

**CITY OF LEEDS S.C.**



**IN ASSOCIATION WITH LCC**



**Leeds**  
CITY COUNCIL

**2016  
CHRISTMAS CRACKER  
LEVEL 3  
AT**

**AQUATICS CENTRE  
JOHN CHARLES CENTRE FOR SPORT**

**SAT 17<sup>TH</sup>/SUN 18<sup>TH</sup> DECEMBER 2016**

# City of Leeds S.C.

## Christmas Cracker 2016

<b><u>DATES</u></b>	Saturday 17 <sup>th</sup> and Sunday 18 <sup>th</sup> December 2016
<b><u>VENUE</u></b>	Aquatic Centre John Charles Centre For Sport Middleton Grove Leeds LS11 5DJ
<b><u>FACILITIES</u></b>	10 lane, 50m Pool, Anti-wave lane ropes and Electronic timing. Swim Down Facilities will be available.
<b><u>MEET DIRECTOR</u></b> <b><u>POSTAL ENTRIES</u></b>	V Spencer Stanley House 68A High Street Morley LS27 0BY
<b><u>SPORTSYSTEMS ENTRIES</u></b>	<a href="mailto:leedsentries@gmail.com">leedsentries@gmail.com</a>
<b><u>AGE GROUPS</u></b>	BOYS 9, 10, 11, 12, 13, 14, 15, 16/OV Years GIRLS 9, 10, 11, 12, 13, 14, 15, 16/OV Years
<b><u>EVENTS</u></b>	ALL Heat Declared Winners 50m/100m/200m all strokes 400m Freestyle 200m IM/ 400m IM
<b><u>AWARDS</u></b>	Medals to 1 <sup>st</sup> three in each age group.
<b><u>PURPOSE OF THE MEET</u></b>	To enable athletes to achieve times suitable for entry into Regional and County Championships and other meets at Level 1 or Level 2.
<b><u>FEES</u></b>	<b>£6.50 per event (SportSystem entry files, Via email)</b> <b>£7.50 per event (individual postal entries and individual emailed entries, Cheques payable to “City of Leeds Swimming Club”)</b> Coaches passes for the weekend are £20 (Includes a Programme, start sheets as well as Lunch and refreshments)

**CLOSING DATE FRIDAY 18<sup>th</sup> NOVEMBER 2016**



# City of Leeds S.C.

## Christmas Cracker 2016

### Event Schedule

#### Morning Sessions

##### **Session One**

**Saturday 17<sup>th</sup> December 2016**

**Warm Up 8:00am Start 9:00am**

Boys	9 – 16/OV	400m IM
Girls	9 – 16/OV	200m IM
Boys	9 – 16/OV	100m Backstroke
Girls	9 – 16/OV	100m Freestyle
Boys	9 – 16/OV	200m Breaststroke
Girls	9 – 16/OV	200m Butterfly
Boys	9 – 16/OV	50m Butterfly
Girls	9 – 16/OV	50m Breaststroke

##### **Session Three**

**Sunday 18<sup>th</sup> December 2016**

**Warm Up 8:00am Start 9:00am**

Girls	9 – 16/OV	400m IM
Boys	9 – 16/OV	200m IM
Girls	9 – 16/OV	100m Backstroke
Boys	9 – 16/OV	100m Freestyle
Girls	9 – 16/OV	200m Breaststroke
Boys	9 – 16/OV	200m Butterfly
Girls	9 – 16/OV	50m Butterfly
Boys	9 – 16/OV	50m Breaststroke

#### Afternoon Session

##### **Session Two**

**Saturday 17<sup>th</sup> December 2016**

**Warm Up 1:00pm Start 2:00pm**

Boys	9 – 16/OV	400m Freestyle
Girls	9 – 16/OV	200m Freestyle
Boys	9 – 16/OV	100m Breaststroke
Girls	9 – 16/OV	100m Butterfly
Boys	9 – 16/OV	200m Backstroke
Girls	9 – 16/OV	50m Backstroke
Boys	9 – 16/OV	50m Freestyle

