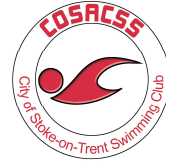




The City of Stoke on Trent S.C. (COSACSS)



Proudly present their

Y2K 2016
LICENSED OPEN MEET
(under A.S.A Law and A.S.A Technical Rules)

AT FENTON MANOR, STOKE ON TRENT.
Saturday 2nd April & Sunday 3rd April 2016

This event is licensed by the ASA for entry into
Regional Competitions and Championships
3WMxxxx

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 2016

50m All Strokes	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
100m All Strokes	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
100m IM	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
200m All Strokes & IM	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
400m Free & IM	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

Age as at:	03/04/2016
Entry:	£5.00 per event
Entries Closing Date:	05/03/2016

Details from: **Open Secretary,**
20 Penrhyn Ave
Burslem
Stoke on Trent
ST6 7DW

email: **marg.greg@hotmail.co.uk**

ALL ENTRY FORMS AND DETAILS CAN BE DOWNLOADED FROM THE CLUB'S
WEBSITE – www.cosacss.co.uk



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

Y2K 2016

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 2nd APRIL 2016

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	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
107	Boys	Butterfly	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
108	Girls	Backstroke	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

SESSION 2: (WARM UP To be advised) SATURDAY 2nd APRIL 2016

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	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
207	Girls	Butterfly	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
208	Boys	Freestyle	100m	9yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

SESSION 3: (WARM UP 8:00am, START 9:00am) SUNDAY 3rd APRIL 2016

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	9yr, 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 3rd APRIL 2016

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	9yr, 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

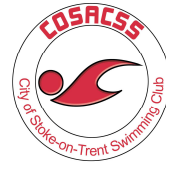


The City of Stoke on Trent S.C. (COSACSS)

Y2K 2016

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 **£5.00 per event**
- Entries will only be accepted between the **Upper Limit** 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 **03/04/2016**
- **Session Start** times will be confirmed 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 preceding evening please E Mail at marg.greg@hotmail.co.uk
Text to 07880 332922 Stating Name, Club, Event and Competitor Number.
- **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 marg.greg@hotmail.co.uk

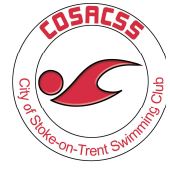


The City of Stoke on Trent S.C. (COSACSS)

Y2K 2016

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

Email address:

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 (£5.00 per event):

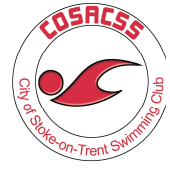
Final date for entries: 05/03/2016

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

Please note accepted entries will be posted on the clubs web site www.cosacss.co.uk approximately 2 weeks prior to the meet.



The City of Stoke on Trent S.C. (COSACSS)
Y2K 2016
LICENSED OPEN 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 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:

Email address:

Telephone:

Number of entries at £5.00 £

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: 05/03/2016

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

Please note accepted entries will be posted on the clubs web site www.cosacss.co.uk approximately 2 weeks prior to the meet.

Enquiries by email: marg.greg@hotmail.co.uk

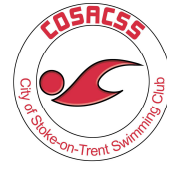


The City of Stoke on Trent S.C. (COSACSS)

Y2K 2016

LICENSED OPEN MEET

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



No entries faster than "UPPER" or slower than the "LOWER" times below will be accepted

