

**CITY OF LEEDS S.C.**



**IN ASSOCIATION WITH LCC**



**2019  
CITY OF LEEDS SEPTEMBER SPRINTS MEET  
LEVEL 3  
AT**

**AQUATICS CENTRE  
JOHN CHARLES CENTRE FOR SPORT**

**SAT 7<sup>TH</sup> SEPTEMBER 2019**



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

**City of Leeds S.C.**  
**September Sprints Meet 2019**  
**Meet Information**

<b><u>DATES</u></b>	Saturday 7 <sup>th</sup> September 2019
<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.
<b><u>MEET DIRECTOR</u></b>	V Spencer
<b><u>POSTAL ENTRIES</u></b>	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/Ov Years GIRLS 9, 10, 11, 12, 13, 14, 15/Ov Years
<b><u>EVENTS</u></b>	HDW in all Events 50m all strokes 200 IM
<b><u>AWARDS</u></b>	Medals will be given to the first 3 places in each age group category.
<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)



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**September Sprints Meet 2019**  
**Event Schedule**

**Morning Session**

**Session One**

**Saturday 7<sup>th</sup> September 2019**

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

Girls	9 – 15/OV	50m Breaststroke
Boys	9 – 15/OV	50m Backstroke
Girls	9 – 15/OV	50m Butterfly
Boys	9 – 15/OV	50m Freestyle
Girls	9 – 15/OV	200m Individual Medley

**Afternoon Session**

**Session Two**

**Saturday 7<sup>th</sup> September 2019**

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

Boys	9 – 15/OV	200m Individual Medley
Girls	9 – 15/OV	50m Backstroke
Boys	9 – 15/OV	50m Breaststroke
Girls	9 – 15/OV	50m Freestyle
Boys	9 – 15/OV	50m Butterfly

**CLOSING DATE**

**On or before 12:00pm FRIDAY 26<sup>th</sup> JULY 2019**



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**City of Leeds S.C.**  
**September Sprints Meet 2019**  
**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 on the 7<sup>th</sup> September 2019.
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. The SportSystems File will be released on the 9/07/2019.**
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 **SEP19(Your Club Code)** Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (SEP19COLEEDS).
8. Bank Details for BACS payments are Sort Code: 402733, Account No: 41552961
9. Withdrawals
  - Heats – Must notify the meet desk before the start of the warm up.  
Email: [leedsentries@gmail.com](mailto:leedsentries@gmail.com)
10. No poolside entries will be accepted.
11. All competitors must go through marshalling. If a competitor does not report to marshalling in time the event will proceed without the competitor.
12. If cancellation of the event is necessary then the only claim will be the entry fees paid.
13. Refunds will not be given for withdrawn swimmers, for entry errors or omissions attributable to the individual or their club. Only to individuals who can prove they are not fit to compete through evidence of a doctors note may be given a refund.
14. A draft programme will be posted on the web site. 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.



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

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.



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# City of Leeds S.C. September Sprints Meet 2019

## Consideration Times

Swimmers must **not** be faster than the times listed below.

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

Male							Events	Female						
9	10	11	12	13	14	15/O		9	10	11	12	13	14	15/O
00:32.4	00:32.4	00:30.8	00:29.1	00:27.7	00:26.6	00:25.8	50m Freestyle	00:32.8	00:32.8	00:31.3	00:29.9	00:29.0	00:28.5	00:28.1
00:37.4	00:37.4	00:35.5	00:33.6	00:31.6	00:30.5	00:29.4	50m Backstroke	00:37.4	00:37.4	00:35.5	00:33.9	00:32.8	00:32.1	00:31.8
00:42.5	00:42.5	00:40.0	00:37.5	00:35.1	00:33.7	00:30.0	50m Breaststroke	00:42.7	00:42.7	00:40.1	00:38.0	00:36.6	00:35.8	00:35.2
00:36.4	00:36.4	00:34.1	00:32.3	00:30.5	00:29.2	00:28.1	50m Butterfly	00:36.3	00:36.3	00:34.5	00:32.7	00:31.7	00:31.0	00:30.4
02:54.9	02:54.9	02:43.4	02:34.2	02:26.6	02:19.9	02:16.1	200m Ind. Medley	02:54.8	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:25.8

**City of Leeds S.C.**  
**September Sprints Meet 2019**  
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 £

*Entries to be received by 26<sup>th</sup> July 2019*

*Club* .....

*Signed* .....

*Email address* .....

*Contact address*.....

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

*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**



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# City of Leeds S.C. September Sprints Meet 2019

## Individual Entry Form

Sat 7<sup>th</sup> September 2019

John Charles Centre for Sport

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth		Age as at 7th September 2019
Club		
ASA Number		

**ALL TIMES ARE TO BE CONVERTED TO LONG COURSE**

EVENT	ENTRY TIME	Event no	EVENT	ENTRY TIME	Event no
50m Freestyle			50m Breaststroke		
50m Backstroke			50m Butterfly		
200m 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 (Sort Code: 402733, Account No: 41552961)

**Please return entries by Closing Date 26<sup>th</sup> July 2019**

**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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