



SWIM SQUAD

PREMIER OPEN MEET 2020

THIS IS A LEVEL 1 LICENSED MEET FOR ENTRY INTO NATIONAL COMPETITIONS AND CHAMPIONSHIPS Licence applied for.

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Friday 27th, Saturday 28th and Sunday 29th March, 2020

MEET DIRECTOR: Jane Faulkner

Email premiermeet1@gmail.com

AGE GROUPS: Boys 11 yrs, 12, 13, 14, 15/16, 17/Ov
Girls 11 yrs, 12, 13, 14, 15/16, 17/Ov
Ages at 31st December 2020

AWARDS: Medals to 1st 3 in all age groups.
• Open 50m swims – medals to 1st 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: £8.00 per event (BACS PAYMENTS PREFERRED)

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 our web site :- cosssgalas@gmail.com

CLOSING DATE 17th February 2020

City of Sheffield Swim Squad

Premier Open Meet 2020 Programme of Events

Session 1 Friday 27th March Warm Up 5.15pm Start 6.00pm

Event No	101	800m Freestyle	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	102	1500m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	103	1500m Freestyle	Girls 11, 12, 13, 14, 15/16 yrs, 17/Over	HDW
	104	800m Freestyle	Boys 11, 12, 13, 14, 15/16 yrs, 17/Over	HDW

Session 2 Saturday 28th March Warm Up 8.00am Start 9.00am

Event No	201	200m Freestyle	Girls 11, 12, 13, 14, 15/16yrs, 17/over	
	202	50 Breaststroke	Boys Open	
	203	50 Fly	Girls Open	
	204	100m Backstroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	205	200m Backstroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	206	200m Breaststroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	207	100m Breaststroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	208	400m IM	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	301	200m Freestyle	FINAL	Girls Age Group
	302	200m Freestyle	FINAL	Youth / Open
	303	50m Breaststroke	FINAL	Boys Open
	304	50 Fly	FINAL	Girls Open
	305	100m Backstroke	FINAL	Boys Age Group
	306	100m Backstroke	FINAL	Boys Youth / Open
	307	200m Backstroke	FINAL	Girls Age Group
	308	200m Backstroke	FINAL	Girls Youth / Open
	309	200m Breaststroke	FINAL	Boys Age Group
	310	200m Breaststroke	FINAL	Boys Youth / Open
	311	100m Breaststroke	FINAL	Girls Age Group
	312	100 m Breaststroke	FINAL	Girls Youth / Open

Session 3 Saturday 28th March Warm Up TBC Start TBC

Event No	401	200m IM	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	402	50m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	403	50m Backstroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	404	200m Fly	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	405	100m Fly	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	406	100m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	407	400m Freestyle	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	501	200m IM	FINAL	Girls Age Group
	502	200m IM	FINAL	Youth / Open
	503	50m Freestyle	FINAL	Boys Open
	504	50m Backstroke	FINAL	Girls Open
	505	200m Fly	FINAL	Boys Age Group
	506	200m Fly	FINAL	Boys Youth / Open
	507	100m Fly	FINAL	Girls Age Group
	508	100m Fly	FINAL	Girls Youth / Open
	509	100m Freestyle	FINAL	Boys Age Group
	510	100m Freestyle	FINAL	Boys Youth / Open

Session 4	Sunday	29th	March	Warm Up 8.00am	Start 9.00am
------------------	---------------	------------------------	--------------	-----------------------	---------------------

Event No	601	200m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	602	50 Breaststroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	603	50 Fly	Boys Open	
	604	100m Backstroke	Girls Open	
	605	200m Backstroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	606	200m Breaststroke	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	607	100m Breaststroke	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	608	400m IM	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	701	200m Freestyle	FINAL	Boys Age Group
	702	200m Freestyle	FINAL	Boys Youth / Open
	703	50m Breaststroke	FINAL	Girls Open
	704	50 Fly	FINAL	Boys Open
	705	100m Backstroke	FINAL	Girls Age Group
	706	100m Backstroke	FINAL	Girls Youth / Open
	707	200m Backstroke	FINAL	Boys Age Group
	708	200m Backstroke	FINAL	Boys Youth / Open
	709	200m Breaststroke	FINAL	Girls Age Group
	710	200m Breaststroke	FINAL	Girls Youth / Open
	711	100m Breaststroke	FINAL	Boys Age Group
	712	100m Breaststroke	FINAL	Boys Youth / Open

Session 5	Sunday	29th	March	Warm Up TBC	Start TBC
------------------	---------------	------------------------	--------------	--------------------	------------------

