



The City of Stoke on Trent S.C. (COSACSS)



Proudly present their

**Y2K 2010**  
**DESIGNATED OPEN MEET**  
(under A.S.A Law and A.S.A Technical Rules)

**AT FENTON MANOR, STOKE ON TRENT.**  
**Saturday 15<sup>th</sup> May & Sunday 16<sup>th</sup> May 2010**

**This event is designated by the ASA for entry into**  
**National Competitions and Championships**  
**2WM0217**

**In a 6-Lane, 25m Pool, Anti-Wave Lane Ropes,**  
**Full Display Omega Aries Electronic Timing**

**Swim Shop**  
**Free Parking (600+ cars),**  
**Ample Spectator Seating,**  
**Café & Bar open all day,**

**Awards to first six places, Top Boy, Top Girl, Top Club.**

**NEW FORMAT FOR 2010**

<b>50m All Strokes</b>	<b>9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV</b>
<b>100m All Strokes</b>	<b>10yr Girls, 11yr, 12yr, 13yr, 14yr, 15/OV</b>
<b>100m IM</b>	<b>9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV</b>
<b>200m All Strokes &amp; IM</b>	<b>9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV</b>
<b>400m Free &amp; IM</b>	<b>Open Age Group from 10 yrs</b>

<b>Age as at:</b>	<b>16/05/2010</b>
<b>Entry:</b>	<b>£4.00 per event</b>
<b>Entries Closing Date:</b>	<b>18/04/2010</b>

<b>Details from:</b>	<b>Open Secretary,</b>
	<b>20 Penrhyn Ave</b>
	<b>Burslem</b>
	<b>Stoke on Trent</b>
	<b>ST6 7DW</b>

<b>email:</b>	<b>gc@longport12.freemove.co.uk</b>
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**ALL ENTRY FORMS AND DETAILS CAN BE DOWNLOADED FROM THE**  
**CLUB'S WEBSITE – [www.cosacss.co.uk](http://www.cosacss.co.uk)**



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**PROGRAMME OF EVENTS**

**SESSION 1: (WARM UP 8:30am, START 9:30am) SATURDAY 15<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
101	Mens	Freestyle	400m	Open – from 10yrs
102	Ladies	Ind Medley	400m	Open – from 10yrs
103	Mens	Freestyle	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
104	Ladies	Butterfly	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
105	Mens	Breaststroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
106	Ladies	Freestyle	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 2: (WARM UP 12:30pm, START 1:30pm) SATURDAY 15<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
201	Ladies	Freestyle	400m	Open – from 10yrs
202	Mens	Ind Medley	400m	Open – from 10yrs
203	Ladies	Breaststroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
204	Mens	Freestyle	100m	11yr, 12yr, 13yr, 14yr, 15/OV
205	Ladies	Ind Medley	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 3: (WARM UP 5:00pm, START 6:00pm) SATURDAY 15<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
301	Mens	Ind Medley	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
302	Ladies	Backstroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
303	Mens	Butterfly	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
304	Ladies	Breaststroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
305	Mens	Backstroke	100m	11yr, 12yr, 13yr, 14yr, 15/OV
306	Ladies	Breaststroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
307	Mens	Breaststroke	100m	11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 4: (WARM UP 8:30am, START 9:30am) SUNDAY 16<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
401	Mens	Butterfly	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
402	Ladies	Ind Medley	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
403	Mens	Breaststroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
404	Ladies	Freestyle	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
405	Mens	Backstroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
406	Ladies	Butterfly	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
407	Mens	Ind Medley	100m	11yr, 12yr, 13yr, 14yr, 15/OV

**SESSION 5: (WARM UP 12:45pm, START 1:45pm) SUNDAY 16<sup>th</sup> MAY 2010**

Event No	Sex	Event	Length	Ages
501	Ladies	Butterfly	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
502	Mens	Freestyle	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
503	Ladies	Backstroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
504	Mens	Backstroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
505	Ladies	Freestyle	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
506	Mens	Butterfly	100m	11yr, 12yr, 13yr, 14yr, 15/OV
507	Ladies	Backstroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV



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**DESIGNATED OPEN MEET**  
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**RULES AND CONDITIONS**

- All events are open to members of clubs **affiliated to the ASA.**
- All entrants must pay the entry fee of **£4.00 per event**
- Ages as at **16/05/2010**
- **Session Start** times will be confirmed on swimmers cards.
- **The Morning sessions** will start at approximately 9:30am on both days, cards must be posted in the appropriate box 45 minutes prior to session start.
- **The Afternoon sessions** will start at approximately 1:30pm on both days, cards must be posted in the appropriate box 45 minutes prior to session start.
- **The Evening session** will start at approximately 6:00pm, cards must be posted in the appropriate box 45 minutes prior to session start.
- **Coaches passes** are available in advance of the competition at £5.00 per day. Clubs submitting 20-39 entrants will receive one free coaches pass, clubs submitting 40+ entrants will receive two free coaches passes. A maximum of two free coaches passes will be issued, further coaches passes where required will be subject to the fee.
- **Awards** will be made to the first six places in each event and in each age group defined below.  
  
9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV, 400's Open Age Group only  
  
Points will also be awarded, (6 points for first place to 1 point for sixth place) in order to calculate **Top Boy, Top Girl and Top Club**. Trophies will be awarded to the winners and will be signed for and returned at next years meet.
- **Presentations** will be made where time permits, if not an announcement will be made and arrangements will be made for competitors to collect their awards.
- All events are **Heat Declared Winner.**
- The competition will be run using the **One Start Rule** and **Over The Top Starts.**
- Club Entries to be accompanied by **one cheque**
- Any matter **not directly** referred to in these rules & conditions will be dealt with at the discretion of the promoter (The City of Stoke on Trent S.C. (COSACSS)).



# The City of Stoke on Trent S.C. (COSACSS)

## Y2K 2010

### DESIGNATED OPEN MEET

(under A.S.A Law and A.S.A Technical Rules)



#### Individual Entry Form

**Full Name:** .....

**Address:** .....

.....

**Telephone:** .....

**Club:** .....

**Date of Birth:** ...../...../.....

**ASA Reg. No.** .....

**Gender:** Male/Female

Event	Submitted Time	Event	Submitted Time
50m Free		100m Breast	
100m Free		200m Breast	
200m Free		50m Fly	
400m Free		100m Fly	
50m Back		200m Fly	
100m Back		100m I.M	
200m Back		200m I.M	
50m Breast		400m IM	

**Total Number of Events entered:** .....

**Total Paid (£4.00 per event):** .....

**Final date for entries: 18/04/2010**

**To: Open Secretary, 20 Penrhyn Ave, Burslem, Stoke-on-Trent, ST6 7DW**



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**Club Entry Form**

Please complete the relevant sections below and send it along with your individual entry forms and a single cheque, made payable to The City of Stoke on Trent S.C.

Please check your swimmers entry forms and ensure that all relevant sections are completed properly, especially DOB and ASA Reg.

Club Name: .....

Fixtures Sec. Name: .....

Return Address for cards:.....  
 .....  
 .....

Telephone: .....

Number of entries at £4.00 £ .....

Coaches Passes Required for Saturday ..... at £5.00 £ .....

Coaches Passes Required for Sunday ..... at £5.00 £ .....

Total Amount Payable £ .....

