

**CITY OF LEEDS S.C.**

**CITY OF  
LEEDS**



**SWIMMING  
CLUB**

**IN ASSOCIATION WITH LCC**



**Leeds**  
CITY COUNCIL

**2015  
CHRISTMAS CRACKER MEET  
LEVEL 3  
AT**

**AQUATICS CENTRE  
JOHN CHARLES CENTRE FOR SPORT**

**SAT 19 DECEMBER / SUN 20 DECEMBER 2015**

*Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ  
Affiliated to the ASANER*

**Internet:-[www.swimleeds.org.uk](http://www.swimleeds.org.uk)**

**2015**  
**City of Leeds**  
**Level 3 Christmas Cracker Meet**  
(Under ASA Laws & FINA Technical Rules)

**DATES:** Saturday 19 / Sunday 20 December 2015

**VENUE:** Aquatics Centre  
John Charles Centre for Sport  
Middleton Grove  
  
Leeds LS11 5DJ

**FACILITIES:** 10 lane display electronic timing, 50 metre pool  
Diving Pit for warm up / swim down

**MEET DIRECTOR**  
**GALA ENTRIES** V Spencer  
Stanley House  
68A High Street  
Morley  
LS27 0BY

Email:- [leedsentries@gmail.com](mailto:leedsentries@gmail.com)

The competition is open to swimmers in the following categories, aged 10, 11, 12,13,14, 15 and 16/over, ages as at 31 December 2015 Late entries will be at the discretion of the promoter.

Should entries be over-subscribed, entries will be rejected on basis of slowest submitted times within each age group

**All entry times to be converted to long course 50 metres. All club entries must be submitted via ELECTRONIC ENTRY FILE THAT CAN BE DOWNLOADED FROM THE CITY OF LEEDS WEBSITE. *Entries to be returned by 16 November 2015***

**EVENTS** All events will be Heat Declared Winners. Medals will be awarded for each HDW event to the first three in each age group.

**PURPOSE OF MEET** To allow swimmers to achieve County, District and National qualifying times.

**INDEMNITY** " City of Leeds Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the City of Leeds Swimming Club"  
"City of Leeds Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken up by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a DBS check and preferably attended a good practice course."

**SPECTATOR FACILITIES** Please note that swimmers will not be allowed in the spectator area. Swimmers should stay in the swimmers area.

**Any points not covered to be at the discretion of the Meet Director**  
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## Schedule of Events

### Saturday 19<sup>th</sup> December 2015

#### Session 1

**Warm Up 08:00am Start 09:00am**

101	Boys	10/OV	400M Individual Medley
102	Girls	10/OV	200M Individual Medley
103	Boys	10/OV	100M Butterfly
104	Girls	10/OV	100M Freestyle
105	Boys	10/OV	100M Breaststroke
106	Girls	10/OV	200M Backstroke
107	Boys	10/OV	50M Butterfly
108	Girls	10/OV	50M Backstroke

#### Session 2

**Warm Up 13:00pm Start 14:00pm**

201	Girls	10/OV	400M Freestyle
202	Boys	10/OV	200M Freestyle
203	Girls	10/OV	200M Breaststroke
204	Boys	10/OV	100M Backstroke
205	Girls	10/OV	200M Butterfly
206	Boys	10/OV	50M Freestyle
207	Girls	10/OV	50M Breaststroke

### Sunday 20<sup>th</sup> December 2015

#### Session 3

**Warm Up 08:00am Start 09:00am**

301	Girls	10/OV	400M Individual Medley
302	Boys	10/OV	200M Individual Medley
303	Girls	10/OV	100M Butterfly
304	Boys	10/OV	100M Freestyle
305	Girls	10/OV	100M Breaststroke
306	Boys	10/OV	200M Backstroke
307	Girls	10/OV	50M Butterfly
308	Boys	10/OV	50M Backstroke

#### Session 4

**Warm Up 13:00pm Start 14:00pm**

401	Boys	10/OV	400M Freestyle
402	Girls	10/OV	200M Freestyle
403	Boys	10/OV	200M Breaststroke
404	Girls	10/OV	100M Backstroke
405	Boys	10/OV	200M Butterfly
406	Girls	10/OV	50M Freestyle
407	Boys	10/OV	50M Breaststroke

