



## PREMIER OPEN MEET 2018

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

**VENUE:** PONDS FORGE ISC, SHEFFIELD

**DATE:** Friday 23<sup>rd</sup>, Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> March, 2018

**MEET DIRECTOR:** Lesley Senior

Email [premiermeet1@gmail.com](mailto: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 31<sup>st</sup> December 2018

**AWARDS:** Medals to 1st 3 in all age groups.  
• Open 50m swims – medals to 1<sup>st</sup> 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 (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](mailto:cosssgalas@gmail.com)

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

**CLOSING DATE 17<sup>th</sup> February 2018**

# City of Sheffield Swim Squad

## Premier Open Meet 2018

### Programme of Events

|                  |               |                              |                       |                     |
|------------------|---------------|------------------------------|-----------------------|---------------------|
| <b>Session 1</b> | <b>Friday</b> | <b>23<sup>rd</sup> March</b> | <b>Warm Up 5.15pm</b> | <b>Start 6.00pm</b> |
|------------------|---------------|------------------------------|-----------------------|---------------------|

|                 |     |                 |   |     |
|-----------------|-----|-----------------|---|-----|
| <b>Event No</b> | 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 |

|                  |                                       |                       |                     |
|------------------|---------------------------------------|-----------------------|---------------------|
| <b>Session 2</b> | <b>Saturday 24<sup>th</sup> March</b> | <b>Warm Up 8.00am</b> | <b>Start 9.00am</b> |
|------------------|---------------------------------------|-----------------------|---------------------|

|                 |     |                   |   |     |
|-----------------|-----|-------------------|---|-----|
| <b>Event No</b> | 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 |

|                 |     |                    |       |                    |
|-----------------|-----|--------------------|-------|--------------------|
| <b>Event No</b> | 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 |

|                  |                            |                    |                  |
|------------------|----------------------------|--------------------|------------------|
| <b>Session 3</b> | <b>Saturday 24th March</b> | <b>Warm Up TBC</b> | <b>Start TBC</b> |
|------------------|----------------------------|--------------------|------------------|

|                 |     |                |   |     |
|-----------------|-----|----------------|---|-----|
| <b>Event No</b> | 301 | 200m IM        | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |     |
|                 | 302 | 50m Freestyle  | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |     |
|                 | 303 | 50m Backstroke | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |     |
|                 | 304 | 200m Fly       | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |     |
|                 | 305 | 100m Fly       | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |     |
|                 | 306 | 100m Freestyle | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |     |
|                 | 307 | 400m Freestyle | Girls 11, 12, 13, 14, 15/16yrs, 17/Over | HDW |

|                 |     |                |       |                    |
|-----------------|-----|----------------|-------|--------------------|
| <b>Event no</b> | 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  |

|                  |               |                              |                       |                     |
|------------------|---------------|------------------------------|-----------------------|---------------------|
| <b>Session 4</b> | <b>Sunday</b> | <b>25<sup>th</sup> March</b> | <b>Warm Up 8.00am</b> | <b>Start 9.00am</b> |
|------------------|---------------|------------------------------|-----------------------|---------------------|

|                 |     |                   |   |                    |
|-----------------|-----|-------------------|---|--------------------|
| <b>Event No</b> | 401 | 200m Freestyle    | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |                    |
|                 | 402 | 50 Breaststroke   | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |                    |
|                 | 403 | 50 Fly            | Boys Open                               |                    |
|                 | 404 | 100m Backstroke   | Girls Open                              |                    |
|                 | 405 | 200m Backstroke   | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |                    |
|                 | 406 | 200m Breaststroke | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |                    |
|                 | 407 | 100m Breaststroke | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |                    |
|                 | 408 | 400m IM           | Girls 11, 12, 13, 14, 15/16yrs, 17/Over | HDW                |
| <b>Event No</b> | 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  |

|                  |               |                              |                    |                  |
|------------------|---------------|------------------------------|--------------------|------------------|
| <b>Session 5</b> | <b>Sunday</b> | <b>25<sup>th</sup> March</b> | <b>Warm Up TBC</b> | <b>Start TBC</b> |
|------------------|---------------|------------------------------|--------------------|------------------|

|                 |     |                |   |                    |
|-----------------|-----|----------------|---|--------------------|
| <b>Event No</b> | 501 | 200m IM        | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |                    |
|                 | 502 | 50m Freestyle  | Girls Open                              |                    |
|                 | 503 | 50m Backstroke | Boys Open                               |                    |
|                 | 504 | 200m Fly       | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |                    |
|                 | 505 | 100m Fly       | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  |                    |
|                 | 506 | 100m Freestyle | Girls 11, 12, 13, 14, 15/16yrs, 17/Over |                    |
|                 | 507 | 400m Freestyle | Boys 11, 12, 13, 14, 15/16yrs, 17/Over  | HDW                |
| <b>Event No</b> | 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 |

