



**The British Gas ASANER
Championships (25m)
Sunderland Aquatics Centre
6-7 November 2010
Important Information**



How to get to....

Sunderland Aquatic Centre is located on the north bank of the river Wear adjacent to the Stadium of Light. It is accessible by car and linked to all major transport routes.

By car (A19 from North and South)

Take the A1231 (Sunderland North) turn off. After four roundabouts keep to the left hand lane and follow signs for the Stadium of Light. Continue on this road and you will see the on your right the Sunderland Aquatic Centre, SR5 1SU

Saturday 6 November

Please note that on the Saturday because of a Sunderland football match there will be no car parking in the vicinity of the pool. As a security measure all unauthorised parking will be dealt with by Northumbria Police. To avoid any problems please do not park your car in the vicinity of the pool.

Swimmer Drop-off Facility

Up to 13:00hrs it will be possible to drive to the Aquatic Centre entrance to drop-off swimmers and spectators but cars will not be permitted to park.

Parking

Sunnyside Car Park

William Street, Sunderland SR1

1UL Open 24 hours

80p per hour 8am - 6pm

40p per hour 6pm - 8am

St. Marys Car Park

St Marys Way, Sunderland

SR13AH Opening hours: 8am till

11.30pm £1.10 per hour 8am - 6pm

50p per hour 6pm - 11.30pm

Both car parks are approximately a 15min walk from Sunderland Aquatic Centre.

Free car parking is also available at the Stadium of Light Metro Station this parking is FREE all day

Sunday 7 November

There are NO parking restrictions at the Aquatic Centre.



More information

Nexus: 0191 203 3333
www.nexus.org.uk

Online Journey Planner:
www.transportdirect.info

National Rail: 08457 484 950
www.nationalrail.co.uk

Go North East: 0845 60 60 260
www.simplygo.com

Stagecoach: 0191 567 5251
www.stagecoachbus.com/sunderland

SAFC events
www.safc.com

Hotel accommodation: 0191 553 2000
www.visitsunderland.com

Sunderland Aquatic Centre, Sunderland SR5 1SU

Tel: 0191 561 6161

www.sunderland.gov.uk/aquaticcentre



British Gas ASANER BAGCAT Championships (25m)

6-7 November 2010

Sunderland Aquatics Centre

Entry Closing Date: 14 October 2010

Boys 25m Qualifying Times					Events	Girls 25m Qualifying Times			
10 years	11 years	12 years	13 years	14 years		10 years	11 years	12 years	13 years
1.18.20	1.11.00	1.07.50	1.03.90	1.01.00	100m Freestyle	1.18.80	1.12.50	1.08.70	1.06.40
2.49.00	2.34.00	2.28.20	2.19.30	2.12.40	200m Freestyle	2.48.20	2.31.00	2.25.50	2.22.30
5.49.00	5.28.20	5.09.70	4.50.00	4.40.50	400m Freestyle	5.55.00	5.26.60	5.08.20	4.57.30
Via 1500m					800m Freestyle	Via 800m			
		19.30.00	19.00.00	18.15.00	1500m Freestyle				
1.29.20	1.22.00	1.16.90	1.11.80	1.08.10	100m Backstroke	1.29.00	1.21.90	1.16.70	1.13.70
3.11.20	2.50.50	2.43.50	2.34.00	2.28.00	200m Backstroke	3.08.10	2.52.70	2.43.80	2.38.00
1.41.00	1.33.60	1.26.70	1.20.90	1.17.10	100m Breaststroke	1.41.50	1.33.00	1.27.30	1.23.40
3.36.70	3.22.40	3.08.40	2.55.40	2.46.60	200m Breaststroke	3.37.00	3.19.10	3.07.30	2.58.70
1.30.00	1.22.60	1.17.00	1.11.40	1.07.50	100m Butterfly	1.29.60	1.21.70	1.16.60	1.13.50
3.21.90	3.03.00	2.49.70	2.37.80	2.29.40	200m Butterfly	3.20.50	3.01.00	2.48.60	2.41.00
3.10.00	2.54.50	2.46.50	2.37.90	2.29.80	200m Ind. Medley	3.11.50	2.56.00	2.47.10	2.40.00
6.39.40	6.22.00	5.54.90	5.33.00	5.18.10	400m Ind. Medley	6.45.10	6.14.70	5.52.10	5.38.80

Entry Times must be from the ASA Rankings
Entries in the Girls 1500m & Boys 800m Freestyle may have to be restricted to prevent excessive session lengths.

