



PREMIER OPEN MEET 2016

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

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Friday 25th, Saturday 26th and Sunday 27th March, 2016

MEET DIRECTOR: Lesley Senior

Mob 07720930905
Email lesley.senior@virgin.net

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 27th March 2016

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: £7.00 per event (cheques payable to C.O.S.S.S Ltd)

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 :- www.cosss.co.uk

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

CLOSING DATE 28th February 2016

City of Sheffield Swim Squad

Premier Open Meet 2016

Programme of Events

Session 1	Friday	25th March	Warm Up 5.15pm	Start 6.00pm
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Event No	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

Session 2	Saturday	26th March	Warm Up 8.00am	Start 9.00am
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Event No	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

Event No	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

Session 3	Saturday	26th March	Warm Up TBC	Start TBC
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Event No	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

Event no	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

Session 4	Sunday	27th March	Warm Up 8.00am	Start 9.00am
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Event No	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

Event No	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

Session 5	Sunday	27th March	Warm Up TBC	Start TBC
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Event No	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

Event No	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

City of Sheffield Swim Squad

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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 Sportssystem 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 programme and full set of start sheets. During the gala live results will be published via the club web site www.cosss.co.uk
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.**
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 lesley.senior@virgin.net
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.
17. The Referees decision on all swimming matters is final.
18. Any point not covered by these rules will be at the discretion of the organisers.

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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						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

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Ponds Forge, Sheffield 25th, 26th and 27th March 2016

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 27 th March 2016		
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					£	
Coaches passes @ £15.00 each					£	

CLOSING DATE 28th February 2016

Please return to:

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

lesley.senior@virgin.net

www.cosss.co.uk

Swim21
Accredited

City of Sheffield Swim Squad

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CLUB ELECTRONIC ENTRY SUMMARY SHEET

All electronic club entries please return this summary sheet with your entry form and payment.

- All cheques made payable to COSSS Ltd (City of Sheffield Swim Squad). BACS payments please email for details.
- 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

Entries

Girls@ £7.00 per event	£.....
Boys@ £7.00 per event	£.....
Coaches Passes@ £15.00 per pass	£.....
	TOTAL	£.....

Return to :

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

lesley.senior@virgin.net