



SWIM SQUAD

'SNOW FRILLS' MEET 2013

**THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND
REGIONAL CHAMPIONSHIPS
Lic. No. 3NE 3174**

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Saturday 30th November and Sunday 1st December 2013

MEET DIRECTOR: Jane Faulkner
Tel 01142500598 Mob 07775556702
Email j.faulkner@btinternet.com

AGE GROUPS: Boys 9/10, 11, 12, 13, 14, 15/16, 17/over
Girls 9/10, 11, 12, 13, 14/15, 16/over

Ages at 2nd December 2013

AWARDS: Awards to 1st 3 in all age groups.
Swimmers achieving faster than consideration times will be issued with a speeding ticket.

EVENTS: 50 M all strokes
• 100 M all strokes
• 200 M all strokes
• 200 IM

FEES: £6.00 per event (cheques payable to C.O.S.S.S)

Coaches' passes for weekend are £15 (to include programme)

**Would all clubs please submit their entries via electronic files obtainable from our web site
www.cityofsheffieldswimsquad.co.uk**

***individual forms to:-** Mrs Jane Faulkner
11 Backmoor Crescent
Sheffield
S8 8LA
Email j.faulkner@btinternet.com

**This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 26th October 2013**

Cityofsheffieldswimsquad.co.uk

Swim21
Accredited

City of Sheffield Swim Squad

'Snow Frills' Winter Meet 2013

Programme of Events

Session 1	Saturday 30th Nov	Warm Up 8.00 am	Start 9.00 am
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Event No	101	200m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	102	200m Freestyle	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	103	100m Breaststroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	104	100m Breaststroke	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	105	200m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	106	200m Butterfly	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW

Session 2	Saturday 30th Nov	Warm Up TBC	Start TBC
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Event No	207	100m Freestyle	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	208	100m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	209	200m IM	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	210	50m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	211	50m Freestyle	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	212	50m Backstroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	213	50m Backstroke	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW

Session 3	Sunday 1st Dec	Warm Up 8.00 am	Start 9.00 am
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Event No	301	200m Backstroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	302	200m Backstroke	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	303	200m Breaststroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	304	200m Breaststroke	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	305	100m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	306	100m Butterfly	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW

Session 4	Sunday 1st Dec	Warm Up TBC	Start TBC
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Event No	407	100m Backstroke	Boys	9/ 10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	408	100m Backstroke	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	409	200m IM	Boys	9/10, 11, 12, 13, 14, 15, 16, 17/Over	HDW
	410	50m Breaststroke	Girls	9/10, 11, 12, 13, 14/15 16, Over	HDW
	411	50m Breaststroke	Boys	9/ 10, 11, 12, 13, 14, 15, 16 17/Over	HDW
	412	50m Butterfly	Girls	9/10, 11, 12, 13, 14/15, 16/Over	HDW
	413	50m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16 17/Over	HDW

City of Sheffield Swim Squad

'Snow Frills' Winter Meet 2013

Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts may be used at the meet organiser's 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. This meet will be run using the new linked Sportsystems and all entry times will be directly checked with the ASA rankings files. **All submitted entries will be audited during the entry process against the ranking system and any club or individual entry will be challenged on their authenticity where necessary. Converted short course times can be used and the Sportsystem entry file will be produced to accept these times. All times must have been achieved in the previous 12 months before the date of the gala.**
7. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
8. The promoter reserves the right to limit entries. **This gala will be filled on a first come first served basis**
9. This meet will operate as a cardless meet.
10. Coaches **MUST** wear badges provided and will receive a programme and full set of starts sheets. Results sheets will be on sale for spectators and swimmers. During the gala live results will be published via the club web site www.cityofsheffieldswimsquad.co.uk and will be in HTML and word format on the web site after the gala.
11. All accepted and rejected swims will be posted on the web site. Any refunds will be returned to the relevant clubs during the gala.
12. Withdrawals must be made within 30 mins. before the start of each warm-up session to the Omega timing suite or via email / phone / txt to Mrs Jane Faulkner j.faulkner@btinternet.com or 07775556702
13. If cancellation of the event be necessary then the only claim will be the entry fee paid.
14. Refunds will not be given for withdrawn swimmers or for entry errors attributable to the individual or their club.
15. The Referees decision is final.
16. Any point not covered by these rules will be at the discretion of the organisers.

