City of Sunderland ASC

(Affiliated to N&D SA & SENER)

Sunderland Spooktacular 2021

(Under ASA Laws & Technical Rules)

Saturday 30th & Sunday 31st October 2021

This event is licensed Level 3 by the ASA

Licence number: TBC

1 Sunderland Aquatic Centre is a 10 lane, 25m pool with a full electronic timing system. A separate warm up / swim-down pool will be in operation.

2 Events will be 50m all strokes, 100m all strokes, 200m all strokes, 100m / 200m / 400m Individual Medley, 400m Freestyle, 800m Freestyle (Mixed), 1500m Freestyle (Mixed).

3 All events will be **OPEN** with Heat Declared Winners. Heats will be swum with age groups combined and swimmers seeded by entry times.

4 Age Groups are 9-11yrs, 12yrs, 13yrs, 14yrs, 15yrs,16yrs/Over**.**

5 **Age at 31st December 2021.**

6 Entry cut off times are based on upper limits. Swimmer must have rankings time faster than these times since 1st January 2019.

7 Entry times are **Short Course**. The meet will be managed using Sportsystems. The **locked** entry file will convert all ASA rankings long course times, to short course automatically. Paper entry times which are long course should be converted to short course times by use of ASA Conversion Tables. In line with the licensing requirements, swimmers **MUST** have met the stated qualifying times for the meet.

8 Entry fees are £7.50 per swim less than 800m in distance, £12.00 for 800m and 1500m swims (to include licence fee). **Electronic entry is preferred** – the **locked** electronic entry file will be available for download at www.cityofsunderlandasc.co.uk. An admin fee of £10.00 will be charged for each paper entry. All entries must state the club and show name and full date of birth for each swimmer. Contact the Gala Manager with any further enquiries.

9 This is a first come first served gala. Entries open **Friday 10th September at 08:00** and close will close once the gala is full or **Friday 1st October at 18:00.** Any entries received prior to the open date/time will be returned and requested to be submitted at the correct time.

10 Payment is to be made by BACS transfer to C.O.S.A.S.C. Bank details will be provided following entry submission. Payments must be received in full prior to the meet date.

11 All entry withdrawal forms or emails (galas@cityofsunderlandasc.co.uk) must be with the promoter no later than:

- by 4:00pm on Friday 29th October for Saturday 30th October events
- by 2:00pm on Saturday 30th October for Sunday 31st October events

Seeded Heat Start Lists will be produced prior to the start time of the session. Any withdrawals not given by stated time will result in an empty lane during the event.

12 Awards and Trophies – the following shall apply:

- There will be a Trophy award for the top visiting club – to be awarded to the club based on points achieved.
- There will be a Top Boy / Girl award based on best 4 swims (FINA pts) for 14/Under and 15/Over.
- Medals will be awarded in each event to the top THREE placed swimmers in each age group.
- There will be a monetary award for any swimmer breaking a COSASC All-Comers record with a maximum of 4 awards per individual.

13 Late entries / poolside entries will be at the discretion of the promoter.

14 Swimmers can compete for only one club during the meet.

15 Swimmers are not allowed into the spectator area. No changing is allowed on poolside, the changing village is to be used for this purpose.

16 Spectators are not allowed onto poolside at any time.

17 Weekend coach passes cost £25.00, inclusive of lunch. Coaches will not be allowed on poolside or in changing rooms without a valid pass.

18 Admission for spectators will be:

ALL DAY SATURDAY	–	£8.00
ALL DAY SUNDAY	–	£8.00
WEEKEND PASS	–	£14.00
SESSION PASS	–	£4.00

Children under 12, accompanied by adults, will be admitted free. OAP half price (admission only).

There may be a restricted capacity for spectators imposed by the facility provider, this will be confirmed to visiting clubs in advance of the meet.

Meet programmes and start lists will be published online only, link to be published to www.cityofsunderlandasc.co.uk.

19 Over-the-top starts may be used during the meet. Swimmers are requested to remain in the water until asked to leave the pool.

20 Meet manager for this Gala is: Tracy Barnett - **meetmanager@cityofsunderlandasc.co.uk**

21 Officials information can be obtained from: **officials@cityofsunderlandasc.co.uk**

22 Further information can be obtained from Paul McGee at : **galas@cityofsunderlandasc.co.uk**
Also see our website: **www.cityofsunderlandasc.co.uk**

CITY OF SUNDERLAND ASC – SUNDERLAND SPOOKTACULAR - SAT 30th / SUN 31st OCTOBER 2021

ORDER OF EVENTS

SESSION 1 – SATURDAY 30th OCTOBER 2021			
101	-	400m	Individual Medley Boys
102	-	200m	Freestyle Girls
103	-	100m	Backstroke Boys
104	-	100m	Butterfly Girls
105	-	50m	Butterfly Boys
106	-	50m	Freestyle Girls
107	-	200m	Breaststroke Boys
108	-	800m	Freestyle (Mixed)

