



## PREMIER OPEN MEET 2010

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

**VENUE: PONDS FORGE ISC, SHEFFIELD**

**DATE:** Friday 26th, Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> March 2010

**AGE GROUPS:** Boys 11/ yrs, 12, 13, 14, 15/16, Open  
Girls 11/U yrs, 12, 13, 14/15, Open  
Ages at 28<sup>th</sup> March 2010

**AWARDS:**

- Medals to 1st 3 in all age groups.
- Open 50m swims – medals to 1<sup>st</sup> 3 in finals only
- Prize money to top boy and girl in each age group
- Top visiting club award

**EVENTS:**

- 50m all strokes (open finals)
- 100m, 200m all strokes 200 IM (finals Age Group and Youth/Senior)
- 400 IM, 400m, 800m, 1500m freestyle al HDW

**FEES:** £5.00 per event (cheques payable to C.O.S.S.S)

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;**

**Mrs Jane Faulkner  
Email**

**Tel. 01142 500598 / 07775556702  
j.faulkner@btinternet.com**

**\*individual forms to:-**

**Mrs Jane Faulkner  
11 Backmoor Crescent  
Sheffield  
S8 8LA**

**CLOSING DATE 21<sup>st</sup> February 2010**

# City of Sheffield Swim Squad

## Premier Open Meet 2010

### Programme of Events

<b>Session 1</b>	<b>Friday</b>	<b>26th March</b>	<b>Warm Up 5.15pm</b>	<b>Start 6.00pm</b>
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<b>Event No</b>	101	800m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
			Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW
	102	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
			Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW

<b>Session 2</b>	<b>Saturday</b>	<b>27<sup>th</sup> March</b>	<b>Warm Up 8.00am</b>	<b>Start 9.00am</b>
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<b>Event No</b>	201	200m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
	202	50 Breaststroke	Boys Open	
	203	50 Fly	Girls Open	
	204	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	205	200m Backstroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
	206	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	207	100m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
	208	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Event No</b>	209	200m Freestyle	FINAL	Girls Age Group
	210	200m Freestyle	FINAL	Youth / Open
	211	50m Breaststroke	FINAL	Boys Open
	212	50 Fly	FINAL	Girls Open
	213	100m Backstroke	FINAL	Boys Age Group
	214	100m Backstroke	FINAL	Boys Youth / Open
	215	200m Backstroke	FINAL	Girls Age Group
	216	200m Backstroke	FINAL	Girls Youth / Open
	217	200m Breaststroke	FINAL	Boys Age Group
	218	200m Breaststroke	FINAL	Boys Youth / Open
	219	100m Breaststroke	FINAL	Girls Age Group
	220	100 m Breaststroke	FINAL	Girls Youth / Open

<b>Session 3</b>	<b>Saturday</b>	<b>27th March</b>	<b>Warm Up TBC</b>	<b>Start TBC</b>
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<b>Event No</b>	301	200m IM	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
	302	50m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	303	50m Backstroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
	304	200m Fly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	305	100m Fly	Girls 11/u, 12, 13, 14/15yrs, 16/Over	
	306	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	307	400m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over	HDW

Event no 308 200m IM FINAL Girls Age Group

309	200m IM	FINAL	Youth / Open
310	50m Freestyle	FINAL	Boys Open
311	50m Backstroke	FINAL	Girls Open
312	200m Fly	FINAL	Boys Age Group
313	200m Fly	FINAL	Boys Youth / Open
314	100m Fly	FINAL	Girls Age Group
315	100m Fly	FINAL	Girls Youth / Open
316	100m Freestyle	FINAL	Boys Age Group
317	100m Freestyle	FINAL	Boys Youth / Open

Session 4	Sunday	28th March	Warm Up	8.00am	Start	9.00am
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<b>Event No</b>	401	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over		
	402	50 Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over		
	403	50 Fly	Boys Open		
	404	100m Backstroke	Girls Open		
	405	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over		
	406	200m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, 16/Over		
	407	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over		
	408	400m IM	Girls 11/u, 12, 13, 14/15yrs, 16/Over		HDW
<b>Event No</b>	409	200m Freestyle	FINAL	Boys Age Group	
	410	200m Freestyle	FINAL	Boys Youth / Open	
	411	50m Breaststroke	FINAL	Girls Open	
	412	50 Fly	FINAL	Boys Open	
	413	100m Backstroke	FINAL	Girls Age Group	
	414	100m Backstroke	FINAL	Girls Youth / Open	
	415	200m Backstroke	FINAL	Boys Age Group	
	416	200m Backstroke	FINAL	Boys Youth / Open	
	417	200m Breaststroke	FINAL	Girls Age Group	
	418	200m Breaststroke	FINAL	Girls Youth / Open	
	419	100m Breaststroke	FINAL	Boys Age Group	
	420	100m Breaststroke	FINAL	Boys Youth / Open	

Session 5	Sunday	28th March	Warm Up	TBC	Start	TBC
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<b>Event No</b>	501	200m IM	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over		
	502	50m Freestyle	Girls Open		
	503	50m Backstroke	Boys Open		
	504	200m Fly	Girls 11/u, 12, 13, 14/15yrs, 16/Over		
	505	100m Fly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over		
	506	100m Freestyle	Girls 11/u, 12, 13, 14/15yrs, 16/Over		
	507	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over		HDW
<b>Event No</b>	508	200m IM	FINAL	Boys Age Group	
	509	200m IM	FINAL	Boys Youth / Open	
	510	50m Freestyle	FINAL	Girls Open	
	511	50m Backstroke	FINAL	Boys Open	
	512	200m Fly	FINAL	Girls Age Group	
	513	200m Fly	FINAL	Girls Youth / Open	
	514	100m Fly	FINAL	Boys Age Group	
	515	100m Fly	FINAL	Boys Youth / Open	
	516	100m Freestyle	FINAL	Girls Age Group	
	517	100m Freestyle	FINAL	Girls Youth / Open	

