



Affiliated to ASA North East Region & Yorkshire SA

present their

15th Annual Open Sprints Meet

AT

**PONDS FORGE INTERNATIONAL POOL,
SHEFFIELD**

Saturday 25th August 2018

THIS EVENT IS LICENSED AT LEVEL 3 (3NE180826)

Age Groups: 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs/Over

Age as at 25th August 2018

• 25M 10 LANE INTERNATIONAL DECK LEVEL POOL •

• AGES 9, 10, 11, 12, 13, 14, 15+: 50M / 100M ALL FOUR STROKES •

Closing Date: 31st July 2018

For more information visit: www.sheffieldcityswimmingclub.co.uk

For an electronic entry file, please contact Philip Johnson via email:
philandliz1985@gmail.com



SHEFFIELD CITY SWIMMING CLUB

(Affiliated to Swim England North East Region and Yorkshire SA)

Presents under ASA Laws and ASA Technical Rules at the
PONDS FORGE INTERNATIONAL POOL, SHEFFIELD

15TH ANNUAL OPEN SPRINTS MEET

SATURDAY 25TH AUGUST 2018

THIS EVENT IS LICENSED AT LEVEL 3 (3NE180826)

SCHEDULE OF EVENTS

Session 1 (Estimated Duration = 4.00 Hours)

Warm-up 12:30, Start 13:45

Event 101 - 9 Years/Over Girls 100m Free
102 - 9 Years/Over Boys 100m Breast
103 - 9 Years/Over Girls 50m Fly
104 - 9 Years/Over Boys 50m Back
105 - 9 Years/Over Girls 100m Back
106 - 9 Years/Over Boys 100m Fly
107 - 9 Years/Over Girls 50m Breast
108 - 9 Years/Over Boys 50m Free

Event 109 - 9 Years/Over Girls 100m Fly
110 - 9 Years/Over Boys 100m Back
111 - 9 Years/Over Girls 50m Free
112 - 9 Years/Over Boys 50m Breast
113 - 9 Years/Over Girls 100m Breast
114 - 9 Years/Over Boys 100m Free
115 - 9 Years/Over Girls 50m Back
116 - 9 Years/Over Boys 50m Fly

MEET INFORMATION

- 25m 10 Lane International Pool•
- Omega Electronic Timing with Full Display•
- Anti-turbulence Lane Ropes•
 - Swim Shop•
 - Cafeteria On Site•
- Ample Pay & Display Parking nearby•

Age Groups : 9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15yr & Over

Ages at **25th August 2018**

Length of Pool: 25m - Deck Level 10 Lane

Entry Fees **£5.50** per individual entry

Closing date for entries: **31st July 2018**

Spectator Admission

Entry Adult £4.00, Child and O.A.P. £2.00
Programme £1

The promoters reserve the right to limit entries where necessary. Entries will be accepted on a first come, first served basis. Late entries will not be accepted. No on-the-day entries accepted, unless due to promoter's error. Over the top starts may be used.

All winners will be decided on a **Heat Declared** basis. Prizes will be awarded to the fastest three in each **individual** age group after taking account of the "cut-off time".

Coaches Passes

Coaches Passes are available price **£6.00**, this includes **programme and results sheets**. Note: These passes do NOT include any food.

Cheques payable to **SHEFFIELD CITY S.C.**

Any conditions not covered by this information will be at the discretion of the promoters, **Sheffield City Swimming Club**.

Completed entry forms, together with the correct entry fees to be returned to:

Phil Johnson (SCSC), 55 Sheffield Road, Hackenthorpe, Sheffield, S12 4LR. Tel: 0114 251 0448

Please note that refunds will not be made after the closing date for entries, unless the swimmer has a proven medical condition.

Please supply an email address for return of entry confirmation details.