## Long Course Qualifying Times

**Upper Qualifying Times = Entry times must NOT BE FASTER THAN TIMES STATED**

### Female Long Course Upper Limit Time

Event	10	11	12	13	14	15	16/OV
50 Freestyle	00:29.0	00:28.1	00:28.1	00:28.1	00:27.8	00:27.8	00:26.6
100 Freestyle	01:01.0	00:59.6	00:59.6	00:59.6	00:59.4	00:59.4	00:57.3
200 Freestyle	02:12.0	02:10.0	02:10.0	02:10.0	02:09.1	02:09.1	02:03.1
400 Freestyle	04:37.0	04:32.0	04:32.0	04:32.0	04:30.5	04:30.5	04:20.5
50 Breaststroke	00:37.0	00:35.0	00:35.0	00:35.0	00:35.0	00:35.0	00:33.7
100 Breaststroke	01:18.0	01:16.0	01:16.0	01:16.0	01:15.2	01:15.2	01:12.5
200 Breaststroke	02:42.5	02:41.0	02:41.0	02:41.0	02:39.3	02:39.3	02:37.3
50 Butterfly	00:32.0	00:30.5	00:30.5	00:30.5	00:30.0	00:30.0	00:28.8
100 Butterfly	01:08.5	01:06.5	01:06.5	01:06.5	01:05.8	01:05.8	01:02.7
200 Butterfly	02:27.0	02:26.0	02:26.0	02:26.0	02:25.2	02:25.2	02:18.1
50 Backstroke	00:33.0	00:31.9	00:31.9	00:31.9	00:31.4	00:31.4	00:29.8
100 Backstroke	01:09.0	01:07.0	01:07.0	01:07.0	01:06.3	01:06.3	01:03.4
200 Backstroke	02:25.0	02:23.0	02:23.0	02:23.0	02:21.9	02:21.9	02:16.9
200 Individual Medley	02:28.5	02:26.5	02:26.5	02:26.5	02:25.0	02:25.0	02:18.8
400 Individual Medley	05:15.0	05:10.0	05:10.0	05:10.0	05:08.0	05:08.0	04:57.7

### Male

Event	10	11	12	13	14	15	16/OV
50 Freestyle	00:29.0	00:27.0	00:25.5	00:26.0	00:25.7	00:25.7	00:23.6
100 Freestyle	01:01.0	00:58.0	00:57.0	00:56.2	00:55.2	00:55.2	00:51.4
200 Freestyle	02:06.0	02:04.0	02:02.0	02:01.0	01:59.4	01:59.4	01:52.4
400 Freestyle	04:28.0	04:22.0	04:18.0	04:15.0	04:13.0	04:13.0	04:01.1
50 Breaststroke	00:35.0	00:34.0	00:33.0	00:33.3	00:32.9	00:32.9	00:30.0
100 Breaststroke	01:14.5	01:13.0	01:12.0	01:11.9	01:10.9	01:10.9	01:05.1
200 Breaststroke	02:42.0	02:39.0	02:37.0	02:36.6	02:34.6	02:34.6	02:23.1
50 Butterfly	00:30.0	00:29.0	00:28.7	00:28.2	00:27.9	00:27.9	00:25.7
100 Butterfly	01:05.0	01:03.0	01:02.0	01:01.5	01:00.9	01:00.9	00:56.4
200 Butterfly	02:23.0	02:20.5	02:19.5	02:18.2	02:16.2	02:16.2	02:07.1
50 Backstroke	00:31.0	00:30.2	00:29.8	00:29.3	00:28.9	00:28.9	00:26.9
100 Backstroke	01:06.0	01:04.0	01:03.3	01:02.7	01:01.9	01:01.7	00:57.4
200 Backstroke	02:20.0	02:16.0	02:14.0	02:13.4	02:11.4	02:11.4	02:05.2
200 Individual Medley	02:25.0	02:21.0	02:19.2	02:18.2	02:16.2	02:16.2	02:07.4
400 Individual Medley	05:00.0	04:45.0	05:54.0	04:50.0	04:47.9	04:47.9	04:34.4

# City of Leeds Christmas Meet 2015

Summary of Entries

Male Entries	Number	@£6.50	Cost£
Female Entries	Number	@£6.50	Cost £
Coaches Passes	Number	@£15.00	Cost£
Total cost			Cost £

**Entries to be returned by 16 November 2015**

**Club .....**

**Signed .....**

**Email address .....**

**Contact address.....**  
 .....  
 .....  
 .....

**Poolside Passes**

<b>Name of Coach with DBS Check</b>

**CHEQUES TO BE MADE PAYABLE TO CITY OF LEEDS S.C**

**ALL DATA WILL BE PUBLISHED ON [www.swimleeds.org.uk](http://www.swimleeds.org.uk)**

**Entries to Gala Entry Secretary, 68A High Street, Morley, Leeds LS27 0BY  
 Entries sent to other addresses will not be accepted**

**City of Leeds**  
**Christmas Cracker Level 3 Meet**  
 (Under ASA Laws & FINA Technical Rules)  
 Saturday 19<sup>th</sup> & Sunday 20<sup>th</sup> December 2015

**INDIVIDUAL ENTRY FORM**

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth		<b>Age as at 31st December 2015</b>
Club		
ASA Number		

**ALL TIMES TO BE 50m POOL TIMES (Long Course)**

***PLEASE REFER TO QUALIFYING TIMES INFORMATION***

EVENT	ENTRY TIME	Event no	EVENT	ENTRY TIME	Event no
50m Freestyle			50m Breaststroke		
100m Freestyle			100m Breaststroke		
200m Freestyle			200m Breaststroke		
400m Freestyle			50m Butterfly		
50m Backstroke			100m Butterfly		
100m Backstroke			200m Butterfly		
200m Backstroke			200m IM		
			400m IM		

Total No. of Entries		@ £6.50 per event = Total	£
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Cheques should be made payable to City of Leeds SC  
 or BACS to City of Leeds Swimming Club Ltd (Please email for bank details)

**Please return entries by Closing Date 16 November 2015**

**Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered in this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the meet conditions.**

Signature .....

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