

# CITY OF SHEFFIELD

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## SWIM SQUAD

cosss.co.uk

### 39<sup>th</sup> Annual Teaspoon Gala

THIS IS A LEVEL 3 LICENSED MEET FOR ENTRY INTO COUNTY AND REGIONAL CHAMPIONSHIPS

Licence No. Applied for

- DATE:** Sunday 18<sup>th</sup> of September 2022
- VENUE:** Ponds Forge International Sports Centre, Sheffield
- FACILITES:** 10 Lane, 50m Pool, Anti-wave lane ropes and electronic timing.
- MEET DIRECTOR:** Janine Booth  
Email: [teaspoongala@gmail.com](mailto:teaspoongala@gmail.com)
- AGE GROUPS:** Girls: 9, 10, 11, 12, 13/14, 15/Over  
Boys: 9, 10, 11, 12, 13/14, 15/Over
- AGES AS AT:** 18<sup>th</sup> September 2022
- EVENTS:** 50m All Strokes - HDW  
100m All Strokes – HDW
- AWARDS:** Teaspoons to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each age group in each event.
- ENTRY FEE:** £7.00 per Individual Event
- COACHES PASSES:** £8.00 each, inclusive of start lists.

**CLOSING DATE on or before Wednesday 17<sup>th</sup> of August 2022**

# City of Sheffield Swim Squad

## 39<sup>th</sup> Annual Teaspoon Gala

### Programme of Events

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Session 1	Sunday 18 <sup>th</sup> September	Warm Up: 7.55am	Start: 9.00am
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Event No					
101	50m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over		
102	50m Freestyle	Boys	9, 10, 11, 12, 13/14, 15/Over		
103	100m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over		
104	100m Butterfly	Boys	9, 10, 11, 12, 13/14, 15/Over		
105	50m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over		
106	50m Backstroke	Boys	9, 10, 11, 12, 13/14, 15/Over		
107	100m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over		
108	100m Breaststroke	Boys	9, 10, 11, 12, 13/14, 15/Over		

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Session 2	Sunday 18 <sup>th</sup> September	Warm Up: TBC	Start: TBC
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201	50m Butterfly	Girls	9, 10, 11, 12, 13/14, 15/Over		
202	50m Butterfly	Boys	9, 10, 11, 12, 13/14, 15/Over		
203	100m Backstroke	Girls	9, 10, 11, 12, 13/14, 15/Over		
204	100m Backstroke	Boys	9, 10, 11, 12, 13/14, 15/Over		
205	50m Breaststroke	Girls	9, 10, 11, 12, 13/14, 15/Over		
206	50m Breaststroke	Boys	9, 10, 11, 12, 13/14, 15/Over		
207	100m Freestyle	Girls	9, 10, 11, 12, 13/14, 15/Over		
208	100m Freestyle	Boys	9, 10, 11, 12, 13/14, 15/Over		

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### Meet Conditions

1. This competition will be held under ASA Laws and ASA Technical Rules.
2. All competitors must be members of an ASA affiliated club, eligible to compete and may enter in the name of one club only.
3. This meet will be run using the linked Sportsystem software. Converted short course times may be used. The Sportsystems entry file will be available to download from our website from the **Thursday 30<sup>th</sup> June.**
4. Entries will be accepted on a **first come, first serve** basis. We reserve the right to limit entries to comply with license timing restrictions.
5. Late / poolside entries will not be accepted and once the entry file has been submitted, improved times will not be accepted.
6. Refunds will not be given for swimmers withdrawing after the closing date or for any errors or omissions attributable to the individual or their club. Only individuals who can prove that they are unfit to compete through evidence of a doctor's note may be given a refund.
7. Swimmers with disabilities will be accepted and all classes of swimmers will swim together in inclusive events.
8. The submission of entries indicates an acceptance of the meet conditions. Entries will not be accepted until the appropriate payment is received and the summary sheet provided in the pack has been completed and returned.
9. All team staff must be DBS checked to gain a coaches pass and access onto the poolside. Any parent wishing to act as a coach must also be DBS checked. Coaches and team staff **MUST** wear badges provided. City of Sheffield Swim Squad will **NOT** be responsible for any unaccompanied swimmers on the poolside. The responsibility falls on the club entering the swimmer.
10. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
11. Over the top starts will be used at the promoter's discretion.
12. Withdrawals – Please notify withdrawals by email to: [teaspoongala@gmail.com](mailto:teaspoongala@gmail.com) or to the Omega Suite before 7.15am for the morning heats and before 12.30pm for the afternoon heats.
13. A draft programme and live results will be posted on our website: [cosss.co.uk](http://cosss.co.uk)
14. **Officials** - In order to run a licensed meet a lot of help is required. We would be extremely grateful if your club has any licensed officials that would be prepared to help during the meet. If so, then please contact our officials' coordinator Mick Budd at [buddies1@btinternet.com](mailto:buddies1@btinternet.com)

