



SHEFFIELD CITY SWIMMING CLUB

(Affiliated to A.S.A. North East Region and Yorkshire SA)
Presents under ASA Laws and ASA Technical Rules at the
PONDS FORGE INTERNATIONAL POOL, SHEFFIELD

www.sheffieldswimming.org.uk



OPEN SPRINT MEET (Short Course)

SATURDAY 28TH AUGUST 2010

MEET RULES AND INFORMATION

SCHEDULE OF EVENTS

All Events are Heat Declared Winner

Warm-up **1300**, start **1345**

Events:

101	13/Over Girls 100m IM	119	12/Under Girls 100m IM
102	13/Over Boys 100m IM	120	12/Under Boys 100m IM
103	9/10yrs Girls 50m Fly	121	13/14yrs Girls 50m Fly
104	9/10yrs Boys 50m Fly	122	13/14yrs Boys 50m Fly
105	11/12yrs Girls 50m Fly	123	15/Over Girls 50m Fly
106	11/12yrs Boys 50m Fly	124	15/Over Boys 50m Fly
107	13/14yrs Girls 50m Breast	125	9/10yrs Girls 50m Breast
108	13/14yrs Boys 50m Breast	126	9/10yrs Boys 50m Breast
109	15/Over Girls 50m Breast	127	11/12yrs Girls 50m Breast
110	15/Over Boys 50m Breast	128	11/12yrs Boys 50m Breast
111	9/10yrs Girls 50m Free	129	13/14yrs Girls 50m Free
112	9/10yrs Boys 50m Free	130	13/14yrs Boys 50m Free
113	11/12yrs Girls 50m Free	131	15/Over Girls 50m Free
114	11/12yrs Boys 50m Free	132	15/Over Boys 50m Free
115	13/14yrs Girls 50m Back	133	9/10yrs Girls 50m Back
116	13/14yrs Boys 50m Back	134	9/10yrs Boys 50m Back
117	15/Over Girls 50m Back	135	11/12yrs Girls 50m Back
118	15/Over Boys 50m Back	136	11/12yrs Boys 50m Back

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

Age Groups: 9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/ov

Ages at **28th August 2010**

Length of Pool : 25m - Deck Level 10 Lane

Entry Fees **£3.75** per individual entry

Closing date for entries: **31st July 2010**

Spectator Admission

Adult	£3.00
Child and O.A.P.	£1.50
Programme	£1.00

The promoters reserve the right to limit entries where necessary. Late entries will not be accepted. No on-the-day entries accepted, unless due to promoter's error.

All winners will be decided on a **Heat Declared** basis. Prizes will be awarded to the fastest three in each age group. Results sheets will be published after each session, price 20p per sheet.

Coaches Passes:

Coaches Passes are available price **£5.00**, 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, 55 Sheffield Road, Hackenthorpe, Sheffield, S12 4LR.
Tel: 0114 251 0448 Email: Philip@johnson55.freeseve.co.uk

Please enclose a large SAE (with enough postage) for return of hard copy print of accepted entries.

Sheffield City Swimming Club – Open Sprints Meet

Saturday 28th August 2010

Promoters' Conditions

1. The competition will be held under A.S.A Laws and A.S.A Technical Rules.
2. 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.
3. 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.
4. The age groups are as of 28th August 2010 – 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.
5. 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 assure that all swimmers' are entered in the correct age group. Poolside entries will not be accepted.
- 6. 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.**
7. Swimmers must report to the competitors stewards two events prior to their own.
8. Awards will be made to the first three swimmers in each age group in each event.
9. Awards will be available from the trophy desk during the sessions, after event results have been announced / posted.
10. Full results will be placed on Sheffield City SC's website (sheffieldswimming.org.uk) as soon as possible after the meet. Individual event result sheets may be purchased, during the gala, at the admissions desk at 20p per sheet.
11. The referee's decision will be final on all matters relating to swimming and swimmer discipline.
12. 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.
- 13. In line with the recommendation in the ASA Child Protection Policy, any person wishing to engage in video, zoom or close range photography (including mobile phones with a photographic facility) should register their details with staff at the spectator entry desk before carrying out any such photography. An authorization pass will be issued and must be worn at all times. Any person not complying will be asked to leave the pool complex.***
14. 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

OPEN SPRINT 2010 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		BREAST		BACK		FLY		IM	No. OF ENTRIES	VALUE £
			1 50m	2 50m	3 50m	4 50m	5 100m						
CLUB:											TOTAL NUMBER OF ENTRIES @ £3-75 per entry	£	
NAME and ADDRESS: for ENTRIES RETURN : (Please enclose a Large S.A.E.) TELEPHONE NUMBER : E-MAIL :										COACHES PASSES @ £5 Including Programme & Results		£	
NOTE: PLEASE USE SEPARATE ENTRY FORMS FOR BOYS AND GIRLS. PHOTOCOPIES ARE ACCEPTABLE. PLEASE SUBMIT A TIME FOR EACH EVENT ENTERED (OR TICK BOX IF TIME UNKNOWN).										TOTAL VALUE ENCLOSED Cheques payable to: Sheffield City S.C.		£	

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

ENTRY SP 2010