



SWIM SQUAD

28th ANNUAL TEASPOON GALA

Held under ASA law

Sunday, 19th September 2010

Age As Day of Competition

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

AGE GROUPS: 9/10, 11, 12, 13, 14, 15+ YRS.

AWARDS: 1st 2nd & 3rd will receive a Teaspoon symbolising Sheffield's Cutlery Industry.

A Trophy to be presented to the visiting club with the highest points at the end of the gala.

EVENTS: 50m Backstroke, 50m Butterfly, 50m Freestyle, 50m Breaststroke all age groups.
Freestyle and Medley team events. Age group (14/u boys, 13/u girls) Youth (15/Ov boys, 14/Ov girls)

SESSION 1: Warm up 8.15am. Start 9.15 – Events 1-24 finals 25 – 48 Relays 101 – 104.

SESSION 2: Warm up 13.45pm. Start 14.45pm. Events 49 – 72. Finals 73 –96 Relays 201 – 204

ENTRY FEE: £3.00 per Individual event £10 per Relay entry.

COACHES PASSES: (max 2 per club) available at £8.00 each including programme.

Entries on entry form or electronic files to:-

**Mrs J Faulkner
11 Backmoor Crescent
Sheffield
South Yorkshire, S8 8LA**

Please enclose S.A.E for return of information,

This gala is a will be filled on a first come first served basis

CLOSING DATE on or before the 8TH August 2010

City of Sheffield Swim Squad

RULES AND INFORMATION

1. The competition will be held under ASA Law and Technical rules.
2. The pool is 50m long, anti wave lane ropes and electronic timing.
3. No outdoors shoes to be worn on the poolside.
4. The entry time to be based on 50m pool times. Poolside entries will not be accepted.
5. The promoter reserves the right to limit entries.
6. This gala is a cardless gala.
7. Coaches must wear PASSES provided and will receive a programme. Result sheets will be on sale, as requested and on COSSS website during and after the gala in both HTML and word format.
8. The referees' decision is final.
9. Refreshments may be obtained in the cafeteria but may not be taken onto the poolside.
10. Swim shop may be in operation throughout the gala.
11. Any point not covered by these rules will be at the discretion of the organisers

City of Sheffield Swim Squad

PROGRAMME OF EVENTS

Session 1: Warm up 8.15 – Start 9.15am

Heats 1 – 24 Finals 25 – 48 Relays 101 - 104

Session 2: Warm up 13.45 – Start 14.45PM

Heats 49 – 72 Finals 73 – 96 Relays 201 - 204

Event	Sex	Age	Distance	Stroke
1	B	9/10	50M	BACK
2	G	9/10	50M	BACK
3	B	11	50M	BREAST
4	G	11	50M	BREAST
5	B	12	50M	FLY
6	G	12	50M	FLY
7	B	13	50M	FREE
8	G	13	50M	FREE
9	B	14	50M	BREAST
10	G	14	50M	BREAST
11	B	15+	50M	BACK
12	G	15+	50M	BACK
13	B	9/10	50M	BREAST
14	G	9/10	50M	BREAST
15	B	11	50M	BACK
16	G	11	50M	BACK
17	B	12	50M	FREE
18	G	12	50M	FREE
19	B	13	50M	FLY
20	G	13	50M	FLY
21	B	14	50M	BACK
22	G	14	50M	BACK
23	B	15+	50M	BREAST
24	G	15+	50M	BREAST
FINALS				
Event	Sex	Age	Distance	Stroke
25	B	9/10	50M	BACK
26	G	9/10	50M	BACK
27	B	11	50M	BREAST
28	G	11	50M	BREAST
29	B	12	50M	FLY
30	G	12	50M	FLY
31	B	13	50M	FREE
32	G	13	50M	FREE
33	B	14	50M	BREAST
34	G	14	50M	BREAST
35	B	15+	50M	BACK
36	G	15+	50M	BACK
37	B	9/10	50M	BREAST
38	G	9/10	50M	BREAST
39	B	11	50M	BACK
40	G	11	50M	BACK
41	B	12	50M	FREE
42	G	12	50M	FREE
43	B	13	50M	FLY
44	G	13	50M	FLY
45	B	14	50M	BACK
46	G	14	50M	BACK
47	B	15+	50M	BREAST
48	G	15+	50M	BREAST
101	B	14/U	4X1L	F/S RELAY
102	G	13/U	4X1L	MED RELAY
103	B	15/OV	4X1L	F/S RELAY
104	G	14/OV	4X1L	MED RELAY

