



You are cordially invited to the 7th 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 – Licence No: 3NE230020

Date & Venue

Sunday 22nd January 2023

at 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 the events comfortably in a short course pool first.

Meet Details

- A, B & C Graded Long Course meet
- 100m all strokes plus 200m Freestyle and 200m IM
- Age groups from 9 to 15+ years. Age as at 22nd January 2023.
- Integrated heats will be seeded on submitted 50m pool times
- All events are Heat Declared Winners
- Swimmers will be graded based upon time swum on the day, not on entry times

Awards

- Top 5 for ages 9–12 in all grades, top 3 in all grades for other ages
- Swimmers who swim faster than the cut off time for A Grade will receive a Speeding Ticket

Entries

- Cost: £6.50 per event
- Accepted entries will be available to view online
- Online entry only via www.openmeets.co.uk
- Entry times can be modified online until the day before the meet
- **Meet opens for entries at 10am on Saturday 15th October 2022.** Entries accepted on a first-come-first-served basis.
- Results will be available online shortly after the gala ends.
- Spectator admission £5 per session, or £8 for the whole day.
- Coaches pass: £15.00, inclusive of lunch & start sheets

Contact: galamanager@teamjorvik.co.uk

Jorvik Spring Festival – Three Grades Long Course Meet

Schedule & Cut-off Times

Sunday 22nd January 2023	
Morning session: warm-up 8am, start 9am	
101	Girls 200m Freestyle
102	Boys 200m IM
103	Girls 100m Breaststroke
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 Backstroke
204	Boys 100m Backstroke
205	Girls 100m Freestyle
206	Boys 100m Butterfly

Warm up schedule (unless otherwise announced)

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	1:19.0	1:13.0	1:07.0	1:03.0	1:00.0	0:56.0	0:53.0
100 Fly	1:40.0	1:27.0	1:21.0	1:16.0	1:11.0	1:05.0	0:59.0
100 Breast	1:43.0	1:37.0	1:31.0	1:25.0	1:19.0	1:16.0	1:09.0
100 Back	1:32.0	1:23.0	1:18.0	1:14.0	1:08.0	1:04.0	1:00.0
200 Free	2:48.0	2:37.0	2:28.0	2:16.0	2:09.0	2:04.0	1:59.0
200 IM	3:13.0	3:01.0	2:48.0	2:36.0	2:28.0	2:23.0	2:16.0
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	1:18.0	1:12.0	1:06.0	1:03.0	1:01.0	0:59.0	0:58.0
100 Fly	1:38.0	1:25.0	1:18.0	1:13.0	1:10.0	1:08.0	1:06.0
100 Breast	1:40.0	1:33.0	1:28.0	1:24.0	1:20.0	1:17.0	1:15.0
100 Back	1:30.0	1:22.0	1:17.0	1:12.0	1:09.0	1:07.0	1:06.0
200 Free	2:45.0	2:35.0	2:27.0	2:19.0	2:13.0	2:09.0	2:05.0
200 IM	3:09.0	2:57.0	2:45.0	2:39.0	2:33.0	2:28.0	2:24.0
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 Karin Fothergill.
2. This is a Level 3 Licensed Meet (Licence No – 3NE230020). Times achieved are 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 will be used at the referee's discretion. Swimmers are requested to remain in the water until asked to leave the pool.
6. A strobe is available if required – coaches/team managers to arrange this with the Lead Referee.
7. 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).
8. In the event of a long course configuration being unavailable, the meet will be run short course.
9. All events will be heat declared winners.
10. The Referee's decision is final.
11. The age groups are: Boys and Girls 9, 10, 11, 12, 13, 14, 15+. Ages are as at 22nd January 2023.
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 'A' Grade times will receive a 'Speeding Ticket'.
13. Awards to be collected from the awards table during the meet.
14. The fees for this event are **£6.50** per swim. Minimum 2 entries per swimmer.
15. All entries must be made via the Open Meets online entry system (openmeets.co.uk).
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. Times can be estimated.
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. 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.
19. The closing date for entries is 22nd December 2022, or earlier if full. Once the meet is full it will be closed and notified on Open Meets and our website.
20. Entries must be made **online** at www.openmeets.co.uk – no other form of entry will be accepted. Poolside entries may 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. Withdrawals will not be refunded, except for those necessary on medical grounds (proof required).
23. All swimmers must report to the marshalling area at least six heats prior to their heat.
24. Coaches and Team Managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
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 include start lists and lunch.
27. Admission for spectators will be £5 per session or £8 for the day, payable on the day.
28. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
29. Swimmers must be clothed, including appropriate footwear, when entering the spectator gallery.
30. Any point not covered by the above will be at the discretion of the promoter & Lead Referee.