



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



Proudly present their

B Grade MEET

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

**AT FENTON MANOR, STOKE ON TRENT.
Saturday 25th & Sunday 26th September 2010**

License No. 3WMO636

This event is FIRST COME FIRST SERVED BASIS
To avoid disappointment please submit your entry early
This meet will be run as a card-less meet

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/OV
100m All Strokes	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

Age as at:	26/09/2010
Entry:	£4.00 per event
Entries Closing Date:	29/08/2010

Details from:	B Grade Secretary, 20 Penrhyn Avenue Burslem Stoke on Trent ST6 7DW
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email:	bgradesec@cosacss.co.uk
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**ALL ENTRY FORMS AND DETAILS CAN BE DOWNLOADED FROM THE
CLUB'S WEBSITE – www.cosacss.co.uk**



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PROGRAMME OF EVENTS

SESSION 1: (WARM UP 8:30am, START 9:30am) SATURDAY 25th SEPTEMBER 2010

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

SESSION 2: (WARM UP 12:30pm, START 1: 30pm) SATURDAY 25th SEPTEMBER 2010

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

SESSION 3: (WARM UP 5:00pm, START 6:00pm) SATURDAY 25th SEPTEMBER 2010

Event No	Sex	Event	Length	Ages
301	Girls	Freestyle	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
302	Boys	Backstroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
303	Girls	Backstroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
304	Boys	Freestyle	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV

SESSION 4: (WARM UP 8:30am, START 9:30am) SUNDAY 26th SEPTEMBER 2010

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

SESSION 5: (WARM UP 12:30pm, START 1: 30pm) SUNDAY 26th SEPTEMBER 2010

Event No	Sex	Event	Length	Ages
501	Girls	Backstroke	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
502	Boys	Ind Medley	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
503	Girls	Freestyle	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
504	Boys	Butterfly	50m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
505	Girls	Butterfly	200m	9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV
506	Boys	Breaststroke	100m	10yr, 11yr, 12yr, 13yr, 14yr, 15/OV



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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**
- Entries will only be accepted between the **Upper Limit Times** and the **Qualifying Times**
- Ages as at **26/09/2010**
- **Session Start** times will be confirmed on swimmers information and on the clubs web site.
- **The Morning sessions** will start at approximately 9:30am on both days.
- **The Afternoon sessions** will start at approximately 1:30pm on both days.
- **The Evening session** will start at approximately 6:00pm.
- **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.
- **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 24 September 2010 please E Mail at 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 available on the Referees Table and are included in the Coaches packs
- **Awards** will be made to the first three places in each event and in each age group as defined below.
9 yr, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV.
No medals will be awarded to swimmers whose performances are faster than the ULT times by more than the following amounts:
50 Metres: 2 Seconds 100 Metres: 3 Seconds 200 Metres: 4 Seconds
However, **Speeding Tickets** will be issued.
- 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)).



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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 Fly	
50m Back		100m I.M	
50m Breast		200m Free	
50m Fly		200m Back	
100m Free		200m Breast	
100m Back		200m Fly	
100m Breast		200m I.M	

Total Number of Events entered:
Total Paid (£4.00 per event):

Please make all cheques payable to COSACSS – thank you.

Final date for entries: 28/08/2010

To: B Grade Secretary, 20 Penrhyn Ave., Burslem, Stoke on Trent, ST6 7DW

Please enclose a Stamped Addressed Envelope with sufficient postage to cover return of information.



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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 £4.00 £

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: 28 8/2010

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

Please include SAE for return of information with sufficient postage to cover. All cheques are to be made payable to COSACSS thank you.

Enquiries by email: bgradsec@cosacss.co.uk



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

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No times faster than ULT or slower than QT shown below will be accepted

