

**CITY OF
LEEDS**



**SWIMMING
CLUB**

CITY OF LEEDS S.C.

IN ASSOCIATION WITH LCC



Leeds
CITY COUNCIL

**2013
CHRISTMAS MEET
LEVEL 1
AT**

**AQUATICS CENTRE
JOHN CHARLES CENTRE FOR SPORT**

SAT 21 DECEMBER / SUN 22 DECEMBER 2013

*Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER*

Internet:-www.swimleeds.org.uk

2013
City of Leeds
Level 1 Christmas Meet
(Under ASA Laws & FINA Technical Rules)

DATES: Saturday 21 / Sunday 22 December 2013

VENUE: Aquatics Centre
John Charles Centre for Sport
Middleton Grove
Leeds LS11 5DJ

FACILITIES: 10 lane display electronic timing, 50 metre pool
Diving Pit for warm up / swim down

MEET DIRECTOR O. Rix
16c York Street
Dunnington
YO19 5PN

Email:- cityofleedssc@hotmail.co.uk

ENTRIES: The competition is open to swimmers in the following age group
10,11,12,13,14 and 15/over, ages as at 22 December 2013

**All entry times to be converted to long course 50 metres.
ELECTRONIC ENTRY FILE CAN BE DOWNLOADED FROM
THE CLUB WEBSITE.**

The organisers reserve the right to limit the number of entries
for any event. **SWIMMERS ENTERED IN THIS MEET MUST HAVE
ACHIEVED THE ENTRY TIME OR THE EQUIVALENT CONVERTED
TIME IN THE PREVIOUS 12 MONTHS**

Closing date 20 November 2013

PURPOSE OF MEET To allow swimmers to achieve County, District and National qualifying
times.

Heats and Finals All events are Heats and Finals expect for 800m and 1500m event for
14/UN which will be HDW

INDEMNITY " 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"

“City of Leeds Swimming Club and the Meet Organisers are not
responsible for individual swimmers on poolside and that responsibility
should be taken up by an appropriate individual. All swimmers on
poolside should be accompanied by a person with a coaches pass, who
has had a CRB check and preferably attended a good practice course.”

SPECTATOR FACILITIES Please note that swimmers will not be allowed in the spectator area.
Swimmers should stay in the swimmers area.

Any points not covered to be at the discretion of the Meet Director

Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER

Internet:-www.swimleeds.org.uk

SCHEDULE OF EVENTS

Saturday 21 December 2013

Session 1 Senior Heats

Warm up 08:00

Start 09:00

Men	15/OV	400m	Freestyle
Women	15/OV	400m	IM
Men	Open	50m	Butterfly
Women	Open	50m	Butterfly
Men	15/OV	200m	IM
Women	15/OV	100m	Freestyle
Men	15/OV	100m	Backstroke
Women	15/OV	200m	Backstroke
Men	15/OV	200m	Breaststroke
Women	15/OV	100m	Breaststroke
Men	Open	50m	Backstroke
Women	Open	50m	Backstroke
Men	15/OV	100m	Butterfly
Women	15/OV	200m	Butterfly
Men	15/OV	200m	Freestyle
Women	15/OV	800m	Freestyle

Session 2 Age Group Heats

Warm up TBC

Start TBC

Boys	10-14	400m	Freestyle	
Girls	10-14	400m	IM	
Boys	10-14	200m	IM	
Girls	10-14	100m	Free	
Boys	10-14	100m	Backstroke	
Girls	10-14	200m	Backstroke	
Boys	10-14	200m	Breaststroke	
Girls	10-14	100m	Breaststroke	
Boys	10-14	100m	Butterfly	
Girls	10-14	200m	Butterfly	
Boys	10-14	200m	Freestyle	
Girls	10-14	800m	Freestyle	HDW