City of Sheffield Swim Squad

'Snow Frills' Winter Meet 2013

Consideration times

Swimmers must NOT BE FASTER THAN the times below
LONG COURSE TIMES

All entries are now linked to the ASA Rankings via Sportsystems Entry for verification

BOYS							EVENT	GIRLS					
9/10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		9/10 YRS	11 YRS	12 YRS	13 YRS	14/15 YRS	16/OV
32.00	31.00	29.50	28.50	27.00	26.50	26.00	50 freestyle	32.00	31.00	30.50	30.00	29.00	28.50
1.10.40	1.02.91	1.02.91	59.79	57.79	55.55	54.68	100 freestyle	1.10.40	1.07.41	1.04.49	1.05.92	1.01.26	1.00.89
2.30.90	2.24.71	2.16.32	2.09.95	2.05.54	2.00.86	1.59.23	200 freestyle	2.30.90	2.25.37	2.18.76	2.15.09	2.11.58	2.10.61
37.00	35.00	33.00	31.00	29.00	27.50	27.00	50 backstroke	37.00	35.00	34.00	33.00	32.50	32.00
1.20.10	1.12.27	1.12.27	1.08.48	1.06.00	1.03.47	1.02.60	100 backstroke	1.20.10	1.16.88	1.13.26	1.11.11	1.09.37	1.08.95
2.50.20	2.44.24	2.34.57	2.26.86	2.21.57	2.17.15	2.15.43	200 backstroke	2.50.20	2.42.56	2.36.53	2.31.56	2.28.81	2.28.10
40.00	39.00	38.00	36.50	34.50	34.00	33.00	50 breaststroke	40.00	37.00	36.00	35.00	34.50	34.00
1.33.00	1.21.82	1.21.82	1.18.04	1.14.15	1.11.08	1.09.95	100 breaststroke	1.33.00	1.27.03	1.22.70	1.20.37	1.18.70	1.18.26
3.20.10	3.09.11	2.56.92	2.46.87	2.41.53	2.35.40	2.32.95	200 breaststroke	3.20.10	3.06.96	2.57.24	2.52.62	2.49.30	2.48.47
38.00	35.00	32.5	30.5	28.50	28.00	27.00	50 butterfly	38.00	34.00	33.00	32.00	31.50	31.00
1.21.00	1.10.94	1.10.94	1.06.66	1.03.88	1.01.83	59.87	100 butterfly	1.21.00	1.16.55	1.12.17	1.09.70	1.07.70	1.07.26
2.58.10	2.50.57	2.38.39	2.28.98	2.22.26	2.16.08	2.13.83	200 butterfly	2.58.10	2.51.08	2.39.92	2.32.99	2.28.74	2.28.62
2.50.50	2.42.97	2.34.92	2.27.62	2.22.52	2.17.25	2.15.32	200 I M	2.50.50	2.44.53	2.37.37	2.32.93	2.29.73	2.28.82

City of Sheffield Swim Squad

‘Snow Frills’ Winter Meet 2013

Ponds Forge, Sheffield 30th November and 1st December, 2013

Individual Entry Form

ALL ENTRIES ARE TO BE CONVERTED TO LONG COURSE TIMES

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 2 nd 2013		
Club				
ASA Registration No				
Entry No (Official Use Only)				
50 free	100 free	200 free	50 back	100 back
200 back	50 breast	100 breast	200 breast	
50 fly	100 fly	200 fly	200 IM	
Total no entries @ £6.00 per event			£	
Coaches Passes @ £15.00 each			£	

CLOSING DATE ON OR BEFORE 26th October 2013

THIS GALA WILL BE FILLED ON A FIRST COME FIRST SERVED BASIS

Please return to: Mrs Jane Faulkner
 11 Backmoor Crescent
 SHEFFIELD S8 8LA
 Tel. 01142 500598 Mob 07775556702

City of Sheffield Swim Squad

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CLUB ELECTRONIC ENTRY SUMMARY SHEET

ALL CLUBS PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM PRINTOUT

- All cheques made payable to COSSS (City of Sheffield Swim Squad).
- All rejected and accepted swims will be published on the club web site.
- **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@ £6.00 per event £.....

Boys@ £6.00 per event £.....

Coaches Passes@ £15.00 per pass £.....

TOTAL £.....

PLEASE RETURN TO:-

Mrs Jane Faulkner
11 Backmoor Crescent

SHEFFIELD

S8 8LA

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Mob 07775556702