



## 33rd ANNUAL TEASPOON GALA 2015

This is a level 3 meet  
Lic. No. applied for  
Sunday, 20<sup>th</sup> September 2015

**VENUE:** PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD.

**MEET ORGANISER:** Jane Faulkner  
Tel. 01142500598 Mob 07775556702  
Email [j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com)

**AGE GROUPS:** 9/10, 11, 12, 13, 14, 15+ YRS.

**AWARDS:** 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> will receive a Teaspoon symbolising Sheffield's Cutlery Industry.  
A Trophy to be presented to the visiting club with the highest points at the end of the gala.

**EVENTS:** 50m Backstroke, 50m Butterfly, 50m Freestyle, 50m Breaststroke all age groups.

<b>SESSION 1:</b>	Warm up 8.00 am	Start 9.00 am	Events 1-24	Finals 25-48
<b>SESSION 2:</b>	Warm up TBA	Start TBA	Events 49-72	Finals 73-96

**ENTRY FEE:** £5.00 per Individual event

**COACHES PASSES:** Available at £8.00 each including programme.

Entries on entry form or electronic files

Available from our web site

[www.cityofsheffieldswimsquad.co.uk](http://www.cityofsheffieldswimsquad.co.uk)

to:- Mrs J Faulkner  
11 Backmoor Crescent  
Sheffield  
South Yorkshire, S8 8LA  
[j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com)

**This gala will be filled on a first come first served basis**

**CLOSING DATE on or before the 22<sup>nd</sup> August 2015**

# City of Sheffield Swim Squad

## 33<sup>rd</sup> ANNUAL TEASPOON GALA 2015

### RULES AND INFORMATION

1. The competition will be held under ASA Law and Technical rules.
2. The pool is 50m long, anti wave lane ropes and electronic timing.
3. No outdoors shoes to be worn on the poolside.
4. The entry time to be based on 50m pool times. Poolside entries will not be accepted.
5. **Converted short course times can be used and the Sportssystem entry file will be produced to accept these times. ALL ENTRIES MUST HAVE A SUBMITTED TIME WHERE ONE IS NOT AVAILABLE FROM ASA RANKINGS.**
6. The promoter reserves the right to limit entries to meet gala session timing restrictions. **This gala will be filled on a first come first served basis.**
7. Withdrawals from the gala must be made before the start of the warm up sessions to the Omega timing suite or via email / phone / txt to Mrs Jane Faulkner 07775556702 / [j.faulkner@btinternet.com](mailto:j.faulkner@btinternet.com)
8. Withdrawals from finals must be notified to the Omega timing suite within 15 mins of the conclusion of the heats for the relevant event.
9. All accepted and rejected swims will be posted on the web site. Any refunds will be returned to the relevant clubs during the gala.
10. Refunds will not be given for withdrawn swimmers or for entry errors or omissions attributable to the individual or their club.
11. If cancellation of the event is necessary the only claim will be the entry fee paid.
12. Coaches must wear PASSES provided and will receive a programme. Result sheets will be on sale, on request and on COSSS website during and after the gala.
14. The referees' decision on all swimming matters is final.
15. Any point not covered by these rules will be at the discretion of the organisers.

# City of Sheffield Swim Squad

## 33<sup>rd</sup> ANNUAL TEASPOON GALA 2015

### PROGRAMME OF EVENTS

**Session 1: Warm up 8.00 – Start 9.00 am**

**Heats 1 – 24 Finals 25 – 48**

**Session 2: Warm up TBA – Start TBA**

**Heats 49 – 72 Finals 73 – 96**

Event	Sex	Age	Distance	Stroke
1	B	9/10	50M	BACK
2	G	9/10	50M	BACK
3	B	11	50M	BREAST
4	G	11	50M	BREAST
5	B	12	50M	FLY
6	G	12	50M	FLY
7	B	13	50M	FREE
8	G	13	50M	FREE
9	B	14	50M	BREAST
10	G	14	50M	BREAST
11	B	15+	50M	BACK
12	G	15+	50M	BACK
13	B	9/10	50M	BREAST
14	G	9/10	50M	BREAST
15	B	11	50M	BACK
16	G	11	50M	BACK
17	B	12	50M	FREE
18	G	12	50M	FREE
19	B	13	50M	FLY
20	G	13	50M	FLY
21	B	14	50M	BACK
22	G	14	50M	BACK
23	B	15+	50M	BREAST
24	G	15+	50M	BREAST
<b>FINALS</b>				
Event	Sex	Age	Distance	Stroke
25	B	9/10	50M	BACK
26	G	9/10	50M	BACK
27	B	11	50M	BREAST
28	G	11	50M	BREAST
29	B	12	50M	FLY
30	G	12	50M	FLY
31	B	13	50M	FREE
32	G	13	50M	FREE
33	B	14	50M	BREAST
34	G	14	50M	BREAST
35	B	15+	50M	BACK
36	G	15+	50M	BACK
37	B	9/10	50M	BREAST
38	G	9/10	50M	BREAST
39	B	11	50M	BACK
40	G	11	50M	BACK
41	B	12	50M	FREE
42	G	12	50M	FREE
43	B	13	50M	FLY
44	G	13	50M	FLY
45	B	14	50M	BACK
46	G	14	50M	BACK
47	B	15+	50M	BREAST
48	G	15+	50M	BREAST