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15. It is the responsibility of swimmers to report to the stewarding area in sufficient time for each event. Neither City of Sheffield Swim Squad nor the promotor can be held responsible for any swimmer missing their heat.
16. If cancellation of the event is necessary then the only claim will be the entry fees paid.
17. Entries and results will be managed via computer and available via the internet. By submitting entries, consent is thereby given, as required by the Data Protection Act 1998, to the holding of personal information on a computer. Personal data, including submitted and recorded times, will be available during the meet.
18. Please adhere to the venue's no photography policy.
19. Promoter nor City of Sheffield Swim Squad will be responsible for any loss or damage occurring during this meet.
20. Any point not covered by these conditions will be at the discretion of the Meet Promotor. Depending upon the situation, the meet promotor or Referee's decision respectively will be final.
21. When entering this event, you agree that we may collect and publish personal information as part of the entry to and results of the event. We may pass such information to the Governing Body or Affiliated organisations for the purpose of membership and qualification checking. Following that your personal information will be used for publishing results either for the event alone or combined with or compared to other events (British Rankings). The published results may include (but not limited to) Name, Club Membership, Race Times, Age Category.

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### Upper Limit Times

Swimmers must **NOT** be faster than the times listed below

LONG COURSE TIMES – Short Course Converted Times Will Be Accepted

BOYS						EVENTS	GIRLS					
9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15 YRS /OVER		9 YRS	10 YRS	11 YRS	12 YRS	13/14 YRS	15 YRS /OVER
00:34.21	00:32.23	00:29.73	00:27.32	00:24.76	00:22.90	<b>50 Freestyle</b>	00:35.18	00:32.42	00:29.85	00:28.13	00:26.48	00:25.83
01:16.40	01:10.70	01:04.80	00:59.42	00:54.33	00:50.09	<b>100 Freestyle</b>	01:18.70	01:11.30	01:05.20	01:02.40	00:57.56	00:55.67
00:40.12	00:37.36	00:34.05	00:31.32	00:27.40	00:25.70	<b>50 Backstroke</b>	00:40.65	00:36.82	00:34.35	00:32.42	00:30.52	00:29.31
01:32.70	01:22.40	01:13.30	01:07.60	01:01.30	00:55.03	<b>100 Backstroke</b>	01:26.50	01:20.40	01:11.30	01:09.60	01:05.20	01:02.50
00:46.61	00:41.82	00:37.60	00:34.61	00:30.94	00:28.16	<b>50 Breaststroke</b>	00:46.07	00:43.15	00:38.10	00:35.20	00:33.25	00:32.28
01:41.30	01:33.80	01:23.60	01:14.00	01:08.40	01:02.00	<b>100 Breaststroke</b>	01:40.40	01:31.20	01:23.00	01:17.50	01:12.10	01:09.90
00:38.07	00:35.61	00:31.63	00:29.51	00:27.31	00:24.37	<b>50 Butterfly</b>	00:39.91	00:36.14	00:31.44	00:29.90	00:27.50	00:27.30
01:28.00	01:20.00	01:11.90	01:06.40	00:58.80	00:54.19	<b>100 Butterfly</b>	01:38.50	01:22.70	01:09.70	01:08.80	01:01.50	01:00.50

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### Club Electronic Entry Summary Sheet

PLEASE RETURN THIS SHEET WITH YOUR PAYMENT AND SPORTSYSTEM PRINTOUTS TO THE EMAIL ADDRESS BELOW

- Payments via BACS to City of Sheffield Swim Squad Ltd (Ref TS22) Account No 19893376  
Sort Code 05-08-48 Yorkshire Bank
- A draft programme will be published on the club website for corrections.
- Please enclose a computer-generated Sportsystems printout of swims with a record of your payment.

Club			
Club Contact			
Email Address			
<b>ENTRIES</b>	<b>Quantity</b>		<b>Sub Total</b>
Female Entries		@ £7.00	£
Male Entries		@ £7.00	£
<b>Total No. Entries</b>		<b>Total Entries</b>	<b>£</b>
Coaches Passes		@ £8.00	£
		<b>Total</b>	<b>£</b>

**Coaches Pass DBS Information (passes will not be processed without this information)**

Name	Position	Disclosure Number	Expiry Date

**PLEASE RETURN**

To: Janine Booth  
Email: [teaspoongala@gmail.com](mailto:teaspoongala@gmail.com)