

# TYS Summer LC Blast

## A/B/C Grade Long Course Meet

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

### Date & Venue

Sunday 2nd June 2024

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

A meet hosted by Tadcaster York Sport Swim Squad to give all swimmers, regardless of age and ability, access to more long course competition. A relaxed and fun meet, entrants should ideally have some prior external short course competition experience, and we recommend that they can already comfortably manage the events in a short course pool first.

### Meet Details

- A, B & C Graded Long Course meet
- 100m all strokes plus 200m Freestyle and 200m IM
- \*Mixed Medley Team Event\*
- Age groups from 9 to 15+ years. Age as at 2nd June 2024.
- 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

### 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 Medal
- Top Open/Boy & Top Girl for all age groups irrespective of grading, Trophy for Top Relay Team & Top Club
- There will be separate awards for Para Swimmers

### Entries

- Cost £6.50 per individual event
- Relay teams £10 per team
- Accepted entries will be available to view online
- Online entry only via [www.openmeets.co.uk](http://www.openmeets.co.uk)
- Entry times can be modified online until the day before the meet
- **Meet opens for entries at 10am on Saturday 2nd March 2024.** Entries accepted on a first-come-first-served basis
- Results will be available online shortly after the gala ends
- Spectator admission £6 per session, or £10 for the whole day
- Coaches/TM pass: £10, inclusive of start sheets (no lunch)

Contact: [tysssgala@gmail.com](mailto:tysssgala@gmail.com)

# Schedule

## Sunday 2nd June 2024

### Morning session: warm-up 8am, start 9am

101 Mixed	4 x 50m Mixed Medley Relay
102 Girls	200m Freestyle
103 Open / Boys	200m IM
104 Girls	100m Breaststroke
105 Open / Boys	100m Breaststroke
106 Girls	100m Butterfly
107 Open / Boys	100m Freestyle

### Afternoon session: warm up 1pm, start 2pm

201 Girls	200m IM
202 Open / Boys	200m Freestyle
203 Girls	100m Backstroke
204 Open / Boys	100m Backstroke
205 Girls	100m Freestyle
206 Open / Boys	100m Butterfly

### Warm up schedule (unless otherwise announced)

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

1300-1325: Girls  
1325-1350: Open / 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.

### Open / 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

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

## 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):

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

## Rules & Conditions of Entry

1. The promoter for this event is Jessica Hendon on behalf of Tadcaster York Sport Swim Squad (TYSSS) (tysssgala@gmail.com).
2. This is a Level 3 Licensed Meet (License No – NExxxxxx). Times achieved are eligible for County and Regional 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: Open / Boys and Girls 9, 10, 11, 12, 13, 14, 15+. Ages are as of **2nd June 2024**. The female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the "Female" category, a swimmer confirms that their birth sex is female. Entries will be accepted from para-swimmers who hold a British Swimming Para Classification.
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 Medal. There will be separate awards for Para Swimmers.
13. Top Open/Boy & Top Girl for all age groups irrespective of grading, Trophy for Top Relay Team & Top Club. In each event and grade, points will be awarded to the top six in each age group and grade (6, 5, 4, 3, 2 and 1). Points will be totalled for top open/boy, top girl and top club overall. If there is a tie on points, awards will be given to the swimmer/club with the most 1st places, etc. No points are awarded for the Relay or speeding swimmers.
14. Awards to be collected from the awards table during the meet.
  
15. The fees for this event are £6.50 per individual swim. Minimum 2 individual entries per swimmer. Entries to the mixed medley event will be £10 per team.
16. Medley teams in each session must comprise of a total of 2 Open/Boys and 2 Girls swimming in Medley relay order. Each team to be made up from:-
  - One Open/Boys & One Girl from 11 yrs and under.
  - One Open/Boys & One Girl from 12 yrs and over.Swimmers can only compete in one medley team.
  
17. All entries must be made via the Open Meets online entry system (openmeets.co.uk).
18. 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.
19. Although times are not required to be on the British Swimming Rankings, swimmers should have at least achieved them in a training swim.
20. 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.
21. The closing date for entries is **30 April 2024**, or earlier if full. Once the meet is full it will be closed and notified on Open Meets and our website.
22. Entries must be made online at [www.openmeets.co.uk](http://www.openmeets.co.uk) – no other form of entry will be accepted. Poolside entries may be accepted at the discretion of the promoter.

23. 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).
24. Withdrawals will not be refunded, except for those necessary on medical grounds (proof required).
  
25. All swimmers must report to the marshalling area at least six heats prior to their heat.
26. Coaches and Team Managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
27. 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.
28. OFFICIALS – We request that each club provides at least one licensed official. Without these, the gala cannot run.
  
29. Full Coaches/Team Manager passes are priced at £10 each for the weekend and include start lists (no lunch). Teams should purchase the number of passes required to comply with Swim England mandatory supervisory ratios. Passes must be worn on the poolside. In accordance with the requirements of Swim England Wave Power Team Staff requiring access to the Pool deck must have achieved a Coaching or Team Manager Qualification, have a Safeguarding Certificate and a current DBS.
30. Admission for spectators will be £6 per session or £10 for the day, payable on the day.
31. No outdoor shoes to be worn on the poolside. Footwear must be worn outside the pool area.
32. Swimmers must be clothed, including appropriate footwear, when entering the spectator gallery.
33. Any point not covered by the above will be at the discretion of the promoter & Lead Referee.