



You are cordially invited to the 3rd annual

Jorvik Spring Festival – A/B/C Grade Long Course Meet

"Another one for the whole squad"

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

Date & Venue

Sunday 11th of March 2018

@ 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, C graded long course meet. Age as at 11th March 2018
- Age groups from 9 to 15+ years, with 100m all strokes plus 200 Freestyle and 200 IM
- Integrated heats will be seeded on submitted 50m pool times
- All events are heat declared winners
- Swimmers will be graded based upon time on the day, not on entry times
- Entries up to the fastest times for A grade will be accepted.

Awards

- Top 5 for ages 9 – 12 in all grades: top 3 in all grades for other ages

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 **£2**)
- Online entry link: http://www.openmeets.co.uk/entry_sys/user/login_form.php,
 - Entry times can be modified online until the day before the meet
- Entries must be accompanied by payment. Cheques made payable to "Team Jorvik", although BACS payment is preferred (details provided on entry acceptance e-mail).
- Closing date for entries: **Sunday 11th February 2018**, or whenever the meet is full.

Contact: management@teamjorvik.co.uk

Jorvik Spring Festival – Three Grades Long Course Meet

Schedule & Cut-off Times

| Sunday 11th March 2018 | |
|--|-------------------------|
| Morning session: warm-up 8am, start 9am | |
| 101 | Girls 200m Freestyle |
| 102 | Boys 200m IM |
| 103 | Girls 100m Backstroke |
| 104 | Boys 100m Breaststroke |
| 105 | Girls 100m Butterfly |
| 106 | Boys 100m Freestyle |
| Afternoon session: warm up 1pm, start 2pm | |
| 201 | Girls 200m IM |
| 202 | Boys 200m Freestyle |
| 203 | Girls 100m Breaststroke |
| 204 | Boys 100m Backstroke |
| 205 | Girls 100m Freestyle |
| 206 | Boys 100m Butterfly |

Warm up schedule

0800-0825: Girls
0825-0850: Boys
0900: First heat

1300-1325: Girls
1325-1350: Boys
1400: First heat

Please see the next page for cut-off times.

Cut off times based on 50m pool times. Converted 25m pool times may be used.

| Boys | | | | | | | |
|---|--------|--------|--------|--------|--------|--------|--------|
| A grade - not faster than: | | | | | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 100 Free | 1:21.0 | 1:15.0 | 1:09.0 | 1:05.0 | 1:02.0 | 0:58.0 | 0:55.0 |
| 100 Fly | 1:42.0 | 1:29.0 | 1:23.0 | 1:18.0 | 1:13.0 | 1:07.0 | 1:01.0 |
| 100 Breast | 1:45.0 | 1:39.0 | 1:33.0 | 1:27.0 | 1:21.0 | 1:18.0 | 1:11.0 |
| 100 Back | 1:34.0 | 1:25.0 | 1:20.0 | 1:16.0 | 1:10.0 | 1:06.0 | 1:02.0 |
| 200 Free | 2:50.0 | 2:39.0 | 2:30.0 | 2:18.0 | 2:11.0 | 2:06.0 | 2:01.0 |
| 200 IM | 3:15.0 | 3:03.0 | 2:50.0 | 2:38.0 | 2:30.0 | 2:25.0 | 2:18.0 |
| A/B cut-offs (B grade not faster than): | | | | | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 100 Free | 1:32.0 | 1:24.0 | 1:16.0 | 1:11.0 | 1:07.0 | 1:04.0 | 1:00.0 |
| 100 Fly | 1:56.0 | 1:43.0 | 1:30.0 | 1:24.0 | 1:18.0 | 1:14.0 | 1:10.0 |
| 100 Breast | 1:55.0 | 1:47.0 | 1:40.0 | 1:35.0 | 1:30.0 | 1:25.0 | 1:19.0 |
| 100 Back | 1:42.0 | 1:34.0 | 1:27.0 | 1:22.0 | 1:18.0 | 1:14.0 | 1:10.0 |
| 200 Free | 3:15.0 | 3:00.0 | 2:45.0 | 2:36.0 | 2:28.0 | 2:22.0 | 2:15.0 |
| 200 IM | 3:45.0 | 3:25.0 | 3:07.0 | 2:55.0 | 2:47.0 | 2:40.0 | 2:34.0 |
| B/C cut-offs (C grade - not faster than): | | | | | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 100 Free | 1:46.0 | 1:38.0 | 1:29.0 | 1:21.0 | 1:17.0 | 1:13.0 | 1:07.0 |
| 100 Fly | 2:07.0 | 1:52.0 | 1:39.0 | 1:34.0 | 1:26.0 | 1:21.0 | 1:17.0 |
| 100 Breast | 2:10.0 | 2:01.0 | 1:52.0 | 1:45.0 | 1:40.0 | 1:35.0 | 1:29.0 |
| 100 Back | 1:53.0 | 1:46.0 | 1:39.0 | 1:33.0 | 1:28.0 | 1:23.0 | 1:19.0 |
| 200 Free | 3:35.0 | 3:18.0 | 3:00.0 | 2:51.0 | 2:42.0 | 2:36.0 | 2:29.0 |
| 200 IM | 4:05.0 | 3:45.0 | 3:25.0 | 3:15.0 | 3:07.0 | 2:56.0 | 2:49.0 |