### Rules and Information

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 starts 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 outdoors shoes to be worn on the poolside. **Footwear must be worn outside the pool area.**
6. This meet will be run using the 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 to be based on 50m pool times. **Poolside entries will not be accepted**
7. The submission of entries, either electronically or by entry form indicates 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.**
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. 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 completed correctly for your disability (failure to do so will invalidate automatic acceptance). COSSS and the promoter cannot be held responsible for any discrepancies after the competition cut-off date.
10. 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.
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 onto 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 swimmers entries. Without the letter / application form being signed by the club/gala secretary, no coaches' passes will be issued.**

13. 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. Any rejected swimmer presenting to Competitors Stewards and attempting to swim will not be allowed to do so.
14. Coaches and team staff **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](http://www.cosss.co.uk)
15. Withdrawals for heats must be notified to the Timing Suite by 7.45am, or via email to [premiermeet1@gmail.com](mailto:premiermeet1@gmail.com) any made after this time will be ignored or accepted at the organisers discretion.
16. Withdrawals from finals must be notified to the Omega timing suite within 30 mins of the conclusion of the heats for the relevant event.
17. There will be two reserves for each final, no further reserves will be considered.
18. Only the last heat of each event will be cyclically seeded, the last two for 400m, 800m and 1500m events that are Heat Declared Winners.
19. This meet will operate as a cardless meet.
20. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. COSSS cannot be held responsible for any swimmer missing the start of their particular heat.
21. The promoter reserves the right to fill empty lanes 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 withdrawn after the closing date or for entry errors or omissions attributable to the individual or 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 Referees 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 has any licensed officials that would be prepared to help during the meet. If so then please contact our officials' coordinator Mick Budd at [buddies1@btinternet.com](mailto:buddies1@btinternet.com).

# City of Sheffield Swim Squad

## Premier Open Meet 2018

### 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  |

# City of Sheffield Swim Squad

## Premier Open Meet 2018

Ponds Forge, Sheffield

### 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<br>*                         |                 |                 |                  |   | (We require a contact No)* |              |
| Date Of Birth                             |                 |                 |                  | Age as at 31 <sup>st</sup> Dec.<br>2018 |                            |              |
| Club                                      |                 |                 |                  |   |                            |              |
| ASA Registration<br>No                    |                 |                 |                  |   |                            |              |
| Entry No (Official Use Only)              |                 |                 |                  |   |                            |              |
| <b>50 free</b>                            | <b>100 free</b> | <b>200 free</b> | <b>400 free</b>  | <b>800 free</b>                         | <b>1500 free</b>           |              |
|   |                 |                 |                  |   |                            |              |
| <b>50 back</b>                            | <b>100 back</b> | <b>200 back</b> | <b>50 breast</b> | <b>100 breast</b>                       | <b>200 breast</b>          |              |
|   |                 |                 |                  |   |                            |              |
| <b>50 fly</b>                             | <b>100 fly</b>  | <b>200 fly</b>  |                  | <b>200 IM</b>                           | <b>400 IM</b>              |              |
|   |                 |                 |                  |   |                            |              |
| Total number of entries @ £7.00 per event |                 |                 |                  |   | £                          |              |
| Coaches passes @ £15.00 each              |                 |                 |                  |   | £                          |              |

**CLOSING DATE 17<sup>th</sup> February 2018**

**Please return to:**

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

[premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)

www.cosss.co.uk

**Swim21**  
Accredited

**CLUB ONLY**

**ELECTRONIC ENTRY SUMMARY SHEET**

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

- Payments via BACS to **COSSS Ltd.(PM18)** 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 a 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.**

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

[premiermeet1@gmail.com](mailto:premiermeet1@gmail.com)