Event	Sex	Age	Distance	Stroke
49	G	9/10	50M	FREE
50	B	9/10	50M	FREE
51	G	11	50M	FLY
52	B	11	50M	FLY
53	G	12	50M	BACK
54	B	12	50M	BACK
55	G	13	50M	BREAST
56	B	13	50M	BREAST
57	G	14	50M	FLY
58	B	14	50M	FLY
59	G	15+	50M	FREE
60	B	15+	50M	FREE
61	G	9/10	50M	FLY
62	B	9/10	50M	FLY
63	G	11	50M	FREE
64	B	11	50M	FREE
65	G	12	50M	BREAST
66	B	12	50M	BREAST
67	G	13	50M	BACK
68	B	13	50M	BACK
69	G	14	50M	FREE
70	B	14	50M	FREE
71	G	15+	50M	FLY
72	B	15+	50M	FLY
FINALS				
Event	Sex	Age	Distance	Stroke
73	G	9/10	50M	FREE
74	B	9/10	50M	FREE
75	G	11	50M	FLY
76	B	11	50M	FLY
77	G	12	50M	BACK
78	B	12	50M	BACK
79	G	13	50M	BREAST
80	B	13	50M	BREAST
81	G	14	50M	FLY
82	B	14	50M	FLY
83	G	15+	50M	FREE
84	B	15+	50M	FREE
85	G	9/10	50M	FLY
86	B	9/10	50M	FLY
87	G	11	50M	FREE
88	B	11	50M	FREE
89	G	12	50M	BREAST
90	B	12	50M	BREAST
91	G	13	50M	BACK
92	B	13	50M	BACK
93	G	14	50M	FREE
94	B	14	50M	FREE
95	G	15+	50M	FLY
96	B	15+	50M	FLY
201	G	13/U	4X1L	F/S RELAY
202	B	14/U	4X1L	MED RELAY
203	G	14/OV	4X1L	F/S RELAY
204	B	15/OV	4X1L	MED RELAY

City of Sheffield Swim Squad

Team Entry Form

Girls / Boys (Separate forms please, delete as appropriate) **19th September 2010**

CLOSING DATE on or before the 8th August 2010

Club entries via electronic entry (contact Jane Faulkner 01142 500598 for files, or email, j.faulkner@btinternet.com)

Please enclose a sae for the return of acceptance information

Club Name
Return Address
Contact Name and Telephone No Please supply..... Coaches passes @ £8

Team Name		Please submit entry times below (see programme of events)					Fee £10
		Age Group or Youth	4x1L FREE		4x1L MED		
Name							
Name							
Name							
Name							
Name							
Name							
Name							
Name							
Name							
Name							
Name							

City of Sheffield Swim Squad

No Frills Meet 2010

SUMMARY SHEET

Please return this summary sheet with your entry forms.

- All cheques made payable to COSSS (City of Sheffield Swim Squad).
- Please enclose a sae if you require information to be returned to yourself or club, all accepted swims will be published on the club web site.
- Club entries please enclose a computer generated Sportsystems printout of swims with your payment (these should balance with each other minus pass payment). For our records.

CLUB

CLUB CONTACT

CONTACT ADDRESS & TEL NO

.....

.....

Entries

Girls@ £3.00 per event	£.....
Boys@ £3.00 per event	£.....
Teams@ £10.00 per team / event	£.....
Coaches Passes@ £8.00 per pass	£.....
	TOTAL	£.....

PLEASE RETURN TO:-

Mrs Jane Faulkner
11 Backmoor Crescent
SHEFFIELD
S8 8LA

Tel 01142 500598

Mob 07775556702