| Girls | | | | | | | |
|---|--------|--------|--------|--------|--------|--------|--------|
| A grade - not faster than: | | | | | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 100 Free | 1:20.0 | 1:14.0 | 1:08.0 | 1:05.0 | 1:03.0 | 1:01.0 | 1:00.0 |
| 100 Fly | 1:40.0 | 1:27.0 | 1:20.0 | 1:15.0 | 1:12.0 | 1:10.0 | 1:08.0 |
| 100 Breast | 1:42.0 | 1:35.0 | 1:30.0 | 1:26.0 | 1:22.0 | 1:19.0 | 1:17.0 |
| 100 Back | 1:32.0 | 1:24.0 | 1:19.0 | 1:14.0 | 1:11.0 | 1:09.0 | 1:08.0 |
| 200 Free | 2:47.0 | 2:37.0 | 2:29.0 | 2:21.0 | 2:15.0 | 2:11.0 | 2:07.0 |
| 200 IM | 3:11.0 | 2:59.0 | 2:47.0 | 2:41.0 | 2:35.0 | 2:30.0 | 2:26.0 |
| A/B cut-off (B grade - not faster than): | | | | | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 100 Free | 1:30.0 | 1:24.0 | 1:17.0 | 1:14.0 | 1:11.0 | 1:09.0 | 1:07.0 |
| 100 Fly | 1:56.0 | 1:43.0 | 1:30.0 | 1:24.0 | 1:19.0 | 1:17.0 | 1:15.0 |
| 100 Breast | 1:54.0 | 1:45.0 | 1:39.0 | 1:34.0 | 1:31.0 | 1:29.0 | 1:27.0 |
| 100 Back | 1:40.0 | 1:33.0 | 1:28.0 | 1:24.0 | 1:22.0 | 1:19.0 | 1:17.0 |
| 200 Free | 3:11.0 | 2:56.0 | 2:44.0 | 2:36.0 | 2:33.0 | 2:30.0 | 2:27.0 |
| 200 IM | 3:39.0 | 3:19.0 | 3:04.0 | 2:57.0 | 2:50.0 | 2:46.0 | 2:43.0 |
| B/C cut-offs (C grade - not faster than): | | | | | | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15+ |
| 100 Free | 1:43.0 | 1:35.0 | 1:27.0 | 1:22.0 | 1:19.0 | 1:15.0 | 1:13.0 |
| 100 Fly | 2:06.0 | 1:51.0 | 1:39.0 | 1:34.0 | 1:28.0 | 1:25.0 | 1:23.0 |
| 100 Breast | 2:08.0 | 2:00.0 | 1:52.0 | 1:46.0 | 1:43.0 | 1:39.0 | 1:37.0 |
| 100 Back | 1:49.0 | 1:43.0 | 1:37.0 | 1:33.0 | 1:28.0 | 1:25.0 | 1:22.0 |
| 200 Free | 3:30.0 | 3:15.0 | 3:03.0 | 2:53.0 | 2:45.0 | 2:41.0 | 2:39.0 |
| 200 IM | 3:59.0 | 3:39.0 | 3:21.0 | 3:14.0 | 3:06.0 | 3:02.0 | 2:59.0 |

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 – tbc). 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. In the event of a long course configuration being unavailable, the meet will be run short course.
10. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
11. The age groups are: boys and girls 9, 10, 11, 12, 13, 14, 15+.
12. Medals will be awarded to age all groups as follows: A, B and C grades – top 5 in 9–12, top 3 in older ages. Swimmers will be graded on times swum on the day, not on entry times. Swimmers who exceed the allowances for the 'A' Grade times will receive a 'Speeding Ticket'.
13. 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.
14. Ages are as on 11th March 2018.
15. All entries must show the full date of birth, age on day and ASA registration number 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 11th February 2018, 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". Should entries be over-subscribed, the promoter reserves the right to limit entries by rejection of the last entries to be received.
20. Poolside entries will be accepted at the discretion of the promoter.
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 available online at openmeets.co.uk – 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 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 one session or **£7** for the day. Children, accompanied by adults, will be admitted free.
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.