



# CITY OF SHEFFIELD SWIM SQUAD

**Swim21**  
*Accredited*

Gold Performance

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

## 'SNOW FRILLS' WINTER MEET 2009

(Under ASA Laws and Technical Rules)

**VENUE: PONDS FORGE ISC, SHEFFIELD**

**DATE: Friday 4th, Saturday 5<sup>th</sup> and Sunday 6<sup>th</sup> December 2009**

**THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL  
COMPETITIONS AND CHAMPIONSHIPS Lic. No 1 NE**

**AGE** Boys 11/U yrs, 12, 13, 14, 15/16, Open

**GROUPS:** Girls 11/U yrs, 12, 13, 14/15, Open

Ages at 6<sup>th</sup> December 2009

**AWARDS:**

Awards to 1st 3 in all age groups.

Boys 11/U yrs, 12, 13, 14, 15/16, Open

Girls 11/U yrs, 12, 13, 14/15, Open

**EVENTS:**

- 100 M all strokes
- 200 M all strokes
- 200 IM, 400 IM
- 400m, 800m, 1500m freestyle

**FEES:** £5.00 per event (cheques payable to C.O.S.S.S) please enclose a SAE for return of acceptance slips

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

**\*Entries on entry form to:-**

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

**Would all clubs please submit their entries via electronic files obtainable from;**

**Mrs Jane Faulkner  
Email**

**Tel.. 01142 500598  
j.faulkner@btinternet.com**

**CLOSING DATE October 31<sup>st</sup> 2009**

[www.cityofsheffieldswimsquad.co.uk](http://www.cityofsheffieldswimsquad.co.uk)

# Programme of Events

## 'Snow Frills' Winter Meet 2009

[www.cityofsheffieldswimsquad.co.uk](http://www.cityofsheffieldswimsquad.co.uk)

|                  |                                  |                       |                     |
|------------------|----------------------------------|-----------------------|---------------------|
| <b>Session 1</b> | <b>Friday 4<sup>th</sup> Dec</b> | <b>Warm Up 5.15pm</b> | <b>Start 6.00pm</b> |
|------------------|----------------------------------|-----------------------|---------------------|

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

|                  |                                    |                       |                     |
|------------------|------------------------------------|-----------------------|---------------------|
| <b>Session 2</b> | <b>Saturday 5<sup>th</sup> Dec</b> | <b>Warm Up 7.30am</b> | <b>Start 8.00am</b> |
|------------------|------------------------------------|-----------------------|---------------------|

| Event No | Event          | Age Groups             |     |
|----------|----------------|------------------------|-----|
| 201      | 800m Freestyle | Boys 11/u, 12, 13, 14, | HDW |
| 202      | 800m Freestyle | Girls 11/u, 12, 13,    | HDW |

|                  |                                    |                        |                      |
|------------------|------------------------------------|------------------------|----------------------|
| <b>Session 3</b> | <b>Saturday 5<sup>th</sup> Dec</b> | <b>Warm Up 10.15am</b> | <b>Start 11.15am</b> |
|------------------|------------------------------------|------------------------|----------------------|

| Event No | Event          | Age Groups                            |     |
|----------|----------------|---------------------------------------|-----|
| 301      | 200m IM        | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 302      | 400m IM        | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 303      | 200m Butterfly | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 304      | 100m Butterfly | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 305      | 100m Freestyle | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |

|                  |                                    |                    |                  |
|------------------|------------------------------------|--------------------|------------------|
| <b>Session 4</b> | <b>Saturday 5<sup>th</sup> Dec</b> | <b>Warm Up tbc</b> | <b>Start tbc</b> |
|------------------|------------------------------------|--------------------|------------------|

| Event No | Event             | Age Groups                            |     |
|----------|-------------------|---------------------------------------|-----|
| 401      | 200m Freestyle    | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 402      | 400m Freestyle    | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 403      | 100m Breaststroke | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 404      | 200m Breaststroke | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 405      | 200m Backstroke   | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 406      | 100m Backstroke   | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |

|                  |                                  |                       |                     |
|------------------|----------------------------------|-----------------------|---------------------|
| <b>Session 5</b> | <b>Sunday 6<sup>th</sup> Dec</b> | <b>Warm Up 7.30am</b> | <b>Start 8.15am</b> |
|------------------|----------------------------------|-----------------------|---------------------|

| <b>Event No</b> | <b>Event</b>   | <b>Age Groups</b>    |     |
|-----------------|----------------|----------------------|-----|
| 501             | 800m Freestyle | Boys 15/16yrs, OPEN  | HDW |
| 502             | 800m Freestyle | Girls 14/15yrs, OPEN | HDW |

|                  |                        |                        |                      |
|------------------|------------------------|------------------------|----------------------|
| <b>Session 6</b> | <b>Sunday 6th Dec.</b> | <b>Warm Up 10.15am</b> | <b>Start 11.15am</b> |
|------------------|------------------------|------------------------|----------------------|

| <b>Event No</b> | <b>Event</b>   | <b>Age Groups</b>                     |     |
|-----------------|----------------|---------------------------------------|-----|
| 601             | 200m IM        | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 602             | 400m IM        | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 603             | 200m Butterfly | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 604             | 100m Butterfly | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 605             | 100m Freestyle | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |

|                  |                        |                    |                  |
|------------------|------------------------|--------------------|------------------|
| <b>Session 7</b> | <b>Sunday 6th Dec.</b> | <b>Warm Up tbc</b> | <b>Start tbc</b> |
|------------------|------------------------|--------------------|------------------|

| <b>Event No</b> | <b>Event</b>      | <b>Age Groups</b>                     |     |
|-----------------|-------------------|---------------------------------------|-----|
| 701             | 200m Freestyle    | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 702             | 400m Freestyle    | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 703             | 100m Breaststroke | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 704             | 200m Breaststroke | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |
| 705             | 200m Backstroke   | Boys 11/u, 12, 13, 14, 15/16yrs, OPEN | HDW |
| 706             | 100m Backstroke   | Girls 11/u, 12, 13, 14/15yrs, OPEN    | HDW |

## 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. The pool is 50m long, 10 lanes, anti wave lane ropes and electronic timing.
4. All events will be Heat Declared Winners.
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. 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.
10. The Referees decision is final.
11. Refreshments may be obtained in the cafeteria but may not be taken on to the poolside.
12. A swim shop will be in operation throughout the gala.
13. Any point not covered by these rules will be at the discretion of the organisers.
14. with confirmation slips

### **Friday 12<sup>th</sup> December**

Session 1 (Boys/Girls) Warm up 5.15 pm Start 6.00pm (TBC)

### **Saturday 13th December**

Session 2 (Boys/Girls) Warm up 7.30am Start 8.15am (TBC)

Session 3 Warm up 10.15am Start 10.15am (TBC)

Session 4 Warm up TBC Start TBC (TBC)

### **Sunday 14th December**

Session 5 (Boys/Girls) Warm up 7.30am Start 8.15am (TBC)

Session 6 Warm up 10.15am Start 11.15am (TBC)

Session 7 Warm up TBC Start TBC (TBC)

**Snow Frills WINTER MEET 2009**  
**Ponds Forge, Sheffield 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> December, 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 Dec 6th<br>2009 |                            |
| Club                         |  |                           |                            |
| ASA Registration No          |  |                           |                            |
| Entry No (Official Use Only) |  |                           |                            |

**Please enter Long Course times only**

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

|                       |  |                           |   |
|-----------------------|--|---------------------------|---|
| Total No of Entries   |  | @ £5.00 per event = Total | £ |
| Coaches Passes<br>Req |  | @ £15 for weekend         | £ |

Please return paper entries by **Closing Date 31<sup>st</sup> October 2009**

**To**

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

Would clubs please submit their entries via electronic files obtainable from;

**Mrs Jane Faulkner      Tel.. 01142 500598**

Email [j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com)