Swims marked N/A are not available for that age group

FEMALE			9	10	11	12	13	14	15/Over
Free- Style	50	ULT	37.8	35.3	33.6	32.0	31.0	30.3	29.7
		QT	48.5	45.5	42.5	39.9	37.7	36.2	35.2
	100	ULT	N/A	1:17.5	1:12.2	1:08.3	1:06.3	1:04.7	1:03.9
		QT	N/A	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
	200	ULT	3:01.7	2:44.9	2:35.4	2:27.0	2:22.2	2:19.3	2:17.0
		QT	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
Back- Stroke	50	ULT	43.6	40.2	38.1	36.2	35.0	34.1	33.7
		QT	55.5	51.7	48.1	45.1	42.6	40.8	39.8
	100	ULT	N/A	1:27.4	1:20.9	1:16.3	1:13.5	1:11.8	1:10.4
		QT	N/A	1:52.2	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6
	200	ULT	3:21.6	3:05.0	2:51.0	2:42.4	2:37.2	2:33.7	2:30.6
		QT	4:16.6	3:58.3	3:37.2	3:23.0	3:12.2	3:04.5	2:58.9
Breast- Stroke	50	ULT	50.0	45.9	43.0	40.6	39.1	38.1	37.3
		QT	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
	100	ULT	N/A	1:40.0	1:32.1	1:27.1	1:23.4	1:20.6	1:19.6
		QT	N/A	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
	200	ULT	3:52.1	3:32.7	3:17.7	3:06.8	2:58.8	2:54.1	2:51.8
		QT	4:54.9	4:32.7	4:09.8	3:52.9	3:38.2	3:28.8	3:23.7
Butter- Fly	50	ULT	42.9	39.0	36.9	35.0	33.8	32.9	32.2
		QT	54.3	49.9	46.5	43.5	41.0	39.3	38.1
	100	ULT	N/A	1:28.4	1:21.0	1:16.1	1:13.4	1:11.2	1:10.3
		QT	N/A	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
	200	ULT	3:46.4	3:15.9	2:58.5	2:46.8	2:40.2	2:35.5	2:32.6
		QT	4:41.5	4:09.3	3:45.0	3:27.8	3:15.1	3:06.4	3:01.0
IM	100	ULT	1:36.9	1:27.0	1:23.8	1:19.7	1:16.6	1:15.2	1:14.0
		QT	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7
	200	ULT	3:26.0	3:08.1	2:55.6	2:46.1	2:41.1	2:37.1	2:34.7
		QT	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0



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No times faster than ULT or slower than QT shown below will be accepted

Swims marked N/A are not available for that age group

MALE			9	10	11	12	13	14	15/Over
Free-Style	50	ULT	37.3	34.7	33.0	31.1	29.6	28.3	27.3
		QT	48.5	45.3	42.3	39.7	37.0	34.4	32.4
	100	ULT	N/A	1:15.8	1:11.5	1:07.1	1:03.5	1:00.8	59.0
		QT	N/A	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
	200	ULT	2:59.5	2:43.8	2:34.7	2:25.8	2:18.1	2:12.2	2:08.3
		QT	3:54.0	3:35.4	3:19.9	3:06.9	2:53.9	2:41.6	2:33.0
Back-Stroke	50	ULT	43.3	40.1	37.9	36.0	33.8	32.5	31.1
		QT	55.8	51.8	48.2	45.4	41.9	39.2	36.7
	100	ULT	N/A	1:27.0	1:20.6	1:15.9	1:11.4	1:07.9	1:05.4
		QT	N/A	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
	200	ULT	3:19.1	3:03.1	2:51.8	2:42.2	2:33.1	2:25.9	2:20.8
		QT	4:17.5	3:58.1	3:40.4	3:26.4	3:11.4	2:57.5	2:47.5
Breast-Stroke	50	ULT	49.1	45.5	42.8	40.2	37.6	35.9	34.5
		QT	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9
	100	ULT	N/A	1:39.4	1:32.1	1:26.2	1:20.6	1:16.9	1:14.0
		QT	N/A	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
	200	ULT	3:49.7	3:32.3	3:17.9	3:06.0	2:54.8	2:46.3	2:40.6
		QT	4:56.1	4:35.4	4:13.1	3:56.4	3:38.3	3:22.2	3:10.7
Butter-Fly	50	ULT	42.3	38.9	36.5	34.6	32.6	31.1	29.7
		QT	54.4	50.3	46.5	43.8	40.6	37.6	35.2
	100	ULT	N/A	1:28.3	1:20.7	1:15.4	1:10.8	1:07.3	1:04.6
		QT	N/A	1:53.4	1:42.7	1:35.5	1:28.3	1:21.7	1:16.7
	200	ULT	3:42.8	3:13.3	2:56.5	2:46.2	2:36.4	2:28.9	2:21.9
		QT	4:42.6	4:09.1	3:45.8	3:30.8	3:15.1	3:01.0	2:48.8
IM	100	ULT	1:35.6	1:28.3	1:23.8	1:19.1	1:14.5	1:10.7	1:08.3
		QT	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
	200	ULT	3:23.9	3:07.8	2:55.4	2:45.6	2:37.1	2:29.2	2:24.3
		QT	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9