



# CITY OF SHEFFIELD SWIM SQUAD

**Swim21**  
*Accredited*

Gold Performance

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

## 'SNOW FRILLS' WINTER MEET 2007

(Under ASA Laws and Technical Rules)

**VENUE: PONDS FORGE ISC, SHEFFIELD**

**DATE: Friday 30<sup>th</sup> November, Saturday 1<sup>st</sup> and 2<sup>nd</sup> December 2007**

**THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL  
COMPETITIONS AND CHAMPIONSHIPS Lic. No 7056**

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

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

Ages at 2<sup>nd</sup> December 2007

**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 J Weatherington  
53 Charnock Grove,  
Sheffield,  
S12 3HE**

**Would all large clubs please submit their entries on disc obtainable from;**

**Mr David Dickenson**

**Email**

**ddickenson@yahoo.com**

**CLOSING DATE November 2nd 2007**

**www.cityofsheffieldswimsquad.co.uk**

# Programme of Events

## 'Snow Frills' Winter Meet 2007

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

<b>Session 1</b>	<b>Friday 30<sup>th</sup> Nov</b>	<b>Warm Up 5.15pm</b>	<b>Start 6.00pm</b>
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Event No	Event	Age Groups	
101	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	1500m Freestyle	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW

### Mixed event

<b>Session 2</b>	<b>Saturday 1<sup>st</sup> Dec.</b>	<b>Warm Up 7.30am</b>	<b>Start 8.00am</b>
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Event No	Event	Age Groups	
201	800m Freestyle	Boys 11/u, 12, 13, 14,	HDW
	800m Freestyle	Girls 11/u, 12, 13,	HDW

### Mixed event

<b>Session 3</b>	<b>Saturday 1<sup>st</sup> Dec.</b>	<b>Warm Up 9.15am</b>	<b>Start 10.15am</b>
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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 1<sup>st</sup> Dec.</b>	<b>Warm Up 2.15pm</b>	<b>Start 3.15pm</b>
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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 2<sup>nd</sup> Dec.</b>	<b>Warm Up 7.30am</b>	<b>Start 8.15am</b>
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<b>Event No</b>	<b>Event</b>	<b>Age Groups</b>	
501	800m Freestyle	Boys 15/16yrs, OPEN	HDW
	800m Freestyle	Girls 14/15yrs, OPEN	HDW
<b>Mixed event</b>			

<b>Session 6</b>	<b>Sunday 2nd Dec.</b>	<b>Warm Up 9.15am</b>	<b>Start 10.15am</b>
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<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 2nd Dec.</b>	<b>Warm Up 2.15pm</b>	<b>Start 3.15pm</b>
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<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. Session times:-

### **Friday 30<sup>th</sup> November**

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

### **Saturday 1<sup>st</sup> December**

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

Session 3 Warm up 9.15am Start 10.15am (TBC)

Session 4 Warm up 2.15pm Start 3.15pm (TBC)

### **Sunday 2<sup>nd</sup> December**

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

Session 6 Warm up 9.15am Start 10.15am (TBC)

Session 7 Warm up 2.15pm Start 3.15pm (TBC)

**WINTER DISTANCE MEET 2007**  
**Ponds Forge, Sheffield 30<sup>TH</sup> November, 1<sup>st</sup> & 2<sup>nd</sup> December, 2007**  
 (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 2nd 2007	
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		100m 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 Req		@ £15 for weekend	£

Please return entries by **Closing Date November 2<sup>nd</sup> 2007**

**To**

**Mrs J Weatherington**  
**53 Charnock Grove,**  
**Sheffield,**  
**S12 3HE**

Would all large clubs please submit their entries on disc obtainable from;

**Mr David Dickenson**

Email [ddickenson@yahoo.com](mailto:ddickenson@yahoo.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