



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



Proudly present their

## **Y2K 2012 LICENSED OPEN MEET**

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

**AT FENTON MANOR, STOKE ON TRENT.  
Saturday 14<sup>th</sup> April & Sunday 15<sup>th</sup> April 2012**  
**Note date change to Accommodate Regional Qualification**

**This event is licensed by the ASA for entry into  
Regional Competitions and Championships**

**In a 6-Lane, 25m Pool, Anti-Wave Lane Ropes,**

**Full Display Omega Aries Electronic Timing**

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

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

### **FORMAT FOR 2012**

<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>10yr, 11yr, 12yr, 13yr, 14yr, 15/OV</b>

<b>Age as at:</b>	<b>15/04/2012</b>
<b>Entry:</b>	<b>£4.50 per event</b>
<b>Entries Closing Date:</b>	<b>18/03/2012</b>

<b>Details from:</b>	<b>Open Secretary, 20 Penrhyn Ave Burslem Stoke on Trent ST6 7DW</b>
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<b>email:</b>	<b>gc@longport12.freeserve.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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## LICENSED OPEN MEET

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

### PROGRAMME OF EVENTS

#### SESSION 1: (WARM UP 8:00am, START 9:00am) SATURDAY 14<sup>th</sup> APRIL 2012

Event No	Sex	Event	Length	Ages
101	Boys	Ind Medley	400m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
102	Girls	Freestyle	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
103	Boys	Backstroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
104	Girls	Butterfly	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
105	Boys	Freestyle	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
106	Girls	Breaststroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
107	Boys	Butterfly	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
108	Girls	Backstroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 2: (WARM UP To be advised) SATURDAY 14<sup>th</sup> APRIL 2012

Event No	Sex	Event	Length	Ages
201	Girls	Freestyle	400m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
202	Boys	Freestyle	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
203	Girls	Breaststroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
204	Boys	Backstroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
205	Girls	Backstroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
206	Boys	Breaststroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
207	Girls	Butterfly	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
208	Boys	Freestyle	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 3: (WARM UP 8:00am, START 9:00am) SUNDAY 15<sup>th</sup> APRIL 2012

Event No	Sex	Event	Length	Ages
301	Boys	Freestyle	400m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
302	Girls	Ind Medley	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
303	Boys	Breaststroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
304	Girls	Breaststroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
305	Boys	Butterfly	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
306	Girls	Freestyle	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
307	Boys	Ind Medley	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
308	Girls	Butterfly	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

#### SESSION 4: (WARM UP To be advised) SUNDAY 15<sup>th</sup> APRIL 2012

Event No	Sex	Event	Length	Ages
401	Girls	Ind Medley	400m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
402	Boys	Ind Medley	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
403	Girls	Backstroke	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
404	Boys	Breaststroke	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
405	Girls	Freestyle	50m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
406	Boys	Backstroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
407	Girls	Ind Medley	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
408	Boys	Butterfly	200m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV



**The City of Stoke on Trent S.C. (COSACSS)**  
**Y2K 2012**  
**LICENSED OPEN MEET**  
(under A.S.A Law and A.S.A Technical Rules)



**RULES AND CONDITIONS**

- All events are open to members of clubs **affiliated to the ASA.**
- All entrants must pay the entry fee of **£4.50 per event**
- Entries will only be accepted between the **National Youth & Age Group Qualifying Times** and the **Lower Limit Times**. If oversubscribed, entries with the slowest times in each age group will be rejected even if they are within the qualifying time.
- Ages as at **15/04/2012**
- **Session Start** times will be confirmed on swimmers information and on the clubs web site.
- **The Morning sessions** will start at approximately 9:00am on both days.
- **The Afternoon sessions** will start at approximately 2:00pm on both days.
- **WITHDRAWAL PROCEDURE**  
In order to keep the Gala running as smoothly as possible we would be obliged if you could advise us of any withdrawals as follows:  
*Up to 8 pm on Friday 13 April 2012* please E Mail at [gc@longport12.freeserve.co.uk](mailto:gc@longport12.freeserve.co.uk)  
After this time please Text to 0798 3650280 Stating Name, Club, Event and Competitor Number.  
*At the Gala* Please complete a Withdrawal form before the start of the Warm up for that session. These are included in the Coaches packs
- **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 three places in each event and in each age group defined below.  
  
9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV  
  
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)).
- **SWIMMING OFFICIALS** If you will be attending this Meet and are prepared to officiate, please e-mail your availability to [gc@longport12.freeserve.co.uk](mailto:gc@longport12.freeserve.co.uk)



**The City of Stoke on Trent S.C. (COSACSS)  
Y2K 2012**



**LICENSED 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**

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

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

**Total Paid (£4.50 per event):** .....

**Final date for entries: 180 3/2012**

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



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**Y2K 2012**  
**LICENSED OPEN MEET**  
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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 information: .....  
 .....  
 .....

Telephone: .....

Number of entries at £4.50 £ .....

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: 180 3/2012**

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

**Please include Large SAE with postage for return of information**

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



# The City of Stoke on Trent S.C. (COSACSS) Y2K 2012



## LICENSED 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

MALE		9	10	11	12	13	14	15/Over
Freestyle	50	48.5	45.3	42.3	39.7	37.0	34.4	32.4
	100	N/A	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
	200	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0
	400	N/A	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6
Backstroke	50	55.8	51.8	48.2	45.4	41.9	39.2	36.7
	100	N/A	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
	200	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5
Breaststroke	50	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9
	100	N/A	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
	200	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7
Butterfly	50	54.4	50.3	46.5	43.8	40.6	37.6	35.2
	100	N/A	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7
	200	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8
IM	100	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
	200	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9
	400	N/A	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7
FEMALE		9	10	11	12	13	14	15/Over
Freestyle	50	48.5	45.5	42.5	39.9	37.7	36.2	35.2
	100	N/A	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
	200	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
	400	N/A	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
BackStroke	50	55.5	51.7	48.1	45.1	42.6	40.8	39.8
	100	N/A	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6
	200	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9
Breaststroke	50	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
	100	N/A	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
	200	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7
Butterfly	50	54.3	49.9	46.5	43.5	41.0	39.3	38.1
	100	N/A	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
	200	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0
IM	100	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7
	200	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0
	400	N/A	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1