



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 26th & Sunday 27th September 2009**

This event is FIRST COME FIRST SERVED BASIS
To avoid disappointment please submit your entry early

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

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

| | |
|------------------------------|------------------------|
| Age as at: | 27/09/2009 |
| Entry: | £4.00 per event |
| Entries Closing Date: | 29/08/2009 |

| | |
|----------------------|--|
| Details from: | B Grade Secretary, 20 Penrhyn Avenue Burslem Stoke on Trent ST6 7DW |
|----------------------|--|

| | |
|---------------|--------------------------------|
| email: | bgradesec@cosacss.co.uk |
|---------------|--------------------------------|

**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 26th SEPTEMBER 2009

| Event No | Sex | Event | Length | Ages |
|----------|-------|--------------|--------|--|
| 101 | Boys | Breaststroke | 50m | 9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV |
| 102 | Girls | Butterfly | 100m | 9ys, 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 26th SEPTEMBER 2009

| 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 | 9ys, 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 | 9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV |

SESSION 3: (WARM UP 5:00pm, START 6:00pm) SATURDAY 26th SEPTEMBER 2009

| Event No | Sex | Event | Length | Ages |
|----------|-------|------------|--------|--|
| 301 | Girls | Freestyle | 200m | 9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV |
| 302 | Boys | Backstroke | 100m | 9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV |
| 303 | Girls | Backstroke | 100m | 9ys, 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 27th SEPTEMBER 2009

| Event No | Sex | Event | Length | Ages |
|----------|-------|--------------|--------|--|
| 401 | Girls | Breaststroke | 50m | 9ys, 10yr, 11yr, 12yr, 13yr, 14yr, 15/OV |
| 402 | Boys | Butterfly | 100m | 9ys, 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 27th SEPTEMBER 2009

| 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 | 9ys, 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 | 9ys, 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
- Ages as at 27/09/2009
- 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 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 qualifying 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.
- 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) B Grade MEET

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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: 20 8/2009

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

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



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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: 20 8/2009

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

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

Enquiries by email: bgradesec@cosacss.co.uk



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Meet Upper Limit Times (ULT)

No entries faster than the times below will be accepted

| Male | | 9 | 10 | 11 | 12 | 13 | 14 | 15/Over |
|---------------|------|--------|--------|--------|--------|--------|--------|---------|
| | | ULT | ULT | ULT | ULT | ULT | ULT | ULT |
| Freestyle | 50M | 42.8 | 39.3 | 36.7 | 33.9 | 31.6 | 30.1 | 29.0 |
| | 100M | 1:36.8 | 1:26.4 | 1:19.3 | 1:13.3 | 1:08.1 | 1:04.6 | 1:02.5 |
| | 200M | 3:30.7 | 3:07.4 | 2:53.2 | 2:39.2 | 2:28.4 | 2:21.0 | 2:15.8 |
| Backstroke | 50M | 49.6 | 45.2 | 42.1 | 38.9 | 36.2 | 34.4 | 32.8 |
| | 100M | 1:49.6 | 1:37.8 | 1:29.5 | 1:22.3 | 1:16.7 | 1:12.2 | 1:09.3 |
| | 200M | 3:54.2 | 3:30.2 | 3:12.2 | 2:56.4 | 2:44.6 | 2:35.9 | 2:29.3 |
| Breaststroke | 50M | 55.8 | 51.1 | 47.3 | 43.4 | 40.0 | 38.0 | 36.4 |
| | 100M | 2:06.2 | 1:51.3 | 1:41.7 | 1:33.1 | 1:26.0 | 1:21.5 | 1:18.3 |
| | 200M | 4:26.9 | 4:00.5 | 3:40.9 | 3:22.2 | 3:06.7 | 2:56.0 | 2:50.1 |
| Butterfly | 50M | 48.6 | 43.9 | 40.9 | 37.8 | 35.0 | 33.0 | 31.5 |
| | 100M | 1:59.4 | 1:38.8 | 1:29.6 | 1:22.6 | 1:15.9 | 1:11.7 | 1:08.5 |
| | 200M | 4:28.3 | 3:43.3 | 3:19.7 | 3:02.2 | 2:48.9 | 2:38.3 | 2:31.5 |
| I.M. | 100M | 1:49.5 | 1:39.9 | 1:33.6 | 1:26.5 | 1:19.9 | 1:15.0 | 1:12.4 |
| | 200M | 3:57.8 | 3:33.0 | 3:16.3 | 3:00.9 | 2:48.4 | 2:39.9 | 2:33.2 |
| Female | | 9 | 10 | 11 | 12 | 13 | 14 | 15/Over |
| | | ULT | ULT | ULT | ULT | ULT | ULT | ULT |
| Freestyle | 50M | 42.9 | 39.1 | 36.2 | 34.2 | 32.8 | 32.0 | 31.6 |
| | 100M | 1:37.6 | 1:26.0 | 1:18.1 | 1:13.2 | 1:10.1 | 1:08.8 | 1:07.8 |
| | 200M | 3:30.2 | 3:04.1 | 2:49.3 | 2:38.5 | 2:30.5 | 2:28.0 | 2:25.8 |
| Backstroke | 50M | 49.5 | 44.5 | 41.2 | 38.8 | 37.2 | 36.3 | 35.7 |
| | 100M | 1:49.5 | 1:36.6 | 1:27.8 | 1:21.7 | 1:18.2 | 1:16.3 | 1:15.0 |
| | 200M | 3:54.8 | 3:24.2 | 3:07.8 | 2:55.6 | 2:47.4 | 2:42.8 | 2:40.8 |
| Breaststroke | 50M | 56.2 | 50.4 | 46.6 | 43.4 | 41.3 | 40.1 | 39.5 |
| | 100M | 2:06.1 | 1:49.4 | 1:39.5 | 1:32.8 | 1:28.1 | 1:25.4 | 1:24.5 |
| | 200M | 4:30.5 | 3:54.7 | 3:34.2 | 3:19.6 | 3:09.3 | 3:04.0 | 3:02.5 |
| Butterfly | 50M | 48.4 | 42.9 | 39.9 | 37.4 | 35.8 | 34.7 | 34.2 |
| | 100M | 1:58.7 | 1:36.9 | 1:27.7 | 1:21.8 | 1:17.7 | 1:15.7 | 1:14.8 |
| | 200M | 4:28.6 | 3:37.8 | 3:15.3 | 3:00.4 | 2:50.3 | 2:45.0 | 2:42.7 |
| I.M. | 100M | 1:50.3 | 1:38.9 | 1:31.2 | 1:25.5 | 1:21.5 | 1:19.6 | 1:18.6 |
| | 200M | 3:57.5 | 3:28.2 | 3:10.9 | 2:59.5 | 2:50.9 | 2:46.9 | 2:44.6 |