

CITY OF STOKE ON TRENT SC - COSACSS

VALENTINE SPRINT MEET

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

**AT FENTON MANOR,
STOKE ON TRENT.
Saturday 13th February 2010**

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 three places.**

50m All Strokes	9yr,10yr,11yr,12yr,13yr,14yr 15 & Over
100m All Strokes & 100 IM	9yr,10yr,11yr,12yr,13yr,14yr 15 & Over
Age as at:	13/02/2010
Entry:	£4.00 per event
Entries Closing Date:	16th January 2010
Details from:	www.cosacss.co.uk

CITY OF STOKE ON TRENT SC - COSACSS

VALENTINE SPRINT MEET

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

PROGRAMME OF EVENTS

SESSION 1: (WARM UP 8:30am, START 9:30am)

Event No	Sex	Event	Length
1	Ladies	Breaststroke	100m
2	Mens	Breaststroke	100m
3	Ladies	Freestyle	50m
4	Mens	Freestyle	50m
5	Ladies	Ind Medley	100m
6	Mens	Ind Medley	100m

SESSION 2: (WARM UP 1:00pm, START 2:00pm)

Event No	Sex	Event	Length
7	Mens	Freestyle	100m
8	Ladies	Freestyle	100m
9	Mens	Butterfly	50m
10	Ladies	Butterfly	50m
11	Mens	Backstroke	50m
12	Ladies	Backstroke	50m

SESSION 3: (WARM UP 5:30pm, START 6:30pm)

Event No	Sex	Event	Length
13	Ladies	Backstroke	100m
14	Mens	Backstroke	100m
15	Ladies	Breaststroke	50m
16	Mens	Breaststroke	50m
17	Ladies	Butterfly	100m
18	Mens	Butterfly	100m

CITY OF STOKE ON TRENT SC - COSACSS

VALENTINE SPRINT 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 £4.00 per event
- Ages as at 13/02/2010
- The meet will be run as a card-less meet.
- This is a first come first served meet.
- Session Start times will be confirmed with swimmers acceptance notification.
- Coaches passes are available in advance of the competition at a cost of £5.00. 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.
9 yr, 10yr, 11yr, 12yr, 13yr, 14yr & 15yr/Over
- 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
- Stamped addressed envelope required for return of entry acceptance notification.
- Any matter not directly referred to in these rules & conditions will be dealt with at the discretion of the promoter.

CITY OF STOKE ON TRENT SC - COSACSS

VALENTINE SPRINT 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 Freestyle		100m Back	
50m Back		100m Breast	
50m Breast		100m Butterfly	
50m Butterfly		100m IM	
100m Freestyle			

Total Number of Events entered:

Total Paid (£4.00 per event):

Final date for entries: 16/01/2010

To: Valentine Meet Secretary,

20 Penrhyn Ave.

Burslem

Stoke on Trent

ST6 7DW

CITY OF STOKE ON TRENT SC - COSACSS

VALENTINE SPRINT MEET

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

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 "COSACSS"

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:

Address:
.....
.....

Contact Telephone:

Number of entries: @ £4.00 =

Number of Coaches Passes Required @ £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: 16/01/2010

Please include SAE for return of entry confirmation