



SWIM SQUAD

'SNOW FRILLS' MEET 2016

**THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS
Lic. No. applied for 3NE 150210**

VENUE: PONDS FORGE ISC, SHEFFIELD

DATE: Saturday 26th and 27th November 2016

MEET DIRECTOR: Jane Faulkner
Tel 01142500598 Mob 07775556702
Email cosssgalas@gmail.com

AGE GROUPS: Boys 9/10, 11, 12, 13, 14, 15/16, 17/over
Girls 9/10, 11, 12, 13, 14, 15/16, 17/over

Ages at 29th November 2016

AWARDS: Awards to 1st 3 in all age groups.

EVENTS: 50 M all strokes
• 100 M all strokes
• 200 M all strokes
• 200 IM

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

Coaches' passes for weekend are £15 (to include programme)

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

***individual forms to:-** Mrs Jane Faulkner
11 Backmoor Crescent
Sheffield
S8 8LA
Email cosssgalas@gmail.com

**This gala will be filled on a first come first served basis
CLOSING DATE ON OR BEFORE 24th October 2016**

City of Sheffield Swim Squad

'Snow Frills' Winter Meet 2016 Programme of Events

Session 1	Saturday 26th Nov	Warm Up 8.00 am	Start 9.00 am
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Event No	101	200m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	102	200m Freestyle	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	103	100m Breaststroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	104	100m Breaststroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	105	200m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	106	200m Butterfly	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW

Session 2	Saturday 26th Nov	Warm Up TBC	Start TBC
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Event No	201	100m Freestyle	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	202	100m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	203	200m IM	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	204	50m Freestyle	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	205	50m Freestyle	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	206	50m Backstroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	207	50m Backstroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW

Session 3	Sunday 27th Nov	Warm Up 8.00 am	Start 9.00 am
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Event No	301	200m Backstroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	302	200m Backstroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	303	200m Breaststroke	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	304	200m Breaststroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	305	100m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	306	100m Butterfly	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW

Session 4	Sunday 27th Nov	Warm Up TBC	Start TBC
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Event No	401	100m Backstroke	Boys	9/ 10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	402	100m Backstroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	403	200m IM	Boys	9/10, 11, 12, 13, 14, 15, 16, 17/Over	HDW
	404	50m Breaststroke	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	405	50m Breaststroke	Boys	9/10, 11, 12, 13, 14, 15, 16 17/Over	HDW
	406	50m Butterfly	Girls	9/10, 11, 12, 13, 14, 15/16, 17/Over	HDW
	407	50m Butterfly	Boys	9/10, 11, 12, 13, 14, 15/16 17/Over	HDW

Rules and Information

1. The Competition will be held under ASA Law & technical rules.
2. Over the top starts will be used at the meet organiser'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. Converted short course times can be used and the Sportsystem entry file will be produced to accept these times. ALL ENTRIES MUST HAVE A SUBMITTED TIME WHERE ONE IS NOT AVAILABLE FROM ASA RANKINGS.
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 comply with license conditions. This gala will be filled on a first come first served basis
9. This meet will operate as a cardless meet.
10. Coaches MUST wear badges provided and will receive a programme and full set of starts sheets. During the gala live results will be published via the club web site www.cosss.co.uk
11. All accepted and rejected swims will be posted on the web site. Any refunds will be returned to the relevant clubs during the gala.
12. Withdrawals must be made before the start of each warm-up session to the Omega timing suite or via email to Mrs Jane Faulkner cosssgalas@gmail.com
13. If cancellation of the event is necessary then the only claim will be the entry fee paid.
14. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
15. The Referees decision on all swimming matters is final.
16. Any point not covered by these rules will be at the discretion of the organisers.