##### **Session Four**

**Sunday 18<sup>th</sup> December 2016**

**Warm Up 1:00pm Start 2:00pm**

Girls	9 – 16/OV	400m Freestyle
Boys	9 – 16/OV	200m Freestyle
Girls	9 – 16/OV	100m Breaststroke
Boys	9 – 16/OV	100m Butterfly
Girls	9 – 16/OV	200m Backstroke
Boys	9 – 16/OV	50m Backstroke
Girls	9 – 16/OV	50m Freestyle



**City of Leeds S.C.**  
**Christmas Cracker 2016**  
**Meet Conditions**

1. This meet is held under ASA Laws and ASA Technical Rules.
2. All competitors must be registered with the ASA or their own national association as appropriate.
3. Age as 18<sup>th</sup> December 2016.
4. This meet will be run using the linked Sportsystems software, please use a training time where no time is available. **Converted short course times can be used and the Sportsystem entry file will be produced to accept these times.**
5. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the meet will be filled on based on **FIRST COME, FIRST SERVED**. Rejections will be made in each event rather than by club to ensure the smooth running of the competition. Events chosen for restrictions will be at the meet organisers' discretion.
6. Any electronic or postal entries received after the closing date will not be accepted.
7. BACS Payments should be made using the appropriate club code. For this Meet it is **DEC16(Your Club Code)** Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (DEC16COLEEDS)
8. Withdrawals – Please notify the meet desk before the start of the warm up (8.00am/1:00pm).  
Email: [leedsentries@gmail.com](mailto:leedsentries@gmail.com)
9. No poolside entries will be accepted.
10. All competitors must go through marshalling. If a competitor does not report to marshalling in time the event will proceed without the competitor.
11. If cancellation of the event is necessary then the only claim will be the entry fees paid.
12. Refunds will not be given for withdrawn swimmers, for entry errors or omissions attributable to the individual or their club. Only individuals who can prove they are not fit to compete due to injury, with evidence of a doctor's note, may be given a refund.
13. A draft programme and live results will be posted on the website.
14. All rejected swim refunds will be returned to the relevant clubs during the gala, or through BACS if requested.
15. The Referee's decision regarding the interpretation and judgement of any ASA rules or laws is final.
16. 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.
17. City of Leeds Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside. All swimmers on poolside should be accompanied by a person with a coaches pass and who has had a DBS check.
18. Any point not covered by these rules will be at the discretion of the Meet organisers.



# City of Leeds S.C. Christmas Cracker 2016

## Upper Limit Times

Swimmers must NOT be faster than the times listed below.

### LONG COURSE TIMES (short course converted will be accepted)

Events	Male							
	9	10	11	12	13	14	15	16/OV
50m Freestyle	00:32.37	00:32.37	00:31.00	00:28.39	00:26.27	00:25.31	00:24.76	00:23.30
100m Freestyle	01:11.92	01:11.92	01:06.43	01:02.47	00:59.31	00:55.82	00:54.27	00:50.80
200m Freestyle	02:39.57	02:39.57	02:19.42	02:13.55	02:08.36	02:01.86	01:57.53	01:52.00
400m Freestyle	05:36.00	05:36.00	04:50.98	04:47.84	04:29.81	04:11.96	04:08.18	03:59.80
50m Backstroke	00:37.01	00:37.01	00:36.24	00:31.86	00:31.80	00:29.81	00:27.52	00:26.50
100m Backstroke	01:19.04	01:19.04	01:14.88	01:10.54	01:08.57	01:03.46	00:59.37	00:56.70
200m Backstroke	02:51.77	02:51.77	02:38.73	02:32.82	02:28.20	02:17.82	02:07.21	02:04.00
50m Breaststroke	00:43.66	00:43.66	00:39.43	00:36.46	00:32.77	00:32.21	00:31.17	00:29.50
100m Breaststroke	01:34.84	01:34.84	01:28.39	01:18.68	01:11.70	01:12.34	01:07.18	01:04.00
200m Breaststroke	03:15.05	03:15.05	03:07.24	02:50.52	02:35.50	02:34.14	02:27.12	02:20.50
50m Butterfly	00:34.71	00:34.71	00:33.60	00:31.42	00:29.00	00:26.73	00:26.13	00:25.40
100m Butterfly	01:18.85	01:18.85	01:14.35	01:11.05	01:01.72	00:58.80	00:58.54	00:55.90
200m Butterfly	02:59.44	02:59.44	02:40.86	02:34.16	02:19.17	02:07.48	02:06.00	02:05.60
200m Ind. Medley	02:53.40	02:53.40	02:40.97	02:35.65	02:19.33	02:19.00	02:12.40	02:06.20
400m Ind. Medley	06:00.00	06:00.00	05:38.93	05:21.35	04:56.98	04:41.35	04:37.44	04:31.50



