls Age Group/Youth+Open	
411/412	200m Butterfly	Boys Age Group/Youth+Open	
413/414	100m Breaststroke	Girls Age Group/Youth+Open	
415/416	200m Breaststroke	Boys Age Group/Youth+Open	
417/418	200m Backstroke	Girls Age Group/Youth+Open	
419/420	100m Backstroke	Boys Age Group/Youth+Open	
421/422	50m Butterfly	Girls Open	
423/424	50m Breaststroke	Boys Open	

Programme of Events

City of Sheffield Open Meet 2008

www.cityofsheffieldswimsquad.co.uk

Session 5 Sunday 23rd March 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 23rd March Warm Up 12.45pm Start 1.45pm

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	

Session 7 Sunday 23rd March Warm Up 5.30pm Start 6.15pm

FINALS

701	50m Freestyle	Boys Open
702	50 Backstroke	Girls Open
703/704	200m IM	Girls Age Group/Youth+Open
705/706	100m Butterfly	Boys Age Group/Youth+Open
707/708	100m Freestyle	Girls Age Group/Youth+Open
709/710	200m Freestyle	Boys Age Group/Youth+Open
711/712	200m Butterfly	Girls Age Group/Youth+Open
713/714	100m Breaststroke	Boys Age Group/Youth+Open
715/716	200m Breaststroke	Girls Age Group/Youth+Open
717/718	200m Backstroke	Boys Age Group/Youth+Open
719/720	100m Backstroke	Girls Age Group/Youth+Open
721/722	50m Butterfly	Boys Open
723/724	50m Breaststroke	Girls Open

City of Sheffield Swim Squad

www.cityofsheffieldswimsquad.co.uk

Rules and Information

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. Finals will be "AGE GROUP" and "YOUTH/OPEN" categories in all 100m and 200m Events. OPEN in 50m Events & Heat Declared Winners for all 400m + events
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. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
7. The promoter reserves the right to limit entries
8. This meet will operate as a **CARDLESS** meet.
9. **Withdrawals** : please notify Mrs Jane Faulkner before 12 noon Thursday 20th March 2008.
10. Coaches **MUST** wear badges provided and will receive a programme and full set of result sheets. Results sheets will be on sale for spectators and swimmers.
11. The Referees decision is final.
12. Refreshments may be obtained in the cafeteria but may not be taken on to the poolside.
13. A swim shop will be in operation throughout the gala.
14. Any point not covered by these rules will be at the discretion of the organisers.

15. Session times:-

Friday 21st March

Session 1	Warm up 17.15	Start 18.00
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Saturday 22nd March

Session 2	Warm up 08.00	Start 09.00
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Session 3	Warm up 12.30	Start 13.30
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Session 4	Warm up 17.30	Start 18.15
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Sunday 23rd March

Session 5	Warm up 08.00	Start 09.00
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Session 6	Warm up 12.30	Start 13.30
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Session 7	Warm up 17.30	Start 18.15
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City of Sheffield Swim Squad

www.cityofsheffieldswimsquad.co.uk

PREMIER OPEN MEET 2008 Ponds Forge, Sheffield 21st March – 23rd March, 2008 (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 March 24th 2008
Club		
ASA Registration No		
Entry No (Official Use Only)		

Please enter Long Course times only

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	
50m Back			
100m Back		200m I.M	
200m Back		400m I.M	

Total No of Entries		@ £5.00 per event = Total	£
Coaches Passes Req		@ £15 for weekend	£

Please return entries by **Closing Date February 18th 2008**

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

Qualifying Times (these times must have been achieved before entry)

Event		MALE					
		11/Un	12yrs	13yrs	14yrs	15/16yrs	17/Ov
100	FR	1.13.00	1.12.00	1.11.00	1.04.00	1.02.00	0.58.00
200	FR	2.33.00	2.33.00	2.23.00	2.16.00	2.11.00	2.06.00
400	FR	5.19.00	5.08.00	4.52.00	4.43.00	4.28.00	4.23.00
800	FR	11.48.00	11.20.00	10.48.00	10.25.00	10.04.00	9.44.00
1500	FR	23.00.00	21.00.00	19.45.00	19.00.00	18.21.00	17.45.00
100	BR	1.37.00	1.33.00	1.26.00	1.23.00	1.22.00	1.15.00
200	BR	3.23.00	3.23.00	3.00.00	2.53.00	2.45.00	2.43.00
100	FL	1.23.00	1.19.00	1.15.00	1.10.00	1.07.00	1.04.00
200	FL	3.09.00	2.55.00	2.45.00	2.31.00	2.25.00	2.20.00
100	BA	1.25.00	1.23.00	1.19.00	1.13.00	1.12.00	1.08.00
200	BA	2.56.00	2.49.00	2.40.00	2.37.00	2.30.00	2.25.00
200	IM	2.58.00	2.48.00	2.42.00	2.32.00	2.27.00	2.22.00
400	IM	6.17.00	5.51.00	5.33.00	5.15.00	5.04.00	5.00.00

Event		FEMALE				
		11/Un	12yrs	13yrs	14/15yrs	16/Ov
100	FR	1.19.00	1.13.00	1.10.00	1.06.00	1.05.00
200	FR	2.40.00	2.33.00	2.26.00	2.21.00	2.20.00
400	FR	5.21.00	5.12.00	5.00.00	4.51.00	4.50.00
800	FR	12.20.00	11.24.00	11.00.00	10.55.00	10.48.00
1500	FR	22.10.00	21.25.00	20.38.00	19.40.00	18.45.00
100	BR	1.44.00	1.35.00	1.30.00	1.27.00	1.25.00
200	BR	3.24.00	3.13.00	3.04.00	2.58.00	2.55.00
100	FL	1.26.00	1.19.00	1.19.00	1.15.00	1.13.00
200	FL	3.04.00	3.02.00	2.46.00	2.39.00	2.39.00
100	BA	1.26.00	1.21.00	1.19.00	1.16.00	1.15.00
200	BA	2.58.00	2.49.00	2.44.00	2.39.00	2.36.00
200	IM	3.07.00	2.51.00	2.43.00	2.41.00	2.40.00
400	IM	6.38.00	5.55.00	5.37.00	5.28.00	5.27.00