



## **SWIM SQUAD**

### **PREMIER OPEN MEET 2017**

**THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO  
NATIONAL COMPETITIONS AND CHAMPIONSHIPS Lic. No. 1NE 170248**

**VENUE:** PONDS FORGE ISC, SHEFFIELD

**DATE:** Friday 24th, Saturday 25<sup>th</sup> and Sunday 26<sup>th</sup> March, 2017

**MEET DIRECTOR:** Lesley Senior

**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 26<sup>th</sup> March 2017

**AWARDS:** Medals to 1st 3 in all age groups.  
• Open 50m swims – medals to 1<sup>st</sup> 3 in finals only  
• 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 all HDW

**FEES:** £7.00 per event - £7.50 per paper entry  
Payments via BACS to **COSSS Ltd. (PM17) Your club/name**  
Yorkshire Bank Account No 21640022 sort code 05-08-03

Coaches passes for weekend are £15

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

**\*individual entry forms to:- Mrs Lesley Senior  
3 Wood Syke  
Dodworth  
Barnsley  
S75 3SZ**

**CLOSING DATE 26<sup>th</sup> February 2017**

# City of Sheffield Swim Squad

## Premier Open Meet 2017

### Programme of Events

<b>Session 1</b>	<b>Friday</b>	<b>24<sup>th</sup> March</b>	<b>Warm Up 5.15pm</b>	<b>Start 6.00pm</b>
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<b>Event No</b>	101	800m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW
	102	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Session 2</b>	<b>Saturday</b>	<b>25<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, 15/16yrs, 17/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, 15/16yrs, 17/Over	
	206	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	207	100m Breaststroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/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>25<sup>th</sup> 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, 15/16yrs, 17/Over	
	302	50m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	303	50m Backstroke	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	304	200m Fly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	305	100m Fly	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	306	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	307	400m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/Over	HDW

<b>Event no</b>	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

<b>Session 4</b>	<b>Sunday</b>	<b>26<sup>th</sup> March</b>	<b>Warm Up 8.00am</b>	<b>Start 9.00am</b>
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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, 15/16yrs, 17/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, 15/16yrs, 17/Over	
	407	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	408	400m IM	Girls 11/u, 12, 13, 14, 15/16yrs, 17/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

<b>Session 5</b>	<b>Sunday</b>	<b>26<sup>th</sup> March</b>	<b>Warm Up TBC</b>	<b>Start TBC</b>
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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, 15/16yrs, 17/Over	
	505	100m Fly	Boys 11/u, 12, 13, 14, 15/16yrs, 17/Over	
	506	100m Freestyle	Girls 11/u, 12, 13, 14, 15/16yrs, 17/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. Over the top starts will be used at the promoter's discretion.
3. The pool is 50m long, 10 lanes, anti wave lane ropes and electronic timing.
4. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
5. 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 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.**
6. 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.
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 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.
9. **Withdrawals from finals must be notified to the Omega timing suite within 30 mins of the conclusion of the heats for the relevant event.**
10. This meet will operate as a cardless meet.
11. Coaches **MUST** wear badges provided and will receive a full set of start sheets. During the gala live results will be published via the club web site [www.cosss.co.uk](http://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 each warm-up session to the Omega timing suite or via email to **Mrs Lesley Senior** Email [cosssgalas@gmail.com](mailto:cosssgalas@gmail.com)
14. The promoter reserves the right to fill empty lanes with COSSS swimmers.
15. If cancellation of the event is necessary then the only claim will be the entry fees paid.
16. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club. **Payments for entries must be made with entries.**
17. The Referees decision on all swimming matters is final.
18. **PAYMENT FOR SWIMS MUST BE PAID WITH THE ENTRY, FAILURE TO DO SO MAY AFFECT YOUR ENTRY INTO THE GALA**
19. Any point not covered by these rules will be at the discretion of the organisers.
20. There will be no use of backstroke starting platforms at this meet.
21. COSSS cannot be held responsible for the loss or damage of spectators' or competitors' property. Competitors are advised to use the lockers in the changing area.
22. The promoters reserve the right to refuse admission to any competitor or spectator.

# City of Sheffield Swim Squad

## Premier Open Meet 2017

### 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	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11/UN	12YRS	13 YRS	14 YRS	15/16 YRS	17/OV
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 FREESTYLE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
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						
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BACKSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
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
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BREASTSTROKE	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
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
OPEN	OPEN	OPEN	OPEN	OPEN	OPEN	50 BUTTERFLY	OPEN	OPEN	OPEN	OPEN	OPEN	OPEN
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

# City of Sheffield Swim Squad

## Premier Open Meet 2017

Ponds Forge, Sheffield 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup> March 2017

### Individual Entry Form

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

**ALL ENTRIES 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 26 <sup>th</sup> March 2017		
Club					
ASA Registration No					
Entry No (Official Use Only)					
50 free	100 free	200 free	400 free	800 free	1500 free
50 back	100 back	200 back	50 breast	100 breast	200 breast
50 fly	100 fly	200 fly		200 IM	400 IM
Total number of entries @ £7.00 per event				£	
Paper entry @ 7.50 per event				£	
Coaches passes @ £15.00 each				£	

**CLOSING DATE 26<sup>th</sup> February 2017**

**Please return to:**

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

**cosssgalas@gmail.com**

[www.cosss.co.uk](http://www.cosss.co.uk)

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