Sheffield City Swimming Club – Open Sprints Meet

Saturday 25th August 2018

Promoters' Conditions

1. The competition will be held under A.S.A Laws and A.S.A Technical Rules, and has been licensed at Level 3 (3NE180826) by the ASA for entry into County and District Championships and Competitions.
2. Cut Off Times will be applied to each event. **No entries will be accepted with times faster than the Cut Off times.** No Awards will be made to swimmers whose performance times are faster than the above Cut Off times by **2.0 seconds** – however, they will receive a speeding ticket.
3. The Pool is 25m long x 10 lanes with electronic timing and scoreboard. No outdoor shoes to be worn on the poolside, but footwear must be worn in the spectator's gallery and outside the pool marshalling area. Anti-wave ropes will be used.
4. Team Managers or coaches are responsible for their swimmers throughout the Meet and must supervise the warm up of their swimmers. They are responsible for their good behaviour and whereabouts at all times. Please do not let competitors wander around the Ponds Forge Complex.
5. The age groups are as of 25th August 2018 – 9 years, 10 years, 11 years, 12 years, 13 years, 14 years, 15 years and over. Swimmers are eligible to enter their own age group only.
6. All events will be heat declared winners. The heats will be arranged according to submitted entry times. It is the swimmers and clubs responsibility to ensure that all swimmers' are entered in the correct age group. Poolside entries will not be accepted.
- 7. Please note that this gala will be run without cards. A hard copy printout of accepted entries will be sent out approximately 2 weeks before the gala.**
8. Swimmers must report to the competitors stewards at least one event prior to their own.
9. Awards will be made to the first three swimmers in each age group in each event after taking account of the "cut-off time". Swimmers who swim faster than the cut off times will be presented with a speeding ticket.
10. Awards will be available from the trophy desk during the sessions, after event results have been announced / posted.
11. Full results will be placed on Sheffield City SC's website (www.sheffieldcityswimmingclub.co.uk) as soon as possible after the meet.
12. The referee's decision will be final on all matters relating to swimming and swimmer discipline.
13. The promoters take no responsibility for lost property. Lockers are provided in the changing rooms. There is a charge for car parking and space at the complex is limited. There are a number of long stay car parks nearby.
14. In line with Sheffield International Venues (SIV) Photography policy, **NO** video, zoom or close range photography (including mobile phones with a photographic facility) is allowed in the pool complex at Ponds Forge.
15. Any matters not covered by these conditions shall be at the promoters' discretion if not covered by ASA Laws or Technical Rules.

Sheffield City Swimming Club
15th Annual Open Sprints Meet



Meet Entry Qualification Times

August 25th 2018

| AGES AS AT 25TH AUGUST 2018 | | | | | | | | EVENTS | ALL TIMES ARE SHORT COURSE (25M) | | | | | | |
|-----------------------------|--------|--------|--------|--------|--------|--------|--------|-------------------|----------------------------------|--------|--------|--------|--------|--------|--------|
| UPPER LIMIT TIMES | BOYS | | | | | | | | GIRLS | | | | | | |
| | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs+ | | 9yrs | 10yrs | 11yrs | 12yrs | 13yrs | 14yrs | 15yrs+ |
| Cut Off Time | 36.0 | 34.0 | 31.0 | 30.0 | 29.0 | 27.0 | 25.0 | 50m Freestyle | 35.5 | 34.0 | 33.0 | 32.0 | 31.0 | 30.0 | 29.0 |
| Cut Off Time | 1.18.0 | 1.16.0 | 1.09.0 | 1.05.0 | 1.02.0 | 1.00.0 | 58.0 | 100m Freestyle | 1.18.0 | 1.16.0 | 1.09.0 | 1.07.0 | 1.04.0 | 1.03.0 | 1.02.0 |
| Cut Off Time | 40.0 | 38.0 | 36.0 | 33.0 | 31.0 | 30.0 | 28.0 | 50m Butterfly | 41.0 | 39.0 | 36.0 | 34.0 | 33.0 | 32.0 | 31.0 |
| Cut Off Time | 1.28.0 | 1.26.0 | 1.21.0 | 1.14.0 | 1.09.0 | 1.07.0 | 1.05.0 | 100m Butterfly | 1.29.0 | 1.27.0 | 1.22.0 | 1.16.0 | 1.13.0 | 1.10.0 | 1.09.0 |
| Cut Off Time | 47.0 | 45.0 | 43.0 | 40.0 | 38.0 | 35.0 | 33.0 | 50m Breaststroke | 48.0 | 46.0 | 44.0 | 40.0 | 39.0 | 38.0 | 36.0 |
| Cut Off Time | 1.41.0 | 1.39.0 | 1.32.0 | 1.27.0 | 1.22.0 | 1.18.0 | 1.14.0 | 100m Breaststroke | 1.40.0 | 1.38.0 | 1.32.0 | 1.28.0 | 1.23.0 | 1.20.0 | 1.16.0 |
| Cut Off Time | 40.0 | 38.0 | 37.0 | 35.0 | 33.0 | 32.0 | 31.0 | 50m Backstroke | 42.0 | 40.0 | 38.0 | 36.0 | 34.0 | 33.0 | 32.0 |
| Cut Off Time | 1.27.0 | 1.25.0 | 1.21.0 | 1.17.0 | 1.11.0 | 1.09.0 | 1.05.0 | 100m Backstroke | 1.28.0 | 1.26.0 | 1.22.0 | 1.18.0 | 1.15.0 | 1.11.0 | 1.10.0 |