SESSION 2 – SATURDAY 30th OCTOBER 2021			
201	-	400m	Freestyle Boys
202	-	200m	Individual Medley Girls
203	-	50m	Breaststroke Boys
204	-	50m	Backstroke Girls
205	-	100m	Freestyle Boys
206	-	200m	Butterfly Girls
207	-	200m	Backstroke Boys
208	-	100m	Breaststroke Girls
209	-	100m	Individual Medley Boys

SESSION 3 – SUNDAY 31st OCTOBER 2021			
301	-	400m	Individual Medley Girls
302	-	200m	Freestyle Boys
303	-	100m	Backstroke Girls
304	-	100m	Butterfly Boys
305	-	50m	Butterfly Girls
306	-	50m	Freestyle Boys
307	-	200m	Breaststroke Girls
308	-	1500m	Freestyle (Mixed)

SESSION 4 – SUNDAY 31st OCTOBER 2021			
401	-	400m	Freestyle Girls
402	-	200m	Individual Medley Boys
403	-	50m	Breaststroke Girls
404	-	50m	Backstroke Boys
405	-	100m	Freestyle Girls
406	-	200m	Butterfly Boys
407	-	200m	Backstroke Girls
408	-	100m	Breaststroke Boys
409	-	100m	Individual Medley Girls

COSASC SUNDERLAND SPOOKTACULAR 2021
Qualifying Times

Boys 11 Years/Under 12 years 13 years 14 years 15 years 16/over
Girls 11 Years/Under 12 years 13 years 14 years 15 years 16/over

Minimum Permitted Qualifying Times (Must be FASTER or EQUAL to these times)

MALE

	50 Free	100 Free	200 Free	400 Free	800m Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
11/UN	42.0	1:21.0	2:55.0	5:56.0	12:19.0	24:44.0	50.0	1:33.0	3:18.0	54.0	1:45.0	3:45.0	49.0	1:35.0	3.20.0	1:35.0	3:19.0	6.55.0
12	39.0	1:17.0	2:41.0	5:39.0	11:39.0	22:20.0	47.0	1:29.0	3:09.0	51.0	1.40.0	3:36.0	45.0	1:30.0	3:11.0	1:30.0	3:09.0	6:31.0
13	37.0	1:13.0	2:33.0	5:22.0	11:10.0	21:16.0	44.0	1:23.0	2:59.0	47.0	1:35.0	3:20.0	42.0	1:25.0	3:05.0	1:25.0	3:04.0	6:16.0
14	35.0	1:11.0	2:27.0	5:07.0	10:56.0	20:19.0	42.0	1:20.0	2:49.0	44.0	1.30.0	3:15.0	39.0.	1:20.0	2:55.0	1:20.0	2:55.0	5.54.0
15	33.0	1:08.0	2:21.0	4:58.0	10:45.0	19:37.0	40.0	1:18.0	2:43.0	42.0	1:26.0	3:05.0	37.0	1:18.0	2:45.0	1:18.0	2:45.0	5:42.0
16/OV	32.0	1:05.0	2:17.0	4:51.0	10:36.0	19:07.0	37.0	1:15.0	2:39.0	40.0	1:24.0	3:00.0	35.0	1:15.0	2:40.0	1:15.0	2:40.0	5:36.0

FEMALE

	50 Free	100 Free	200 Free	400 Free	800m Free	1500 Free	50 Back	100 Back	200 Back	50 Breast	100 Breast	200 Breast	50 Fly	100 Fly	200 Fly	100 IM	200 IM	400 IM
11/UN	45.0	1:23	2:59.0	5:59.0	12:19.0	24:44.0	50.0	1:31.0	3:18.0	54.0	1:45.0	3:45.0	49.0	1:35.0	3.20.0	1:35.0	3:19.0	6.55.0
12	43.0	1:19.0	2:47.0	5:43.0	11:39.0	22:20.0	47.0	1:28.0	3:09.0	51.0	1.40.0	3:36.0	45.0	1:30.0	3:11.0	1:30.0	3:09.0	6:31.0
13	41.0	1:17.0	2:40.0	5:30.0	11:10.0	21:16.0	45.0	1:25.0	2:59.0	47.0	1:35.0	3:20.0	42.0	1:25.0	3:05.0	1:25.0	3:04.0	6:16.0
14	38.0	1:15.0	2:36.0	5:20.0	10:56.0	20:19.0	42.0	1:23.0	2:51.0	45.0	1:31.0	3:15.0	40.0.	1:21.0	2:56.0	1:21.0	2:57.0	5.56.0
15	36.0	1:12.0	2:32.0	5:15.0	10:45.0	19:37.0	39.0	1:20.0	2:48.0	43.0	1:29.0	3:10.0	38.0	1:19.0	2:47.0	1:19.0	2:47.0	5:44.0
16/OV	34.0	1:10.0	2:29.0	5:11.0	10:36.0	19:07.0	38.0	1:18.0	2:45.0	41.0	1:27.0	3:06.0	36.0	1:16.0	2:42.0	1:16.0	2:42.0	5:38.0