



You are cordially invited to the 1st annual

Jorvik Spring Festival – A/B Grade Long Course Meet

"Another one for the whole squad"

Held under ASA Laws and ASA Technical Rules. Level 3 Licensed Meet – License No: 3NE160158

Date & Venue

Sunday 13th of March 2016

@ The Aquatics Centre, John Charles Centre for Sport, Leeds

About

This meet is designed to give all swimmers, regardless of age and ability access to long course swimming with a good event selection. It will be run in a very relaxed and friendly fashion, but entrants should ideally have *some* prior external short course competition experience, and we recommended that they be able to handle any longer events comfortably in a short course pool first.

Meet Details

- A, B graded long course meet. Age as on 13th March 2016,
- Age groups from 9 to 17+ years, with 100m all strokes plus 200 Freestyle and 200 IM,
- This is an inclusive meet – MD swimmers will be scored using British Disability Points,
- Integrated heats will be seeded on submitted 50m pool times,
- All events are heat declared winner,
- Swimmers will be graded based upon time on the day, not on entry times.
- Entries up to the fastest times for A grade (NER/ASA model AA grade times) will be accepted.

Awards

- Top 5 for ages 9 – 12 in both grades: top 3 in A and B otherwise,
- There is a 0.5s per 50 allowance for improvement on the A grade times. Swimmers who exceed these times will receive a speeding ticket.

Entries

- Cost: **£5.50** per event,
- Coaches pass: **£15.00**, inclusive of programme, lunch & start sheets,
- Once the meet is full it will be closed and notified on our website,
- Accepted entries will be available to view online – as will the results after the meet,
- Spectator admission **£5** for one session, or **£7** for both (programmes **£3**),
 - Raffle tickets **£5** a strip,
 - Entry deal: Day admission, programme, and two raffle strips for **just £15**,
- Online entry link: http://www.openmeets.co.uk/entry_sys/user/login_form.php,
 - Entry times can be modified online until the closing date,
- Cheques made payable to "Team Jorvik", although BACS payment is preferred,
- Closing date for entries: **Wednesday 17th February 2016**, or whenever the meet is full.

Contact: management@teamjorvik.co.uk

Jorvik Spring Festival – Three Grades Long Course Meet

Schedule & Cut-off Times

Sunday	
<i>Session</i>	<i>Event</i>
Warm up 0800 – 0850. Girls first. Start 0900.	
1	Girls 200 Free
	Boys 200 IM
	Girls 100 Back
	Boys 100 Breast
	Girls 100 Fly
	Boys 100 Free
Warm up 1300-1350. Boys first. Start 1400.	
2	Boys 200 Free
	Girls 200 IM
	Boys 100 Back
	Girls 100 Breast
	Boys 100 Fly
	Girls 100 Free

	0	1	2	3	4	5	6	7	8	9
Warm up guide – confirmed on day	12-13	12-13	12-13	12-13	14+	14+	14+	10-11	10-11	10-11

Please see the next page for cut-off times.

Boys Times		100				200	
		<i>Fly</i>	<i>Back</i>	<i>Breast</i>	<i>Free</i>	<i>Free</i>	<i>IM</i>
No faster than	9&10	1:38.0	1:36.0	1:47.0	1:24.0	2:55	3:15
	11	1:28.0	1:26.0	1:37.0	1:14.0	2:40	3:03
	12	1:20.0	1:20.0	1:32.0	1:08.0	2:29	2:51
	13	1:14.0	1:14.0	1:29.0	1:03.0	2:18	2:39
	14	1:09.0	1:11.0	1:21.0	1:01.0	2:12	2:32
	15/16	1:05.0	1:07.0	1:19.0	57.5	2:06	2:30
	17+	1:03.0	1:06.0	1:16.0	57.0	2:05	2:25

No slower than	10	2:05.0	1:55.0	2:12.0	1:42.0	3:40	4:11
	11	1:53.0	1:47.5	2:00.0	1:35.0	3:25	3:52
	12	1:41.0	1:39.0	1:51.0	1:28.0	3:10	3:35
	13	1:34.0	1:32.0	1:43.0	1:21.0	2:56	3:20
	14	1:27.0	1:25.0	1:36.0	1:16.0	2:45	3:06
	15/16	1:22.0	1:21.0	1:31.0	1:12.0	2:36	2:56
	17+	1:16.0	1:15.5	1:24.0	1:07.0	2:26	2:45

A/B cutoffs	10	1:48.5	1:45.5	1:59.5	1:33.0	3:03	3:43
	11	1:36.0	1:36.8	1:48.5	1:24.5	2:48	3:27
	12	1:28.0	1:29.5	1:41.5	1:18.0	2:37	3:13
	13	1:21.5	1:23.0	1:36.0	1:12.0	2:27	3:00
	14	1:15.8	1:18.0	1:28.5	1:08.5	2:29	2:49
	15/16	1:11.5	1:14.0	1:25.0	1:04.8	2:21	2:43
	17+	1:08.0	1:10.8	1:20.0	1:02.0	2:16	2:35

