



The City of Stoke on Trent S.C. (COSACSS)
Affiliated to Swim England West Midland Region and Staffordshire ASA



Y2K Gala 2023
LICENSED OPEN MEET

(Meet to be swum under Swim England Regulations and Technical Rules)

Proudly present their

Y2K Gala 2023

AT FENTON MANOR, STOKE ON TRENT.

Saturday 25th & Sunday 26th March 2023

Licensed at Level 3

(3WM2330270)

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 Electronic Timing

Awards to first three places

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

Age as at:	26/03/2023
Entry:	£6.50 per event
Entries Closing Date:	04/03/2022

email: openmeetsecretary@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

ALL EVENTS 9 – 15/Over in single age groups

SESSION 1: (WARM UP to be advised) SATURDAY 25th March 2023

Event No	Sex	Event	Length
101	Girls	Freestyle	200m
102	Boys	Backstroke	200m
103	Girls	Butterfly	50m
104	Boys	Freestyle	50m
105	Girls	Breaststroke	100m
106	Boys	Butterfly	100m
107	Girls	Backstroke	100m

SESSION 2: (WARM UP To be advised) SATURDAY 25th March 2023

Event No	Sex	Event	Length
201	Boys	Freestyle	200m
202	Girls	Breaststroke	200m
203	Boys	Backstroke	50m
204	Girls	Backstroke	50m
205	Boys	Breaststroke	100m
206	Girls	Butterfly	100m
207	Boys	Freestyle	100m

SESSION 3: (WARM UP to be advised) SUNDAY 26th March 2023

Event No	Sex	Event	Length
301	Girls	Ind Medley	200m
302	Boys	Breaststroke	200m
303	Girls	Breaststroke	50m
304	Boys	Butterfly	50m
305	Girls	Freestyle	100m
306	Boys	Ind Medley	100m
307	Girls	Butterfly	200m

SESSION 4: (WARM UP To be advised) SUNDAY 26th March 2023

Event No	Sex	Event	Length
401	Boys	Ind Medley	200m
402	Girls	Backstroke	200m
403	Boys	Breaststroke	50m
404	Girls	Freestyle	50m
405	Boys	Backstroke	100m
406	Girls	Ind Medley	100m
407	Boys	Butterfly	200m



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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 **£6.50 per event**
- Entries will only be accepted below the **Upper Limit Times**
- In the event that the gala is oversubscribed the club reserve the right to close entries before the closing date
- Ages as at **26/03/2023**
- **Session Start** times will be confirmed on the clubs web site.
- **The Morning sessions** will start at approximately 9:00am on both days.
- **Coaches passes** are available in advance of the competition at £5.00 per day..
- **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 noon on Thursday 24rd March*** please E Mail at openmeetsecretary@cosacss.co.uk
 - Text to 07880 332922 Stating Name, Club, Event.
 - **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.
Top Girl and Top Boy trophies awarded.
- All events are **Heat Declared Winner.**
- The competition will be run using **Over The Top Starts** with the exception of backstroke.
- Strobe lights are available for use at the start where necessary.
- Club Entries to be accompanied by **one bank transfer**
- We would appreciate that all clubs who have more than 5 swimmers entered provide at least 1 qualified official. Please email your details to nik_cartlidge@yahoo.co.uk
- Any matter **not directly** referred to in these rules & conditions will be dealt with at the discretion of the promoter Greg Clarke (The City of Stoke on Trent S.C. (COSACSS)).
- Any complaints about these conditions should be directed to the promoter Greg Clarke.
- We reserve the right to allow COSACSS swimmers who do not meet the entry requirements to swim for a time only.



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Individual Entry Form

Full Name:

Telephone:

e-mail:

Club:

Date of Birth:/...../.....

ASA Reg. No.

Gender: **Male/Female**

Event	Submitted Time	Event	Submitted Time
50m Free		100m Breast	
100m Free		200m Breast	
200m Free		50m Fly	
50m Back		100m Fly	
100m Back		200m Fly	
200m Back		100m I.M	
50m Breast		200m I.M	

Total Number of Events entered:

Total Paid (£6.50 per event):

See payment options on CLUB Entry form – thank you.

Final date for entries: 04/03/2023

Please Email entries to: openmeetsecretary@cosacss.co.uk

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



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Club Entry Form

Please complete the relevant sections below and send it along with your payment to The City of Stoke on Trent S.C. (See Payment details below)

Club entry should be via the Sportsystems entry file available by email from openmeetsecretary@cosacss.co.uk

For individual entries please check your swimmers entry forms and ensure that all relevant sections are completed properly, especially DOB and ASA Reg.