Event	Sex	Age	Distance	Stroke
49	G	9/10	50M	FREE
50	B	9/10	50M	FREE
51	G	11	50M	FLY
52	B	11	50M	FLY
53	G	12	50M	BACK
54	B	12	50M	BACK
55	G	13	50M	BREAST
56	B	13	50M	BREAST
57	G	14	50M	FLY
58	B	14	50M	FLY
59	G	15+	50M	FREE
60	B	15+	50M	FREE
61	G	9/10	50M	FLY
62	B	9/10	50M	FLY
63	G	11	50M	FREE
64	B	11	50M	FREE
65	G	12	50M	BREAST
66	B	12	50M	BREAST
67	G	13	50M	BACK
68	B	13	50M	BACK
69	G	14	50M	FREE
70	B	14	50M	FREE
71	G	15+	50M	FLY
72	B	15+	50M	FLY
<b>FINALS</b>				
Event	Sex	Age	Distance	Stroke
73	G	9/10	50M	FREE
74	B	9/10	50M	FREE
75	G	11	50M	FLY
76	B	11	50M	FLY
77	G	12	50M	BACK
78	B	12	50M	BACK
79	G	13	50M	BREAST
80	B	13	50M	BREAST
81	G	14	50M	FLY
82	B	14	50M	FLY
83	G	15+	50M	FREE
84	B	15+	50M	FREE
85	G	9/10	50M	FLY
86	B	9/10	50M	FLY
87	G	11	50M	FREE
88	B	11	50M	FREE
89	G	12	50M	BREAST
90	B	12	50M	BREAST
91	G	13	50M	BACK
92	B	13	50M	BACK
93	G	14	50M	FREE
94	B	14	50M	FREE
95	G	15+	50M	FLY
96	B	15+	50M	FLY

# City of Sheffield Swim Squad

## 33<sup>rd</sup> Annual Teaspoon Gala 2015

Ponds Forge, Sheffield 20<sup>th</sup> September, 2015

### Individual Entry Form

**LONG COURSE CONVERTED TIMES TO BE USED**

Please complete all details requested below in **full** \*

Name				Male /Female
Address				
Telephone No *				(We require a contact No)*
Date Of Birth		Age as at 20 <sup>th</sup> September 2015		
Club				
ASA Registration No				
Entry No (Official Use Only)				
<b>50 free</b>	<b>50 back</b>	<b>50 breast</b>	<b>50 fly</b>	
Total no entries @ £5.00 per event				£
Coaches Passes @ £8.00 each				£

**This gala will be filled on a first come first served basis**

**CLOSING DATE on or before the 22<sup>nd</sup> August 2015**

**Please return to:**

**Mrs Jane Faulkner  
11 Backmoor Crescent  
SHEFFIELD  
S8 8LA**

**Tel. 01142 500598**

**Mob 07775556702**

# City of Sheffield Swim Squad

## 33<sup>rd</sup> Annual Teaspoon gala 2015

### CLUB ELECTRONIC ENTRY SUMMARY SHEET

*All electronic club entries please return this summary sheet with your payment and Sportsystem printouts.*

- All cheques made payable to COSSS (City of Sheffield Swim Squad).
- All accepted swims will be published on the club web site.
- ***Club entries please enclose a computer generated Sportsystems printout of swims with your payment (these should balance with each other minus pass payment). For our records.***

CLUB .....

CLUB CONTACT .....

CONTACT ADDRESS & TEL NO .....

.....

.....

#### Entries

Girls .....@ £5.00 per event £.....

Boys .....@ £5.00 per event £.....

Coaches Passes .....@ £8.00 per pass £.....

TOTAL £.....

PLEASE RETURN TO:-

Mrs Jane Faulkner  
11 Backmoor Crescent  
SHEFFIELD  
S8 8LA

Tel 01142 500598

Mob 07775556702