Acceptance of Entries: Cut Off Times will be applied to each event. No entries will be accepted with times faster than the Cut Off times. No Awards will be made to swimmers whose performance times are faster than the above Cut Off times by 2.0 seconds – however, they will receive a speeding ticket.



SHEFFIELD CITY SWIMMING CLUB

2018 OPEN SPRINTS MEET ENTRY FORM



BOYS / GIRLS

Please use **SEPARATE** entry forms for boys and girls. Delete as appropriate

| NAME | NEW ASA REGISTRATION NUMBER | D.O.B | FREE | | BACK | | BREAST | | FLY | | No. OF ENTRIES | VALUE £ |
|---|-----------------------------------|-------|----------|-----------|----------|-----------|----------|--|----------|-----------|-------------------|------------|
| | | | 1 50m | 2 100m | 3 50m | 4 100m | 5 50m | 6 100m | 7 50m | 8 100m | | |
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| CLUB: | | | | | | | | TOTAL NUMBER OF ENTRIES @ £5-50 per entry | | £ | | |
| NAME and ADDRESS: (Please enclose a Large SAE if you wish to receive hard copy confirmation of entries) TELEPHONE No./ EMAIL ADDRESS: | | | | | | | | COACHES PASSES @ £6 Including Programme & Results | | £ | | |
| NOTE: PLEASE USE SEPARATE ENTRY FORMS FOR BOYS AND GIRLS. PHOTOCOPIES ARE ACCEPTABLE. PLEASE SUBMIT A TIME FOR EACH EVENT ENTERED | | | | | | | | TOTAL VALUE ENCLOSED Cheques payable to Sheffield City S.C. | | £ | | |

Please return entry forms to: Phil Johnson (SCSC), 55 Sheffield Road, Hackenthorpe, Sheffield. S12 4LR

ENTRY SM 2018

SHEFFIELD CITY SWIMMING CLUB
15TH ANNUAL OPEN SPRINTS MEET – 25TH AUGUST 2018

PONDS FORGE INTERNATIONAL SWIMMING POOL, SHEFFIELD

OFFICIALS - WE WOULD APPRECIATE YOUR HELP

We need many officials to run a successful open meet.

If you are qualified and are willing to officiate at our open meet, could you please fill the form below and return it with your club entries. We will contact you nearer the date confirming when we require your help.

Any help you give is very much appreciated. A Lunch Allowance and Car Park Pass will be provided for anyone willing to help.

| Name | Address | Contact No./Email | Timekeeper / Judge 1 / Judge 2 / Starter / Referee | Session: PM Only |
|-------------|----------------|--------------------------|---|-------------------------|
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Reply to Phil Johnson (SCSC), 55 Sheffield Road, Hackenthorpe, Sheffield, South Yorkshire, S12 4LR

Telephone Number: 0114 251 0448 Email: philandliz1985@gmail.com