



SWIM SQUAD

'NO FRILLS' MEET 2019

THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS

Lic. No. applied for

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: 25th / 26th May 2019

MEET DIRECTOR: Jane Faulkner

Email noofrillss@gmail.com

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

Ages at 26th May 2019

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

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

FEES: £7.00 per event (BACS Payments preferred)

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.cosss.co.uk to:

Email noofrillss@gmail.com

**This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 28th April 2019**

City of Sheffield Swim Squad

'No Frills' Meet 2019 Programme of Events

Session 1 Saturday 25th May Warm Up 8.00 am Start 9.00 am

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, 17/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, 17/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, 17/Over	HDW

Session 2 Saturday 25th May Warm Up TBC Start TBC

Event No	201	100m Butterfly	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	202	100m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	203	200m IM	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	204	50m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	205	50m Freestyle	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	206	50m Backstroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	207	50m Backstroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW

Session 3 Sunday 26th May Warm Up 8.00 am Start 9.00 am

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, 17/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, 17/Over	HDW
	305	100m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	306	100m Freestyle	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW

Session 4 Sunday 26th May Warm Up TBC Start TBC

Event No	401	100m Backstroke	Boys	9/ 10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	402	100m Backstroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	403	200m IM	Boys	9/10, 11, 12, 13, 14, 15, 16, 17/Over	HDW
	404	50m Breaststroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	405	50m Breaststroke	Boys	9/10, 11, 12, 13, 14, 15, 16 17/Over	HDW
	406	50m Butterfly	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	407	50m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16 17/Over	HDW

'No Frills' Meet 2019

Rules and Information

1. The Competition will be held under ASA Law and technical rules.
2. All competitors must be members of an ASA affiliated club, eligible to compete and registered in accordance with ASA laws and technical rules and may enter in the name of one club only.
3. Over the top starts will be used at the promoter's discretion.
4. The pool is 50m long, 10 lanes, anti-wave lane ropes and electronic timing.
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 linked Sportsystems software and all entry times will be directly checked with the ASA rankings files and will be rejected the submitted times are not on the ranking files. Converted short course times can be used. All times must have been achieved in the previous 12 months before the date of the gala. Time entries to be based on 50m pool times. **Poolside entries will not be accepted**
7. The submission of entries, either electronically or by entry form indicates acceptance of the Meet Conditions. **Entries will not be accepted until the appropriate payment is received and the summary sheet provided in this pack has been completed.**
8. Entries will be accepted on a first come, first served basis.
9. All swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events and not separate events. It is the responsibility of the competitor or competitor's representative to ensure that the entry form is completed correctly for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter cannot be held responsible for any discrepancies after the competition cut-off date.
10. Late entries will not be accepted and once an entry file has been submitted, improved times will not be accepted.
11. **All team staff must be CRB/DBS checked to gain a coaches pass and access onto the poolside. Any parent wishing to act as a coach must also be RB/DBS checked and registered as a member of the club they are representing. Parents must also ask the club secretary to sign the appropriate letter on their behalf and submit it along with the swimmers entries. Without the letter / application form being signed by the club/gala secretary, no coaches' passes will be issued.**
12. All accepted and rejected swims will be posted on the web site. All rejected swim refunds will be returned to the relevant clubs during the gala. Any rejected swimmer presenting to Competitors Stewards and attempting to swim will not be allowed to do so.
13. Coaches and team staff **MUST** wear badges provided and will receive a programme and full set of start sheets. During the gala live results will be published via the club web site www.cosss.co.uk

14. Withdrawals for heats must be notified to the Timing Suite by 7.45am, or via email to cosssgalas@gmail.com any made after this time will be ignored or accepted at the organisers discretion.
15. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. COSSS cannot be held responsible for any swimmer missing the start of their particular heat.
16. The promoter reserves the right to fill empty lanes with COSSS swimmers.
17. If cancellation of the event is necessary then the only claim will be the entry fees paid.
18. Refunds will not be given for swimmers withdrawn after the closing date or for entry errors or omissions attributable to the individual or their club. Withdrawals for medical reasons must be accompanied by the appropriate certification to qualify for a refund.
19. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
20. The Promoter reserves the right to give preference to Club entries from overseas clubs where the pre- booking of flights is required to travel to and from the Meet. All entries must meet the published qualifying times, proof maybe requested. The Promoter recommends that no travel or accommodation arrangements are confirmed until the club receives written confirmation of entry. COSSS cannot be held responsible for any costs so arising.
21. The Referees decision on all swimming matters is final.
22. Any point not covered by these rules will be at the discretion of the organisers.
23. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club has any licensed officials that would be prepared to help during the meet. If so then please contact our officials' coordinator Mick Budd at buddies1@btinternet.com.