Event No	801	200m IM	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	802	50m Freestyle	Girls Open	
	803	50m Backstroke	Boys Open	
	804	200m Fly	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	805	100m Fly	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	
	806	100m Freestyle	Girls 11, 12, 13, 14, 15/16yrs, 17/Over	
	807	400m Freestyle	Boys 11, 12, 13, 14, 15/16yrs, 17/Over	HDW
	901	200m IM	FINAL	Boys Age Group
	902	200m IM	FINAL	Boys Youth / Open
	903	50m Freestyle	FINAL	Girls Open
	904	50m Backstroke	FINAL	Boys Open
	905	200m Fly	FINAL	Girls Age Group
	906	200m Fly	FINAL	Girls Youth / Open
	907	100m Fly	FINAL	Boys Age Group
	908	100m Fly	FINAL	Boys Youth / Open
	909	100m Freestyle	FINAL	Girls Age Group
	910	100m Freestyle	FINAL	Girls Youth / Open

Meet Conditions

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 stars 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 outdoor shoes are to be worn on the poolside. **Footwear must be worn outside the pool area.**
6. This meet will be run using 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. All times must have been achieved in the previous 12 months before the date of the gala. Time entries should be based on 50m pool times. **Poolside entries will not be accepted.**
7. The submission of entries, either electronic or by email indicates an 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 and returned.**
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 times submitted will take precedence. Events chosen for restrictions will be at the meet organisers discretion. In this case, within each event, entries will be restricted to the fastest times within each age group on a pro-rata 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 correctly completed for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter will not be held responsible for any discrepancies after to the competition entry cut-off date.
10. Swimmers, who will be 11 years of age the British Age Group Championships, may be considered if they meet the times listed and at the discretion of the meet organisers.
11. Late entries will not be accepted and once an entry file has been submitted, improved times will not be accepted.
12. **All team staff must be CRB/DBS checked to gain a coaches pass and access to the poolside. Any parent wishing to act as a coach must also be CRB/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 swimmer's entries. Without the letter / application form being signed by the club/gala secretary, no coaches passes will be issued.**
13. A draft programme will be posted onto the COSSS website after the entries closing date. All rejected swim refunds will be returned to the relevant clubs during the gala. Any rejected swimmer presenting to the competitor stewards and attempting to swim will not be allowed to do so.

14. **Coaches and team staff MUST wear the poolside passes provided** and will receive a programme and full set of start sheets. During the gala live results will be published via the COSSS website www.cosss.co.uk
15. Withdrawals from the heats must be notified to the timing suite via email to premiermeet1@gmail.com or before 7.45 am.
16. Withdrawals from finals must be notified to the timing suite within 30 mins of the conclusion of the heats of the relevant event.
17. Only the last heat of each event will be spearhead seeded, with the last two heats of the 400, 800 and 1500 freestyle being cyclic seeded.
18. There will only be 1 heat of the girls 1500 freestyle and 1 heat of the boys 800 freestyle, unless entries allow more to be added.
19. There will be no reserve finalists.
20. It is the responsibility of the swimmer to report the stewarding area in enough time for each event. COSSS cannot be held responsible for any swimmer missing the start of their particular heat.
21. The promotor reserves the right to fill empty lane with COSSS swimmers.
22. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
23. Refunds will not be given for swimmers withdrawing from the gala after the closing date or for entry errors or omissions attributable to the individual of their club. Withdrawals for medical reasons must be accompanied by the appropriate certification to qualify for a refund.
24. 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.
25. 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.
26. The referee's decision on all swimming matters is final.
27. Any point not covered by these rules will be at the discretion of the organisers.
28. In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club have any licensed officials who would be prepared to help during the meet. If so, then please contact our official's co-ordinator 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 event 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

Premier Open Meet 2020

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					
11YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		11YRS	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

CLUB ONLY

ELECTRONIC ENTRY SUMMARY SHEET

ALL CLUBS PLEASE RETURN THIS SHEET WITH DETAILS OF YOUR PAYMENT AND SPORTSYSTEM PRINTOUT to the email address below

- Payments via BACS to **COSSS Ltd. Ref PM20** Account No 19893376 sort code 05-08-48 Yorkshire Bank (cheques payable to COSSS Ltd)
- A draft programme will be published on the club web site for corrections.
- **Please enclose computer generated Sportsystems printout of swims with a record of your payment** (these should balance with each other minus pass payment). For our records.
Please do not send all paper copies only sportsy reports and this sheet via email.

CLUB

CLUB CONTACT

CONTACT ADDRESS & TEL NO

.....

.....

Entries

Girls@ £8.00 per event £.....

Boys@ £8.00 per event £.....

Coaches Passes@ £15.00 per pass £.....

TOTAL £.....

Return to : Mrs Jane Faulkner

premiermeet1@gmail.com