Girls Times		100				200	
		<i>Fly</i>	<i>Back</i>	<i>Breast</i>	<i>Free</i>	<i>Free</i>	<i>IM</i>
No faster than	9&10	1:31.0	1:30.0	1:40.0	1:17.5	2:45	3:08
	11	1:25.0	1:23.0	1:34.0	1:12.0	2:31	2:52
	12	1:21.0	1:19.0	1:30.0	1:08.0	2:21	2:40
	13	1:12.0	1:14.0	1:25.0	1:04.5	2:19	2:36
	14/15	1:11.5	1:13.5	1:24.0	1:04.0	2:19	2:36
	16+	1:11.0	1:13.0	1:23.5	1:03.5	2:18	2:35

No slower than	10	1:54.0	1:55.0	2:10.0	1:42.0	3:37	4:06
	11	1:47.0	1:45.0	1:59.0	1:33.0	3:21	3:48
	12	1:38.0	1:37.0	1:49.5	1:26.5	3:07	3:30
	13	1:33.0	1:32.0	1:42.5	1:22.0	2:55	3:20
	14/15	1:30.0	1:29.0	1:39.0	1:19.0	2:51	3:12
	16+	1:26.0	1:25.0	1:35.0	1:15.5	2:42	3:03

A/B cutoffs	10	1:42.5	1:42.5	1:55.0	1:29.8	3:11	3:37
	11	1:36.0	1:34.0	1:46.5	1:22.5	2:56	3:20
	12	1:29.5	1:28.0	1:39.8	1:17.3	2:44	3:05
	13	1:22.5	1:23.0	1:33.8	1:13.3	2:37	2:58
	14/15	1:20.8	1:21.3	1:31.5	1:11.5	2:35	2:54
	16+	1:18.5	1:19.0	1:29.3	1:09.5	2:30	2:49

Please note: there are no NST times for 9 year olds, however they should be able to perform a credible swim, either demonstrated at a meet – or – have performed one in training

Jorvik Spring Festival – Three Grades Long Course Meet

Rules & Conditions of Entry

1. The promoter for this event is Allyson Buckton.
2. This is a Level 3 Licensed Meet – (License No – 3NE160158). Times achieved eligible for Yorkshire and North East Region Championships.
3. The competition will be held under ASA Laws & ASA Technical Rules.
4. The one start rule will apply.
5. Over the top starts may be used at the referee's discretion. Swimmers are requested to remain in the water until asked to leave the pool.
6. All events will be heat declared winners.
7. The referees decision is final.
8. The pool is 50m long, 10 lanes with anti wave lane ropes and electronic timing. A swim down facility (diving pit) will be available during the sessions (it will be withdrawn if not used properly).
9. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
10. The age groups are: boys 9, 10, 11, 12, 13, 14, 15/16, 17+; girls 9, 10, 11, 12, 13, 14/15, 16+.
11. Medals will be made to age all groups as follows: A & B grade – top 3 (top 5 in 10 – 12). Swimmers who exceed the allowances for the "A" Grade times will receive a "Speeding ticket".
12. Awards to be collected from the awards table during the meet. Speeding tickets will be available for collection by coaches/team managers from the timing suite at the end of each session.
13. There is an allowance for times swum on the day that exceed the "A" Grade times of: 0.5 sec over 50m, 1.0 sec over 100m, and 2.0 sec over 200m.
14. Ages are as on 13th March 2016.
15. All entries must show the full date of birth, age on day, ASA registration number and MD classification (where appropriate) for each swimmer.
16. Time entries are to be based on 50m pool times or converted 25m pool times by use of the ASA conversion tables and should be SLOWER than the published cut-offs.
- 17. Although times are not required to be on the British Swimming Rankings, swimmers should have at least achieved them in a training swim.**
18. The closing date for entries is 17th February 2016 or earlier if full, and refers to the final date on which entries must be received by Team Jorvik.
19. Entries are accepted on a "first come, first served basis" only. Poolside entries will be accepted at the discretion of the promoter.
20. Should entries be over-subscribed, the promoter reserves the right to limit entries by rejection of the last entries to be received.
21. This meet will operate as a CARDLESS meet. All entry withdrawals must be presented to the recorder no later than the start of the relevant warm-up for the session (using form provided).
22. All swimmers must report to the marshalling area at least one event prior to their event.
23. The fees for this event are **£5.50** per swim. **Minimum 2 entries per swimmer.**
24. Entries must be made on the electronic entry form issued to participating clubs by the promoter – no other form of entry will be accepted.
25. Coaches **MUST** wear the passes provided at all times. Only swimmers with accepted entries and coaches/team managers with a valid coaches pass will be allowed on poolside.
26. Coaches passes are priced at **£15.00** each and includes a programme, start lists, results online and lunch.
27. Coaches and team managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
28. Admission for spectators will be **£5** for per session or **£7** for the day. Children, accompanied by adults, will be admitted free. An entry deal is available.
29. Swimmers are not allowed to sit in the spectator gallery.
30. Any point not covered by the above will be at the discretion of the promoters & lead referee.