## Cut off times

| Event      | Age Group       |              |              |              | MALE         |             |
|------------|-----------------|--------------|--------------|--------------|--------------|-------------|
|            | <i>11/under</i> | <i>12/12</i> | <i>13/13</i> | <i>14/14</i> | <i>15/16</i> | <i>OPEN</i> |
| 100 free   | 1.13.5          | 1.08.4       | 1.04.7       | 1.02.3       | 1.00.7       | 59.0        |
| 200 free   | 2.39.6          | 2.29.9       | 2.20.6       | 2.15.8       | 2.12.0       | 2.08.7      |
| 400 free   | 5.31.3          | 5.11.9       | 4.55.9       | 4.46.9       | 4.38.2       | 4.32.3      |
| 800 free   | 12.01.6         | 11.47.2      | 10.26.6      | 11.08.3      | 10.18.8      | 9.49.8      |
| 1500 free  | 23.45.2         | 20.43.0      | 19.33.6      | 18.49.6      | 18.21.3      | 17.56.7     |
| 100 breast | 1.34.7          | 1.27.5       | 1.21.9       | 1.18.7       | 1.16.5       | 1.14.7      |
| 200 breast | 3.25.2          | 3.10.6       | 2.58.2       | 2.49.9       | 2.45.4       | 2.41.6      |
| 100 back   | 1.32.3          | 1.18.0       | 1.13.2       | 1.10.1       | 1.08.1       | 1.06.7      |
| 200 back   | 3.16.3          | 2.47.5       | 2.38.2       | 2.31.1       | 2.26.3       | 2.24.0      |
| 100 fly    | 1.30.8          | 1.16.3       | 1.11.3       | 1.08.0       | 1.06.0       | 1.04.1      |
| 200 fly    | 3.29.2          | 2.49.3       | 2.38.3       | 2.30.2       | 2.25.6       | 2.22.0      |
| 200 IM     | 3.01.0          | 2.49.0       | 2.39.0       | 2.33.3       | 2.29.2       | 2.25.4      |
| 400 IM     | 6.29.2          | 6.02.0       | 5.37.8       | 5.26.1       | 5.16.6       | 5.10.7      |

| Event      | Age Group       |              |              |              | FEMALE      |
|------------|-----------------|--------------|--------------|--------------|-------------|
|            | <i>11/under</i> | <i>12/12</i> | <i>13/13</i> | <i>14/15</i> | <i>OPEN</i> |
| 100 free   | 1.13.3          | 1.09.7       | 1.07.3       | 1.06.4       | 1.05.4      |
| 200 free   | 2.39.4          | 2.30.8       | 2.24.8       | 2.23.0       | 2.19.8      |
| 400 free   | 5.32.0          | 5.14.4       | 5.02.7       | 4.58.9       | 4.53.3      |
| 800 free   | 11.29.5         | 10.49.9      | 10.23.2      | 10.12.8      | 10.03.9     |
| 1500 free  | 22.05.1         | 20.48.6      | 19.59.2      | 19.10.9      | 18.49.9     |
| 100 breast | 1.33.7          | 1.28.1       | 1.24.5       | 1.23.4       | 1.22.3      |
| 200 breast | 3.21.9          | 3.11.1       | 3.01.9       | 2.58.5       | 2.57.1      |
| 100 back   | 1.23.2          | 1.18.7       | 1.16.2       | 1.14.5       | 1.13.3      |
| 200 back   | 2.58.4          | 2.48.2       | 2.43.0       | 2.39.2       | 2.35.6      |
| 100 fly    | 1.21.8          | 1.17.1       | 1.14.1       | 1.12.4       | 1.11.6      |
| 200 fly    | 3.02.9          | 2.51.0       | 2.41.9       | 2.39.4       | 2.36.2      |
| 200 IM     | 2.59.5          | 2.50.2       | 2.44.3       | 2.41.4       | 2.38.8      |
| 400 IM     | 6.25.9          | 6.00.8       | 5.46.8       | 5.40.5       | 5.35.5      |

Cut off times may be reduced if this gala is oversubscribed