### 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 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 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.
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.
9. This meet will operate as a **CARDLESS** meet.
10. At the discretion of the promoters **no reserves will be used**, but when a lane is empty, then reserves may be used from the City of Sheffield Swim Squad.
11. Swimmers, who will be 11years of age at the National Age Group Championships, may be considered if they meet the times listed at the discretion of the promoters.
12. 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](http://www.cityofsheffieldswimsquad.co.uk) and will be in HTML and word format on the web site after the gala.
13. All accepted and rejected swims will be posted on the web site, no further information will be returned unless an sae is enclosed with the entries.
14. Withdrawals must be made before 1 hour of each session or via email / phone to Mrs Jane Faulkner [j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com) or 01142500598
15. The Referees decision is final.
16. Refreshments may be obtained in the cafeteria but may not be taken on to the poolside.
17. A swim shop will be in operation throughout the gala.
18. Any point not covered by these rules will be at the discretion of the organisers.

# City of Sheffield Swim Squad

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### 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						EVENT	GIRLS				
11 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11 YRS	12 YRS	13 YRS	14/15YRS	16/OV
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 FREESTYLE	OPEN	OPEN	OPEN	OPEN	OPEN
1.13.00	1.12.00	1.11.00	1.04.00	1.02.00	0.58.00	100 FREESTYLE	1.19.00	1.13.00	1.10.00	1.06.00	1.05.00
2.33.00	2.33.00	2.23.00	2.16.00	2.11.00	2.06.00	200 FREESTYLE	2.40.00	2.33.00	2.26.00	2.21.00	2.20.00
5.19.00	5.08.00	4.52.00	4.43.00	4.28.00	4.23.00	400 FREESTYLE	5.21.00	5.12.00	5.00.00	4.51.00	4.50.00
11.48.00	11.20.00	10.48.00	10.25.00	10.04.00	9.44.00	800 FREESTYLE	12.20.00	11.24.00	11.00.00	10.55.00	10.48.00
23.00.00	21.00.00	19.45.00	19.00.00	18.21.00	17.45.00	1500 FREESTYLE	22.10.00	21.25.00	20.38.00	19.40.00	18.45.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BACKSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN
1.25.00	1.23.00	1.19.00	1.13.00	1.12.00	1.08.00	100 BACKSTROKE	1.26.00	1.19.00	1.19.00	1.15.00	1.13.00
2.56.00	2.49.00	2.40.00	2.37.00	2.30.00	2.25.00	200 BACKSTROKE	2.58.00	2.49.00	2.44.00	2.39.00	2.39.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BREASTSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN
1.37.00	1.33.00	1.26.00	1.23.00	1.22.00	1.15.00	100 BREASTSTROKE	1.44.00	1.35.00	1.30.00	1.27.00	1.25.00
3.23.00	3.23.00	3.00.00	2.53.00	2.45.00	2.43.00	200 BREASTSTROKE	3.24.00	3.13.00	3.04.00	2.58.00	2.55.00
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BUTTERFLY	OPEN	OPEN	OPEN	OPEN	OPEN
1.23.00	1.19.00	1.15.00	1.10.00	1.07.00	1.04.00	100 BUTTERFLY	1.26.00	1.21.00	1.19.00	1.16.00	1.15.00
3.09.00	2.55.00	2.45.00	2.31.00	2.25.00	2.20.00	200 BUTTERFLY	3.04.00	3.02.00	2.46.00	2.39.00	2.39.00
2.58.00	2.48.00	2.42.00	2.32.00	2.27.00	2.22.00	200 INDIVIDUAL MEDLEY	3.07.00	2.51.00	2.43.00	2.41.00	2.40.00
6.17.00	5.51.00	5.33.00	5.15.00	5.04.00	5.00.00	400 INDIVIDUAL MEDLEY	6.38.00	5.55.00	5.37.00	5.28.00	5.27.00

# City of Sheffield Swim Squad

## Premier Open Meet 2010

Ponds Forge, Sheffield 26th,27th and 28<sup>th</sup> March, 2010

### 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 March 28 <sup>th</sup> , 2010		
Club						
ASA Registration No						
Entry No (Official Use Only)						
<b>50 free</b>	<b>100 free</b>	<b>200 free</b>	<b>400 free</b>	<b>800 free</b>	<b>1500 free</b>	
<b>50 back</b>	<b>100 back</b>	<b>200 back</b>	<b>50 breast</b>	<b>100 breast</b>	<b>200 breast</b>	
<b>50 fly</b>	<b>100 fly</b>	<b>200 fly</b>		<b>200 IM</b>	<b>400 IM</b>	
Total number of entries @ £5.00					£	
Coaches passes @ £15.00 each					£	

**CLOSING DATE 21st February 2010**

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

# City of Sheffield Swim Squad

## Premier Open 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 your club, 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	.....@ £5.00 per event	£.....
Boys	.....@ £5.00 per event	£.....
Coaches Passes	.....@ £15.00 per pass	£.....
	<b>TOTAL</b>	<b>£.....</b>

#### PLEASE RETURN TO:-

**Mrs Jane Faulkner**  
**11 Backmoor Crescent**  
**SHEFFIELD**  
**S8 8LA**

**Tel 01142 500598**

**Mob 07775556702**