When entering this event you agree that we may collect and publish personal information as part of the entry to and results of the event. We may pass such information to the Governing Body or Affiliated organisations for the purpose of membership and qualification checking. Following the even your personal information will be used for publishing results either for the event alone or combined with or compared to other events (British Rankings). The published results may include (but not limited to) Name, Club Membership, Race Times, Age Category.

City of Sheffield Swim Squad

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Consideration times

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

BOYS							EVENTS	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 YRS	15/16 YRS	17/OV
32.01	32.01	32.01	30.61	29.01	27.11	27.11	50 freestyle	31.71	31.71	31.71	30.61	30.01	29.51	29.51
1.10.61	1.10.61	1.10.61	1.07.71	1.03.11	57.61	57.61	100 freestyle	1.09.61	1.09.61	1.09.61	1.06.51	1.05.61	1.03.01	1.03.01
2.34.21	2.34.21	2.34.21	2.26.11	2.18.11	2.08.01	2.08.01	200 freestyle	2.30.11	2.30.11	2.30.11	2.24.11	2.21.11	2.16.21	2.16.21
37.21	37.21	37.21	36.61	34.11	32.81	32.81	50 backstroke	37.51	37.51	37.51	35.81	34.91	33.61	33.61
1.20.21	1.20.21	1.20.21	1.18.21	1.14.11	1.08.01	1.08.01	100 backstroke	1.20.01	1.20.01	1.20.01	1.16.21	1.14.41	1.12.21	1.12.21
2.51.41	2.51.41	2.51.41	2.45.11	2.38.11	2.28.01	2.28.01	200 backstroke	2.49.91	2.49.91	2.49.91	2.42.51	2.40.81	2.33.61	2.33.61
43.41	43.41	43.41	39.81	38.41	36.01	36.01	50 breaststroke	40.51	40.51	40.51	39.91	38.81	38.71	38.71
1.32.81	1.32.81	1.32.81	1.28.71	1.23.91	1.19.11	1.19.11	100 breaststroke	1.29.51	1.29.51	1.29.51	1.27.31	1.24.41	1.24.01	1.24.01
3.19.21	3.19.21	3.19.21	3.13.41	3.00.71	2.52.01	2.52.01	200 breaststroke	3.12.01	3.12.01	3.12.01	3.06.51	3.05.31	3.00.31	3.00.31
35.91	35.91	35.91	34.41	32.11	29.21	29.21	50 butterfly	34.71	34.71	34.71	33.41	32.61	32.01	32.01
1.22.61	1.22.61	1.22.61	1.17.21	1.11.81	1.06.01	1.06.01	100 butterfly	1.20.01	1.20.01	1.20.01	1.16.01	1.14.61	1.11.51	1.11.51
3.12.01	3.12.01	3.12.01	3.03.01	2.49.51	2.25.01	2.25.01	200 butterfly	3.05.01	3.05.01	3.05.01	2.54.01	2.51.21	2.44.01	2.44.01
2.53.61	2.53.61	2.53.61	2.45.81	2.37.01	2.28.01	2.28.01	200 I M	2.50.01	2.50.01	2.50.01	2.42.81	2.38.21	2.36.21	2.36.21

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CLUB ELECTRONIC ENTRY SUMMARY SHEET

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

- BACS payments to **COSSS LTD Ref. NF19** Acc No 19893376 sort code 05-08-48
- All cheques made payable to COSSS Ltd (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

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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 Jane Faulkner
11 Backmoor Crescent
Sheffield
S8 8LA

Email noofrillss@gmail.com