

**CITY OF LEEDS S.C.**



**IN ASSOCIATION WITH LCC**



**2016  
JANUARY GRAND PRIX MEET  
LEVEL 3  
AT**

**AQUATICS CENTRE  
JOHN CHARLES CENTRE FOR SPORT**

**SAT 9 JANUARY / SUN 10 JANUARY 2016**

*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)**

**2016**  
**City of Leeds New Year**  
**Grand Prix Meet**  
**Level 3**

(Under ASA Laws & FINA Technical Rules)

Saturday 9th and, Sunday 10th January 2016

**DATES:**

**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)

**ENTRIES:**

The competition is open to swimmers in the following categories, aged 9,10,11,12,13,14,15 and 16/over, ages as at 31<sup>st</sup> December 2016

**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 30 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.

**ENTRIES WILL BE ON A FIRST COME FIRST SERVED BASIS. IF IT IS FOUND NECESSARY TO REFUSE ANY ENTRIES, ALL MONIES WILL BE RETURNED AS SOON AS POSSIBLE AFTER THE CLOSING DATE**

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Any points not covered to be at the discretion of the Meet Director

**2016**  
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**Event Schedule**

**Session One**

**Saturday 9th January 2016**

**Warm Up 8am Start 9am**

Boys 9-16/OV 200m Backstroke  
Girls 9-16/OV 200m Individual Medley  
Boys 10-16/OV 100m Freestyle  
Girls 9-16/OV 50m Butterfly  
Boys 9-16/OV 50m Butterfly  
Girls 9-16/OV 50m Backstroke  
Boys 9-16/OV 50m Backstroke

**Session Two**

**Saturday 9th January 2016**

**Warm Up 1pm Start 2pm**

Boys 9-16/OV 200m IM  
Girls 9-16/OV 200m Backstroke  
Boys 10-16/OV 100m Backstroke  
Girls 10-16/OV 100m Freestyle  
Boys 9-16/OV 200m Butterfly  
Girls 10-16/OV 100m Backstroke  
Boys 10-16/OV 1500 Freestyle

**Session Three**

**Sunday 10th January 2016**

**Warm Up 8am Start 9am**

Girls 10-16/OV 100m Breaststroke  
Boys 9-16/OV 200m Freestyle  
Girls 9-16/OV 200m Butterfly  
Boys 9-16/OV 50m Freestyle  
Girls 9-16/OV 50m Freestyle  
Boys 9-16/OV 50m Breaststroke  
Girls 9-16/OV 50m Breaststroke

**Session Four**

**Sunday 10th January 2016**

**Warm Up 1pm Start 2pm**

Girls 9-16/OV 200m Freestyle  
Boys 10-16/OV 100m Breaststroke  
Girls 10-16/OV 100m Butterfly  
Boys 10-16/OV 100m Butterfly  
Girls 9-16/OV 200m Breaststroke  
Boys 9-16/OV 200m Breaststroke  
Girls 10-15/OV 800m Freestyle

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# 2016 City of Leeds New Year Meet

(Under ASA Laws & FINA Technical Rules)

Upper limit times (Swimmers must not have swum faster in the previous 12 months)

Female Long Course Upper Limit Time							
Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:32.9	00:32.8	00:31.3	00:29.9	00:29.0	00:28.5	00:28.1
100 Freestyle	NOTIME	01:12.1	01:07.2	01:03.7	01:02.0	01:00.9	01:00.2
200 Freestyle	02:33.1	02:24.5	02:16.9	02:12.9	02:12.9	02:10.9	02:09.0
800 Freestyle	NOTIME	15:37.5	14:26.7	13:24.4	12:38.9	12:11.9	11:52.5
50 Breaststroke	00:42.9	00:42.7	00:40.1	00:38.0	00:36.6	00:35.8	00:35.2
100 Breaststroke	NOTIME	01:33.3	01:25.9	01:21.3	01:18.1	01:15.8	01:15.1
200 Breaststroke	03:18.6	03:18.3	03:04.8	02:56.6	02:50.4	02:46.8	02:45.8
50 Butterfly	00:36.7	00:36.3	00:34.5	00:32.7	00:31.7	00:30.6	00:30.5
100 Butterfly	NOTIME	01:22.5	01:15.7	01:11.0	01:08.8	01:07.0	01:06.4
200 Butterfly	03:03.4	03:03.1	02:46.5	02:35.8	02:30.2	02:26.4	02:23.9
50 Backstroke	00:37.5	00:37.4	00:35.5	00:33.9	00:32.8	00:32.1	00:31.8
100 Backstroke	NOTIME	01:21.4	01:15.4	01:11.2	01:08.8	01:07.6	01:06.4
200 Backstroke	02:52.4	02:52.2	02:39.1	02:31.3	02:27.3	02:24.6	02:22.0
200 Individual Medley	02:54.5	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:25.8
Male Long Course Upper Limit Time							
Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:32.6	00:32.4	00:30.8	00:29.1	00:27.7	00:26.6	00:25.8
100 Freestyle	NOTIME	01:10.6	01:06.6	01:02.5	00:59.2	00:57.0	00:55.6
200 Freestyle	02:32.5	02:32.3	02:24.0	02:15.6	02:08.7	02:03.8	02:00.8
1500 Freestyle	NOTIME	31:15.8	29:33.3	26:25.3	24:39.2	23:03.3	21:50.1
50 Breaststroke	00:42.7	00:42.5	00:40.0	00:37.5	00:35.1	00:33.7	00:32.6
100 Breaststroke	NOTIME	01:32.8	01:26.0	01:20.3	01:17.10	01:14.7	01:14.1
200 Breaststroke	03:18.5	03:18.1	03:04.7	02:53.6	02:43.2	02:36.1	02:31.5
50 Butterfly	00:36.6	00:36.4	00:34.1	00:32.3	00:30.5	00:29.2	00:28.1
100 Butterfly	NOTIME	01:22.6	01:15.4	01:10.4	01:06.2	01:03.2	01:00.9
200 Butterfly	03:00.9	03:00.8	02:44.7	02:35.1	02:26.3	02:19.9	02:13.8
50 Backstroke	00:37.6	00:37.4	00:35.5	00:33.6	00:31.6	00:30.5	00:29.4
100 Backstroke	NOTIME	01:21.4	01:15.3	01:10.9	01:06.7	01:03.8	01:01.7
200 Backstroke	02:50.1	02:50.8	02:40.1	02:31.2	02:22.9	02:16.9	02:12.8
200 Individual Medley	02:54.1	02:54.9	02:43.4	02:34.2	02:26.6	02:19.9	02:16.1

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# City of Leeds Grand Prix Meet 2016

Summary of Entries

Male Entries	Number	@£6.00	Cost£
Female Entries	Number	@£6.00	Cost £
Coaches Passes	Number	@£12.00	Cost£
Total cost			Cost £

***Entries to be returned by 30 November 2015***

***Club .....***

***Signed .....***

***Email address .....***

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

.....  
 .....  
 .....

***Poolside Passes***

<b><i>Name of Coach with DBS Check</i></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**  
**Grand Prix Meet 2016**  
 (Under ASA Laws & FINA Technical Rules)  
 Saturday 9<sup>th</sup> & Sunday 10<sup>th</sup> January 2016

**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 2016</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		
800m/1500m Freestyle*			100m Butterfly		
50m Backstroke			200m Butterfly		
100m Backstroke			200m IM		
200m Backstroke			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 30 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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