# City of Leeds S.C. Christmas Cracker 2016

## Upper Limit Times

Swimmers must NOT be faster than the times listed below.

### LONG COURSE TIMES (short course converted will be accepted)

Events	Female							
	9	10	11	12	13	14	15	16/O
50m Freestyle	00:33.08	00:33.08	00:29.74	00:28.91	00:28.05	00:27.46	00:26.62	00:26.40
100m Freestyle	01:14.40	01:14.40	01:05.10	01:02.44	00:59.81	00:59.11	00:56.93	00:56.90
200m Freestyle	02:41.97	02:41.97	02:18.22	02:13.91	02:05.12	02:04.58	02:03.14	02:02.60
400m Freestyle	05:40.67	05:40.67	05:06.38	04:37.87	04:30.21	04:29.84	04:20.75	04:20.00
50m Backstroke	00:38.90	00:38.90	00:35.81	00:32.98	00:31.64	00:30.46	00:29.54	00:29.40
100m Backstroke	01:23.32	01:23.32	01:15.63	01:08.57	01:05.38	01:04.09	01:04.00	01:02.30
200m Backstroke	02:51.86	02:51.86	02:38.81	02:29.79	02:16.64	02:16.00	02:14.78	02:14.70
50m Breaststroke	00:42.25	00:42.25	00:37.17	00:36.50	00:36.12	00:33.81	00:33.80	00:33.50
100m Breaststroke	01:34.74	01:34.74	01:21.06	01:18.56	01:17.11	01:14.94	01:14.70	01:12.10
200m Breaststroke	03:22.01	03:22.01	02:54.89	02:47.39	02:44.50	02:41.75	02:41.31	02:35.00
50m Butterfly	00:37.08	00:37.08	00:33.42	00:31.21	00:30.20	00:29.38	00:29.00	00:28.30
100m Butterfly	01:26.22	01:26.22	01:16.92	01:08.94	01:04.57	01:04.04	01:02.58	01:02.30
200m Butterfly	03:23.14	03:23.14	02:58.90	02:29.98	02:25.92	02:25.87	02:24.20	02:18.50
200m Ind. Medley	03:04.03	03:04.03	02:41.29	02:33.20	02:20.49	02:20.98	02:15.69	02:18.40
400m Ind. Medley	06:37.45	06:37.45	05:53.17	05:18.87	05:00.62	04:59.25	04:58.79	04:53.80



**City of Leeds S.C.**  
**Christmas Cracker 2016**  
Summary of Club Entries

Male Entries	Number	@ £6.50	Cost £
Female Entries	Number	@ £6.50	Cost £
Coaches Passes	Number	@ £20.00	Cost £
Total cost			Cost £
BACS Code	DEC16(CLUBCODE)	Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (DEC16COLEEDS)	

***Entries to be received by 18<sup>th</sup> November 2016***

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

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

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

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

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 .....  
 .....

***Poolside Passes***

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

***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 S.C. Christmas Cracker 2016

Individual Entry Form  
Sat 17<sup>th</sup> / Sun 18<sup>th</sup> December 2016  
John Charles Centre for Sport

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth		<b>Age as at 18<sup>th</sup> December 2016</b>
Club		
ASA Number		

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

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		@ £7.50 per event = Total	£
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Cheques should be made payable to City of Leeds Swimming Club or BACS to City of Leeds Swimming Club Ltd  
(Please email [leedsentries@gmail.com](mailto:leedsentries@gmail.com) for bank details)

**Entries must be received by the closing date 18<sup>th</sup> November 2016**

**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 .....

