



NO FRILLS 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 28th, Saturday 29th and Sunday 30th May 2010

AGE GROUPS: Boys 11/ yrs, 12, 13, 14, 15/16, Open
Girls 11/U yrs, 12, 13, 14/15, Open
Ages at 30th May 2010

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: £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 25th April 2010

City of Sheffield Swim Squad

No Frills Meet 2010

Programme of Events

Session 1	Friday 28th May	Warm Up 5.15pm	Start 6.00pm
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Event No	101	1500m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	102	1500m Freestyle	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW

Session 2	Saturday 29th May	Warm Up 7.30am	Start 8.00am
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Event No	201	800m Freestyle	Boys 11/u, 12, 13, 14,	HDW
	202	800m Freestyle	Girls 11/u, 12, 13,	HDW

Session 3	Saturday 29th May	Warm Up 10.15am	Start 11.15am
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Event No	301	200m IM	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	302	400m IM	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	303	200m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	304	100m Butterfly	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	305	100m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW

Session 4	Saturday 29th May	Warm Up tbc	Start tbc
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Event No	401	200m Freestyle	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	402	400m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	403	100m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	404	200m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	405	200m Backstroke	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	406	100m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW

Session 5	Sunday 30th May	Warm Up 7.30am	Start 8.15am
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Event No	501	800m Freestyle	Boys 15/16yrs, OPEN	HDW
	502	800m Freestyle	Girls 14/15yrs, OPEN	HDW

Session 6	Sunday 30th May	Warm Up 10.15am	Start 11.15am
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Event No	601	200m IM	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	602	400m IM	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	603	200m Butterfly	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	604	100m Butterfly	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	605	100m Freestyle	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW

Session 7	Sunday 30th May	Warm Up tbc	Start tbc
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Event No	701	200m Freestyle	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	702	400m Freestyle	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	703	100m Breaststroke	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	704	200m Breaststroke	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW
	705	200m Backstroke	Boys 11/u, 12, 13, 14, 15/16yrs, OPEN	HDW
	706	100m Backstroke	Girls 11/u, 12, 13, 14/15yrs, OPEN	HDW

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 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 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
1.18.00	1.18.00	1.17.00	1.12.00	1.10.00	1.02.00	100 FREESTYLE	1.24.00	1.18.00	1.15.00	1.12.00	1.10.00
2.43.00	2.38.00	2.33.00	2.26.00	2.21.00	2.16.00	200 FREESTYLE	2.50.00	2.43.00	2.36.00	2.31.00	2.30.00
5.39.00	5.28.00	5.12.00	5.03.00	4.48.00	4.43.00	400 FREESTYLE	5.41.00	5.32.00	5.20.00	5.11.00	5.00.00
11.48.00	11.20.00	10.48.00	10.25.00	10.04.00	9.44.00	800 FREESTYLE	12.00.00	11.30.00	11.00.00	10.30.00	10.00.00
22.00.00	21.25.00	20.30.00	19.45.00	19.00.00	18.15.00	1500 FREESTYLE	22.10.00	21.25.00	20.38.00	19.40.00	18.45.00
1.30.00	1.28.00	1.24.00	1.18.00	1.17.00	1.13.00	100 BACKSTROKE	1.31.00	1.26.00	1.24.00	1.19.00	1.19.00
3.06.00	2.59.00	2.50.00	2.47.00	2.40.00	2.35.00	200 BACKSTROKE	3.08.00	2.59.00	2.54.00	2.49.00	2.46.00
1.39.00	1.38.00	1.31.00	1.29.00	1.27.00	1.20.00	100 BREASTSTROKE	1.49.00	1.40.00	1.35.00	1.32.00	1.30.00
3.33.00	3.23.00	3.10.00	3.03.00	2.55.00	2.53.00	200 BREASTSTROKE	3.34.00	3.23.00	3.14.00	3.08.00	3.05.00
1.28.00	1.24.00	1.20.00	1.15.00	1.12.00	1.09.00	100 BUTTERFLY	1.31.00	1.26.00	1.24.00	1.20.00	1.18.00
3.19.00	3.05.00	2.55.00	2.41.00	2.35.00	2.30.00	200 BUTTERFLY	3.14.00	3.12.00	2.56.00	2.49.00	2.49.00
3.08.00	2.58.00	2.52.00	2.42.00	2.37.00	2.32.00	200 INDIVIDUAL MEDLEY	3.17.00	3.01.00	2.53.00	2.51.00	2.50.00
6.37.00	6.11.00	5.53.00	5.35.00	5.24.00	5.20.00	400 INDIVIDUAL MEDLEY	6.58.00	6.15.00	5.57.00	5.48.00	5.47.00

City of Sheffield Swim Squad

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Ponds Forge, Sheffield 28th,29th and 30th May, 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 May 30th 2010		
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 @ £5.00 per event				£	
Coaches Passes @ £15.00 each				£	

CLOSING DATE 25th April 2010

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

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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.
- Would all clubs 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	£.....
	TOTAL	£.....

PLEASE RETURN TO:-

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