



NO FRILLS MEET 2016

THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS
AND CHAMPIONSHIPS Licence No. applied for

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Saturday 14th May and Sunday 15th, 2016

MEET DIRECTOR : Lesley Senior
Mob 07720930905
Email cosssgalas@gmail.com

AGE GROUPS: Boys 11/ u yrs, 12, 13, 14, 15/16, 17/Ov
Girls 11/ u yrs, 12, 13, 14, 15/16, 17/Ov
Ages at 15th May 2016

AWARDS: Awards to 1st 3 in all age groups.

EVENTS:

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

FEES: £7.00 per event (cheques payable to C.O.S.S.S Ltd)

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

Would all clubs please submit their entries via electronic files obtainable from our web site:- www.cosss.co.uk

*individual forms to:-

Mrs Lesley Senior
3 Wood Syke
Dodworth
Barnsley
S75 3SZ

CLOSING DATE 10th April 2016

City of Sheffield Swim Squad

No Frills Meet 2016

Programme of Events

Session 1	Saturday 14th May	Warm Up 7.15 am	Start 8.00 am
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Event No	101	800m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/OV	HDW
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Session 2	Saturday 14th May	Warm Up tbc	Start tbc
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Event No	201	200m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	202	400m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	203	200m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	204	100m Butterfly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	205	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW

Session 3	Saturday 14th May	Warm Up tbc	Start tbc
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Event No	301	200m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	302	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	303	100m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	304	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	305	200m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	306	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW

Session 4	Sunday 15th May	Warm Up 7.15 am	Start 8.00 am
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Event No	401	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
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Session 5	Sunday 15th May	Warm Up tbc	Start tbc
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Event No	501	200m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	502	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	503	200m Butterfly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	504	100m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	505	100m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW

Session 6	Sunday 15th May	Warm Up tbc	Start tbc
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Event No	601	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	602	400m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	603	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	604	200m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	605	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW
	606	100m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/OV	HDW

City of Sheffield Swim Squad

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Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts may be used at the promoter'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 are.
6. This meet will be run using the linked Sportssystem software and all entry times will be directly checked with the ASA rankings files and will be rejected if the submitted times are not on the ranking files. **Converted short course times can be used and the Sportssystem 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. Swimmers, who will be 11 years of age at the National Age Group Championships, may be considered if they meet the times listed and at the discretion of the meet organiser.
8. Time entries to be based on 50m pool times. **Poolside entries will not be accepted.**
9. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the swimmers with the fastest submitted times will take precedence. Events chosen for restrictions will be at the meet organisers discretion.
10. The promoter reserves the right to fill empty lanes with cosss swimmers.
11. Coaches **MUST** wear badges provided and will receive a programme and full set of starts sheets. During the gala live results will be published via the club web site www.cosss.co.uk
12. A draft programme will be posted on the web site. All rejected swim refunds will be returned to the relevant clubs during the gala.
13. Withdrawals must be made before the start of each warm-up session to the Omega timing suite or via email to **Mrs Lesley Senior** cosssgalas@gmail.com
14. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
15. If cancellation of the event is necessary then the only claim will be the entry fee paid.
16. The Referees decision on all swimming matters is final.
17. Any point not covered by these rules will be at the discretion of the organisers.

City of Sheffield Swim Squad

No Frills Open Meet 2016

Consideration times

Swimmers must have achieved the Qualifying standard times listed below
LONG COURSE TIMES

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

BOYS						EVENTS	GIRLS					
11/UN YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11/UN YRS	12YRS	13 YRS	14 YRS	15/16 YRS	17/OV
1.10.00	1.10.00	1.06.00	1.02.00	0.59.00	0.58.00	100 FREESTYLE	1.12.00	1.12.00	1.07.00	1.06.00	1.05.00	1.04.00
2.30.00	2.30.00	2.23.00	2.16.00	2.11.00	2.09.00	200 FREESTYLE	2.33.00	2.33.00	2.26.00	2.21.00	2.20.00	2.18.00
5.15.00	5.15.00	5.05.00	4.53.00	4.45.00	4.36.00	400 FREESTYLE	5.20.00	5.20.00	5.10.00	4.55.00	4.50.00	4.45.00
						800 FREESTYLE	11.24.00	11.24.00	11.00.00	10.55.00	10.48.00	10.20.00
21.00.00	21.00.00	19.45.00	19.00.00	18.21.00	17.45.00	1500 FREESTYLE						
1.21.00	1.21.00	1.15.00	1.12.00	1.10.00	1.08.00	100 BACKSTROKE	1.20.00	1.20.00	1.18.00	1.16.00	1.14.00	1.12.00
2.53.00	2.53.00	2.41.00	2.37.00	2.30.00	2.25.00	200 BACKSTROKE	2.49.00	2.49.00	2.44.00	2.42.00	2.39.00	2.39.00
1.33.00	1.33.00	1.26.00	1.23.00	1.22.00	1.15.00	100 BREASTSTROKE	1.32.00	1.32.00	1.30.00	1.27.00	1.25.00	1.23.00
3.21.00	3.21.00	3.06.00	3.01.00	2.48.00	2.44.00	200 BREASTSTROKE	3.16.00	3.16.00	3.10.00	3.05.00	3.02.00	3.00.00
1.21.00	1.21.00	1.16.00	1.12.00	1.08.00	1.05.00	100 BUTTERFLY	1.19.00	1.19.00	1.16.00	1.15.00	1.13.00	1.12.00
3.00.00	3.00.00	2.52.00	2.42.00	2.30.00	2.24.00	200 BUTTERFLY	3.03.00	3.03.00	2.52.00	2.43.00	2.39.00	2.37.00
2.51.00	2.51.00	2.42.00	2.36.00	2.33.00	2.31.00	200 INDIVIDUAL MEDLEY	2.51.00	2.51.00	2.46.00	2.41.00	2.40.00	2.38.00
6.10.00	6.10.00	5.51.00	5.36.00	5.20.00	5.15.00	400 INDIVIDUAL MEDLEY	6.12.00	6.12.00	5.55.00	5.46.00	5.41.00	5.38.00

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Ponds Forge, Sheffield Saturday 14th May and Sunday 15th May 2016

Individual Entry Form

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

ALL ENTRY TIMES 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 15 th May 2016		
Club					
ASA Registration No					
Entry No (Official Use Only)					
100 free	200 free	400 free	800 free	1500 free	
100 back	200 back	100n breast	200 breast		
100 fly	200 fly	200 IM	400 IM		
Total no entries @ £7.00 per event					£
Coaches Passes @ £15.00 each					£

CLOSING DATE 10th April 2016

Please return to:

**Mrs Lesley Senior
3 Wood Syke
Dodworth
Barnsley
S75 3SZ**

City of Sheffield Swim Squad

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CLUB ELECTRONIC ENTRY SUMMARY SHEET ONLY

All electronic club entries please return this summary sheet with your payment and Sportsystems printouts :

- All cheques made payable to COSSS Ltd (City of Sheffield Swim Squad). BACS payments to COSSS LTD Sort code 05-08-03 Account 21640022
- 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

.....

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Entries

Girls@ £7.00 per event £.....

Boys@ £7.00 per event £.....

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

TOTAL £.....

**PLEASE RETURN TO:- Mrs Lesley Senior
3 Wood Syke
Dodworth
Barnsley
S75 3SZ**