0 –19 entrants £5.00 per pass per day  
 20-39 entrants 1 pass free others at £5.00 each per day  
 40+ entrants 2 passes free others at £5.00 each per day

**Final date for entries: 18/04/2010**

**Post Entries To: Open Secretary,  
 20 Penrhyn Ave,  
 Burslem,  
 Stoke on Trent,  
 ST6 7DW**

**Please include SAE with postage for return of cards**

**Enquiries by email: [gc@longport12.freeseve.co.uk](mailto:gc@longport12.freeseve.co.uk)**



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## Y2K 2010

### DESIGNATED OPEN MEET

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Meet Upper Limit Times Age Group & Youth NQT's  
 No entries faster than N.Q.T.'s or slower than the times below will be accepted

<b>Male</b>			9	10	11	12	13	14	15/Over
Freestyle	50M	LLT	42.1	39.3	37.2	35.1	33.1	31.3	29.4
	100M	LLT			1:20.6	1:15.7	1:11.1	1:07.3	1:03.6
	200M	LLT	3:22.8	3:06.0	2:54.8	2:44.7	2:35.0	2:26.6	2:18.8
	400M	LLT	7:20.6	6:31.8	6:06.0	5:46.0	5:26.8	5:10.4	4:52.5
Backstroke	50M	LLT	48.6	45.1	42.5	40.3	37.6	35.8	33.1
	100M	LLT			1:30.5	1:25.2	1:19.7	1:15.0	1:10.8
	200M	LLT	3:43.8	3:26.7	3:13.3	3:02.6	2:51.1	2:41.4	2:32.5
Breaststroke	50M	LLT	55.1	51.3	48.0	45.1	41.9	39.6	37.1
	100M	LLT			1:43.4	1:36.9	1:30.1	1:25.1	1:20.0
	200M	LLT	4:17.8	3:59.0	3:42.4	3:29.2	3:15.3	3:03.9	2:53.2
Butterfly	50M	LLT	47.4	43.8	41.0	38.8	36.4	34.3	32.0
	100M	LLT			1:30.4	1:24.6	1:19.1	1:14.4	1:09.8
	200M	LLT	4:08.3	3:37.3	3:18.2	3:06.6	2:54.7	2:44.7	2:33.2
I.M.	100M	LLT	1:47.4	1:39.6	1:33.9	1:28.7	1:23.1	1:18.1	1:12.8
	200M	LLT	3:49.7	3:32.2	3:17.6	3:06.8	2:55.8	2:45.3	2:35.5
	400M	LLT	8:15.6	7:35.6	6:59.7	6:34.3	6:12.0	5:50.3	5:30.1
<b>Female</b>									
Freestyle	50M	LLT	42.6	39.9	37.7	35.7	34.3	33.3	32.2
	100M	LLT		1:27.6	1:21.3	1:16.6	1:16.6	1:13.5	1:10.6
	200M	LLT	3:24.5	3:06.8	2:55.4	2:44.9	2:38.0	2:33.5	2:29.1
	400M	LLT	7:25.4	6:35.7	6:04.9	5:43.7	5:29.8	5:20.8	5:11.0
Backstroke	50M	LLT	48.9	45.3	42.7	40.5	38.7	37.5	36.4
	100M	LLT		1:38.5	1:31.0	1:25.3	1:21.4	1:19.0	1:16.6
	200M	LLT	3:46.2	3:28.7	3:12.5	3:01.7	2:54.3	2:49.2	2:43.6
Breaststroke	50M	LLT	55.9	51.7	48.3	45.4	43.2	41.8	40.5
	100M	LLT		1:52.5	1:43.5	1:37.3	1:32.3	1:28.7	1:25.6
	200M	LLT	4:20.0	3:59.5	3:42.1	3:28.8	3:18.2	3:11.5	3:06.9
Butterfly	50M	LLT	47.9	43.9	41.3	39.1	37.3	36.1	34.9
	100M	LLT		1:39.3	1:30.9	1:24.9	1:21.2	1:18.3	1:16.4
	200M	LLT	4:11.0	3:40.0	3:20.2	3:06.4	2:57.3	2:51.0	2:45.8
I.M.	100M	LLT	1:48.8	1:38.5	1:34.2	1:29.1	1:24.9	1:22.6	1:20.1
	200M	LLT	3:51.6	3:32.7	3:17.9	3:06.3	2:58.8	2:53.1	2:48.3
	400M	LLT	8:12.3	7:35.3	6:57.3	6:32.0	6:14.4	6:03.1	5:53.2