City of Sheffield Swim Squad

'Snow Frills' Winter Meet 2016

Consideration times

Swimmers must NOT BE FASTER THAN the times below
LONG COURSE TIMES

BOYS							EVENTS	GIRLS						
9/10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV		9/10 YRS	11 YRS	12 YRS	13 YRS	14 YRS	15/16 YRS	17/OV
32.00	31.00	29.50	28.50	27.00	26.50	26.00	50 freestyle	32.00	31.00	30.50	30.00	29.00	28.50	28.00
1.10.40	1.02.91	1.02.91	59.79	57.79	55.55	54.68	100 freestyle	1.10.40	1.07.41	1.04.49	1.05.92	1.01.26	1.00.89	59.89
2.30.90	2.24.71	2.16.32	2.09.95	2.05.54	2.00.86	1.59.23	200 freestyle	2.30.90	2.25.37	2.18.76	2.15.09	2.11.58	2.10.61	2.09.91
37.00	35.00	33.00	31.00	29.00	27.50	27.00	50 backstroke	37.00	35.00	34.00	33.00	32.50	32.00	31.50
1.20.10	1.12.27	1.12.27	1.08.48	1.06.00	1.03.47	1.02.60	100 backstroke	1.20.10	1.16.88	1.13.26	1.11.11	1.09.37	1.08.95	1.08.65
2.50.20	2.44.24	2.34.57	2.26.86	2.21.57	2.17.15	2.15.43	200 backstroke	2.50.20	2.42.56	2.36.53	2.31.56	2.28.81	2.28.10	2.27.40
40.00	39.00	38.00	36.50	34.50	34.00	33.00	50 breaststroke	40.00	37.00	36.00	35.00	34.50	34.00	33.00
1.33.00	1.21.82	1.21.82	1.18.04	1.14.15	1.11.08	1.09.95	100 breaststroke	1.33.00	1.27.03	1.22.70	1.20.37	1.18.70	1.18.26	1.17.95
3.20.10	3.09.11	2.56.92	2.46.87	2.41.53	2.35.40	2.32.95	200 breaststroke	3.20.10	3.06.96	2.57.24	2.52.62	2.49.30	2.48.47	2.48.00
38.00	35.00	32.5	30.5	28.50	28.00	27.00	50 butterfly	38.00	34.00	33.00	32.00	31.50	31.00	30.50
1.21.00	1.10.94	1.10.94	1.06.66	1.03.88	1.01.83	59.87	100 butterfly	1.21.00	1.16.55	1.12.17	1.09.70	1.07.70	1.07.26	1.07.00
2.58.10	2.50.57	2.38.39	2.28.98	2.22.26	2.16.08	2.13.83	200 butterfly	2.58.10	2.51.08	2.39.92	2.32.99	2.28.74	2.28.62	2.28.00
2.50.50	2.42.97	2.34.92	2.27.62	2.22.52	2.17.25	2.15.32	200 I M	2.50.50	2.44.53	2.37.37	2.32.93	2.29.73	2.28.82	2.28.00

City of Sheffield Swim Squad

‘Snow Frills’ Winter Meet 2016

Ponds Forge, Sheffield 26th / 27th November, 2016

Individual Entry Form

ALL ENTRIES ARE 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 Nov. 27 th 2016		
Club				
ASA Registration No				
Entry No (Official Use Only)				
50 free	100 free	200 free	50 back	100 back
200 back	50 breast	100 breast	200 breast	
50 fly	100 fly	200 fly	200 IM	
Total no entries @ £7.00 per event			£	
Coaches Passes @ £15.00 each			£	

CLOSING DATE ON OR BEFORE 24th October 2016

THIS GALA WILL BE FILLED ON A FIRST COME FIRST SERVED BASIS

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

CLUB ELECTRONIC ENTRY SUMMARY SHEET

ALL CLUBS PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM PRINTOUT

- All cheques made payable to COSSS Ltd (City of Sheffield Swim Squad). BACS payments to COSSS LTD Sort code 05-08-03 Account 21640022
- 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

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Entries

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

PLEASE RETURN TO:-

**Mrs Jane Faulkner
11 Backmoor Crescent
SHEFFIELD
S8 8LA**

Tel 01142 500598

Mob 07775556702