Schedule of Events					
Session 1			Session 3		
Saturday 6 November @ 09:00			Sunday 7 November @ 09:00		
Mixed Girls 11-13 Boys 12-14	1500m	Freestyle	Mixed Girls 11-13 Boys 12-14	800m	Freestyle
Girls	100m	Breaststroke	Boys	100m	Breaststroke
Boys	200m	Breaststroke	Girls	200m	Breaststroke
Girls	400m	Ind. Medley	Boys	400m	Ind. Medley
Boys	100m	Freestyle	Girls	100m	Freestyle
Girls	200m	Freestyle	Boys	200m	Freestyle
Session 2			Session 4		
Saturday 6 November @ TBC			Sunday 7 November @ TBC		
Boys	200m	Ind. Medley	Girls	200m	Ind. Medley
Girls	200m	Backstroke	Boys	200m	Backstroke
Boys	100m	Backstroke	Girls	100m	Backstroke
Girls	100m	Butterfly	Boys	100m	Butterfly
Boys	200m	Butterfly	Girls	200m	Butterfly
Girls	400m	Freestyle	Boys	400m	Freestyle

Age as on 7 November 2010

All events are HDW

Boys Age 10 –14 years excluding 1500m Freestyle

Girls Age 10 – 13 years excluding 800m Freestyle

ASANER Championships 38 Benton Lodge Ave Newcastle upon Tyne Tel: 0191 2701560

Email: swimnec@aol.com www.swimnortheast.org.uk



British Gas ASANER Senior & Junior Championships (25m) 2010

Venue: Sunderland Aquatic Centre

6-7 November 2010 Entry closing date: 13 October 2010

Session 1		
Saturday 6 November @ 09:00		
Men	100m	Freestyle
Women	200m	Freestyle
Men	50m	Breaststroke
Women	100m	Breaststroke
Men	400m	Ind.Medley
Women	100m	Butterfly
Men	100m	Backstroke
Women	50m	Backstroke
Men	200m	Butterfly
Women	200m	Ind.Medley
Men	400m	Freestyle
Women	50m	Freestyle
Men	200m	Breaststroke
Wo/Men	800m	Freestyle HDW
Men	50m	Butterfly
Women	200m	Backstroke
Men	4x100m	Medley Team HDW
Women	4x100m	Freestyle Team HDW
Session 2 Finals @ TBC		
Men	4x200m	Freestyle Team HDW

Session 3		
Sunday 7 November @ 09:00		
Women	100m	Freestyle
Men	200m	Freestyle
Women	50m	Breaststroke
Men	100m	Breaststroke
Women	400m	Ind.Medley
Men	100m	Butterfly
Women	100m	Backstroke
Men	50m	Backstroke
Women	200m	Butterfly
Men	200m	Ind.Medley
Women	400m	Freestyle
Men	50m	Freestyle
Women	200m	Breaststroke
Wo/Men	1500m	Freestyle HDW
Women	50m	Butterfly
Men	200m	Backstroke
Women	4x100m	Medley Team HDW
Men	4x100m	Freestyle Team HDW
Session 4 Finals @ TBC		
Women	4x200m	Freestyle Team HDW

Qualifying Times (25m)				
Entry Times must be from the ASA Rankings				
Men			Women	
Senior	Junior		Senior	Junior
26.1	28.0	50m Freestyle	29.1	30.5
57.5	1.00.0	100m Freestyle	1.03.6	1.05.0
2.06.9	2.11.2	200m Freestyle	2.18.5	2.20.5
4.29.2	4.37.3	400m Freestyle	4.50.5	4.52.0
Via 1500m		800m Freestyle	9.57.8	10.00.0
17.51.7	18.20.0	1500m Freestyle	Via 800m	
29.1	31.8	50m Backstroke	32.8	34.5
1.02.8	1.06.9	100m Backstroke	1.10.2	1.12.2
2.17.5	2.24.2	200m Backstroke	2.30.4	2.34.4
32.8	35.2	50m Breaststroke	36.5	38.2
1.11.5	1.15.7	100m Breaststroke	1.18.8	1.21.5
2.35.1	2.44.1	200m Breaststroke	2.49.0	2.56.0
28.2	30.4	50m Butterfly	31.3	33.1
1.02.1	1.06.2	100m Butterfly	1.08.8	1.12.1
2.18.1	2.25.6	200m Butterfly	2.31.2	2.36.3
2.21.5	2.27.6	200m Ind.Medley	2.35.1	2.38.5
5.00.7	5.13.1	400m Ind.Medley	5.26.7	5.32.7

Junior: age 15 years & under on 7 November 2010

ASANER Championships,

38 Benton Lodge Avenue Newcastle upon Tyne NE7 7LU Tel: 0191 2701560

Email: swimnec@aol.com www.swimnec@aol.com