Club Name:

Contact Name:

Email address:

Telephone:

Number of entries at £6.50 £

Coaches Passes Required for Saturday at £5.00 £

Coaches Passes Required for Sunday at £5.00 £

Total Amount Payable £

Final date for entries: 04/03/2023

email Electronic Entries to openmeetsecretary@cosacss.co.uk

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

Payment by Bank Transfer to: Sort code 08-92-99 Account No. 65221918

City of Stoke on Trent SMG Club COSACSS

Enquiries by email: openmeetsecretary@cosacss.co.uk



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No times faster than ULT will be accepted

FEMALE			9	10	11	12	13	14	15/Over
Free-Style	50	ULT	:32.5	:31.5	:29.1	:28.4	:27.9	:27.7	:27.3
	100	ULT	1:11.5	1:07.9	1:04.4	1:01.6	1:00.5	1:00.0	:59.0
	200	ULT	2:36.0	2:30.7	2:19.0	2:14.2	2:12.0	2:10.3	2:07.5
Back-Stroke	50	ULT	:38.5	:35.2	:33.1	:31.9	:31.2	:30.9	:30.9
	100	ULT	1:22.5	1:15.9	1:11.8	1:08.4	1:08.0	1:07.6	1:06.0
	200	ULT	2:52.0	2:42.2	2:33.2	2:29.4	2:27.3	2:25.6	2:22.8
Breast-Stroke	50	ULT	:44.6	:40.2	:37.4	:35.6	:34.7	:34.3	:34.3
	100	ULT	1:37.9	1:29.8	1:21.6	1:18.5	1:17.4	1:16.6	1:15.2
	200	ULT	3:21.0	3:09.3	2:53.9	2:48.2	2:46.7	2:44.8	2:42.4
Butter-Fly	50	ULT	:37.3	:34.1	:31.9	:30.6	:29.5	:28.9	:28.9
	100	ULT	1:25.9	1:17.9	1:11.7	1:07.9	1:06.3	1:05.9	1:04.3
	200	ULT	3:26.0	2:57.4	2:40.6	2:31.3	2:27.5	2:25.9	2:24.3
IM	100	ULT	1:23.9	1:19.7	1:14.3	1:10.9	1:08.4	1:06.5	1:05.7
	200	ULT	3:01.2	2:44.0	2:35.1	2:31.2	2:29.5	2:27.8	2:24.7



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MALE			9	10	11	12	13	14	15/Over
Free-Style	50	ULT	32.0	31.3	29.0	27.5	26.1	25.2	24.3
	100	ULT	1:10.5	1:07.5	1:04.0	59.9	56.9	54.5	52.9
	200	ULT	2:34.9	2:20.5	2:18.5	2:11.8	2:04.1	1:59.6	1:56.6
Back-Stroke	50	ULT	38.0	34.2	32.1	30.5	29.2	28.5	27.9
	100	ULT	1:20.5	1:14.7	1:09.6	1:05.8	1:00.6	1:01.4	59.9
	200	ULT	2:50.1	2:40.2	2:29.2	2:20.5	2:18.5	2:14.0	2:11.8
Breast-Stroke	50	ULT	44.5	40.3	37.2	34.3	32.4	30.9	30.5
	100	ULT	1:40.0	1:28.4	1:21.3	1:14.3	1:12.5	1:09.5	1:07.5
	200	ULT	3:12.6	3:02.1	2:47.7	2:42.7	2:36.3	2:32.2	2:28.20
Butter-Fly	50	ULT	38.0	34.0	31.4	29.8	28.0	27.2	26.0
	100	ULT	1:26.2	1:17.3	1:12.0	1:06.2	1:02.1	59.3	57.7
	200	ULT	3:26.0	2:56.3	2:40.1	2:28.3	2:18.6	2:13.8	2:11.0
IM	100	ULT	1:20.0	1:19.0	1:14.3	1:09.0	1:05.0	1:01.8	1:00.8
	200	ULT	3:01.5	2:46.3	2:36.0	2:26.6	2:18.3	2:15.2	2:11.7



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POOLSIDE PASSES – APPLICATION FORM

CLUB:	
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DAY	DATE	NUMBER	COST
Day 1	Saturday 25 th March		£5.00
Day 2	Sunday 26 th March		£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