MALE			9	10	11	12	13	14	15/Over
F r e e s t y l e	50	Upper	:34.9	:32.4	:30.8	:29.1	:27.7	:26.6	:25.8
		Lower	:48.5	:45.3	:42.3	:39.7	:37.0	:34.4	:32.4
	100	Upper	1:18.9	1:10.6	1:06.6	1:02.5	:59.2	:57.0	:55.6
		Lower	1:51.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
	200	Upper	2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8
		Lower	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0
	400	Upper	N/A	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2
		Lower	N/A	7:34.5	6:59.2	6:33.0	6:06.9	5:42.1	5:23.6
B a c k s t r o k e	50	Upper	:40.6	:37.4	:35.5	:33.6	:31.6	:30.5	:29.4
		Lower	:55.8	:51.8	:48.2	:45.4	:41.9	:39.2	:36.7
	100	Upper	1:29.6	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7
		Lower	2:03.8	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
	200	Upper	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.7
		Lower	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5
B r e a s t s t r o k e	50	Upper	:46.0	:42.5	:40.0	:37.5	:35.1	:33.7	:32.6
		Lower	1:03.1	:58.8	:54.5	:50.8	:46.8	:43.5	:40.9
	100	Upper	1:44.0	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8
		Lower	2:24.0	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
	200	Upper	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5
		Lower	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7
B u t t e r f l y	50	Upper	:39.7	:36.4	:34.1	:32.3	:30.5	:29.2	:28.1
		Lower	:54.4	:50.3	:46.5	:43.8	:40.6	:37.6	:35.2
	100	Upper	1:36.6	1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9
		Lower	2:12.6	1:53.4	1:42.7	1:35.5	1:28.2	1:21.7	1:16.7
	200	Upper	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8
		Lower	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8
I M	100	Upper	1:29.5	1:22.4	1:18.2	1:13.9	1:09.8	1:06.5	1:04.5
		Lower	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
	200	Upper	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
		Lower	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9
	400	Upper	N/A	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5
		Lower	N/A	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7

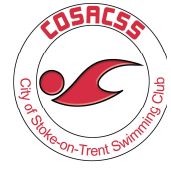


The City of Stoke on Trent S.C. (COSACSS)

Y2K 2016

LICENSED OPEN MEET

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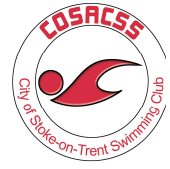


No entries faster than “UPPER” or slower than the “LOWER” times below will be accepted

FEMALE			9	10	11	12	13	14	15/Ov.
F r e e s t y l e	50	Upper	:35.3	:32.8	:31.3	:29.9	:29.0	:28.5	:28.1
		Lower	:48.5	:45.5	:42.5	:39.9	:37.7	:36.2	:35.2
	100	Upper	1:20.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2
		Lower	1:51.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
	200	Upper	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0
		Lower	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
	400	Upper	N/A	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
		Lower	N/A	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
B a c k s t r o k e	50	Upper	:40.7	:37.4	:35.5	:33.9	:32.8	:32.1	:31.8
		Lower	:55.5	:51.7	:48.1	:45.1	:42.6	:40.8	:39.8
	100	Upper	1:31.1	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4
		Lower	2:05.6	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6
	200	Upper	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0
		Lower	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9
B r e a s t s t r o k e	50	Upper	:46.8	:42.7	:40.1	:38.0	:36.6	:35.8	:35.2
		Lower	1:03.4	:58.8	:54.3	:50.6	:47.6	:45.5	:44.2
	100	Upper	1:44.3	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1
		Lower	2:23.1	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
	200	Upper	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1
		Lower	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7
B u t t e r f l y	50	Upper	:40.2	:36.3	:34.5	:32.7	:31.7	:31.0	:30.4
		Lower	:54.3	:49.9	:46.5	:43.5	:41.0	:39.3	:38.1
	100	Upper	1:37.6	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4
		Lower	2:13.2	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
	200	Upper	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9
		Lower	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0
I M	100	Upper	1:30.7	1:20.8	1:18.0	1:14.3	1:11.7	1:10.8	1:09.8
		Lower	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7
	200	Upper	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8
		Lower	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0
	400	Upper	N/A	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0
		Lower	N/A	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1



The City of Stoke on Trent S.C. (COSACSS)
Y2K 2016



LICENSED OPEN MEET
(under A.S.A Law and A.S.A Technical Rules)

POOLSIDE PASSES – APPLICATION FORM

CLUB:	
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DAY	DATE	NUMBER	COST
Day 1	Saturday 2 nd April 2016		£5.00
Day 2	Sunday 3 rd April 2016		£5.00
TOTALS			x £5.00

Please print below the name and telephone number of the person applying in case of query:

NAME: Telephone No.

Please print below the names of **ALL** the coaches and helpers who are likely to use them.
All those you name **MUST** be registered on the ASA Coaches & Helpers Database (Child Protection)

Forename	Surname	DBS Number

PASSES CANNOT BE PURCHASED ON THE DAY OF COMPETITION