Session 3 Finals

Warm up TBC

Start TBC

Boys	14/UN	400m Freestyle	Boys	12/UN	200m Breaststroke
Men	15/OV	400m Freestyle	Boys	13/14	200m Breaststroke
Girls	14/OV	400m IM	Men	15/OV	200m Breaststroke
Women	15/OV	400m IM	Girls	12/UN	100m Breaststroke
Men	Open	50m Butterfly	Girls	13/14	100m Breaststroke
Women	Open	50m Butterfly	Women	15/OV	100m Breaststroke
Boys	12/UN	200m IM	Men	Open	50m Backstroke
Boys	13/14	200m IM	Women	Open	50m Backstroke
Men	15/OV	200m IM	Boys	12/Un	100m Butterfly
Girls	12/UN	100m Freestyle	Boys	13/14	100m Butterfly
Girls	13/14	100m Freestyle	Men	15/OV	100m Butterfly
Women	15/OV	100m Freestyle	Girls	12/UN	200m Butterfly
Boys	12/UN	100m Backstroke	Girls	13/14	200m Butterfly
Boys	13/14	100m Backstroke	Women	15/OV	200m Butterfly
Men	15/OV	100m Backstroke	Boys	12/UN	200m Freestyle
Girls	12/UN	200m Backstroke	Boys	13/14	200m Freestyle
Girls	13/14	200m Backstroke	Men	15/OV	200m Freestyle
Women	15/OV	200m Backstroke	Women	15/OV	800m Freestyle

Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER

SCHEDULE OF EVENTS

Sunday 22 December 2013

Session 4 Senior Heats

Warm up 08:00

Start 09:00

Women	15/OV	400m	Freestyle
Men	15/OV	400m	IM
Women	Open	50m	Breaststroke
Men	Open	50m	Breaststroke
Women	15/OV	200m	IM
Men	15/OV	100m	Freestyle
Women	15/OV	100m	Backstroke
Men	15/OV	200m	Backstroke
Women	15/OV	200m	Breaststroke
Men	15/OV	100m	Breaststroke
Women	Open	50m	Freestyle
Men	Open	50m	Freestyle
Women	15/OV	100m	Butterfly
Men	15/OV	200m	Butterfly
Women	15/OV	200m	Freestyle
Men	15/OV	1500m	Freestyle

Session 5 Age Group Heats

Warm up TBC

Start TBC

Girls	10-14	400m	Freestyle	
Boys	10-14	400m	IM	
Girls	10-14	200m	IM	
Boys	10-14	100m	Free	
Girls	10-14	100m	Backstroke	
Boys	10-14	200m	Backstroke	
Girls	10-14	200m	Breaststroke	
Boys	10-14	100m	Breaststroke	
Girls	10-14	100m	Butterfly	
Boys	10-14	200m	Butterfly	
Girls	10-14	200m	Freestyle	
Boys	10-14	1500m	Freestyle	HDW

Finals

Warm up TBC

Start TBC

Girls	14/UN	400m Freestyle	Girls	12/UN	200m Breaststroke
Women	15/OV	400m Freestyle	Girls	13/14	200m Breaststroke
Boys	14/OV	400m IM	Women	15/OV	200m Breaststroke
Men	15/OV	400m IM	Boys	12/UN	100m Breaststroke
Women	Open	50m Breaststroke	Boys	13/14	100m Breaststroke
Men	Open	50m Breaststroke	Men	15/OV	100m Breaststroke
Girls	12/UN	200m IM	Women	Open	50m Freestyle
Girls	13/14	200m IM	Men	Open	50m Freestyle
Women	15/OV	200m IM	Girls	12/Un	100m Butterfly
Boys	12/UN	100m Freestyle	Girls	13/14	100m Butterfly
Boys	13/14	100m Freestyle	Women	15/OV	100m Butterfly
Men	15/OV	100m Freestyle	Boys	12/UN	200m Butterfly
Girls	12/UN	100m Backstroke	Boys	13/14	200m Butterfly
Girls	13/14	100m Backstroke	Men	15/OV	200m Butterfly
Women	15/OV	100m Backstroke	Girls	12/UN	200m Freestyle
Boys	12/UN	200m Backstroke	Girls	13/14	200m Freestyle
Boys	13/14	200m Backstroke	Women	15/OV	200m Freestyle
Men	15/OV	200m Backstroke	Men	15/OV	1500m Freestyle

Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER

Long Course Qualifying Times

Female Long Course

Event	10	11	12	13	13/14	14	15/OV	Open
50 Freestyle	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:30.0
100 Freestyle	01:20.0	01:14.1	01:11.0	01:08.0	NOTIME	01:06.3	01:05.0	NOTIME
200 Freestyle	02:59.1	02:45.0	02:33.5	02:28.4	NOTIME	02:23.6	02:20.0	NOTIME
400 Freestyle	06:28.9	05:52.3	05:32.0	05:18.1	NOTIME	05:03.9	04:50.0	00:33.0
800 Freestyle	12:10.0	11:43.0	11:08.3	10:33.7	NOTIME	10:00.8	09:55.0	NOTIME
50 Breaststroke	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:39.0
100 Breaststroke	01:43.8	01:39.8	01:33.1	01:30.0	NOTIME	01:26.7	01:27.0	NOTIME
200 Breaststroke	03:52.0	03:34.6	03:20.9	03:10.6	NOTIME	03:05.7	03:06.0	NOTIME
50 Butterfly	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:34.0
100 Butterfly	01:31.0	01:27.0	01:21.3	01:17.3	NOTIME	01:15.7	01:14.0	NOTIME
200 Butterfly	04:00.0	03:32.0	03:08.0	02:49.4	NOTIME	02:45.8	02:40.0	NOTIME
50 Backstroke	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:35.0
100 Backstroke	01:30.2	01:26.2	01:22.4	01:19.3	NOTIME	01:17.8	01:15.0	NOTIME
200 Backstroke	03:18.3	03:03.1	02:55.6	02:48.8	NOTIME	02:46.1	02:39.0	NOTIME
200 Individual Medley	03:18.9	03:05.4	02:55.8	02:49.3	NOTIME	02:43.3	02:40.0	NOTIME
400 Individual Medley	07:24.5	06:44.7	06:18.9	06:02.5	NOTIME	05:54.6	05:40.0	NOTIME

Male Long Course

Event	10	11	12	13	13/14	14	15/OV	Open
50 Freestyle	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:27.4
100 Freestyle	01:20.0	01:16.0	01:12.5	01:07.3	NOTIME	01:03.5	00:57.6	NOTIME
200 Freestyle	02:56.6	02:42.0	02:35.7	02:26.5	NOTIME	02:21.6	02:10.0	NOTIME
400 Freestyle	06:29.7	05:47.9	05:31.4	05:11.9	NOTIME	04:58.1	04:34.0	NOTIME
1500 Freestyle	23:00.0	22:35.0	21:44.0	20:14.0	NOTIME	19:00.0	18:00.0	NOTIME
50 Breaststroke	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:36.0
100 Breaststroke	03:46.5	01:37.9	01:33.9	01:26.9	NOTIME	01:23.6	01:20.0	NOTIME
200 Breaststroke	03:46.5	03:39.0	03:23.7	03:09.0	NOTIME	03:02.0	02:55.0	NOTIME
50 Butterfly	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:30.8
100 Butterfly	01:29.7	01:25.7	01:21.7	01:17.3	NOTIME	01:13.1	01:04.0	NOTIME
200 Butterfly	04:00.0	03:30.0	03:00.2	02:51.5	NOTIME	02:43.0	02:25.0	NOTIME
50 Backstroke	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME	00:33.0
100 Backstroke	01:31.0	01:27.7	01:23.7	01:17.7	NOTIME	01:13.6	01:08.0	NOTIME
200 Backstroke	03:12.9	03:05.9	02:59.3	02:46.8	NOTIME	02:39.0	02:28.0	NOTIME
200 Individual Medley	03:23.6	03:04.8	02:59.2	02:49.1	NOTIME	02:41.2	02:31.4	NOTIME
400 Individual Medley	07:41.5	06:56.5	06:25.5	05:58.7	NOTIME	05:41.9	05:11.0	NOTIME

*Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER*

Internet:-www.swimleeds.org.uk

City of Leeds Christmas Meet 2013

Summary of Entries

Male Entries	Number	@£6.00	Cost£
Female Entries	Number	@£6.00	Cost £
Coaches Passes	Number	@£12.00	Cost£
Total cost			Cost £

Entries to be returned by 20 November 2013

Club

Signed

Email address

Contact address.....

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

Poolside Passes

Name of Coach with DBS Check

CHEQUES TO BE MADE PAYABLE TO CITY OF LEEDS S.C

ALL DATA WILL BE PUBLISHED ON www.swimleeds.org.uk

**Entries to Meet Director, 16c York Street, Dunnington, YO19 5PN
Entries sent to other addresses will not be accepted**

**City of Leeds Swimming Club
Level 1 Christmas Meet
21/22 December 2013**

Reply Name & Address _____

 Telephone No _____

Club Name _____

BOYS/GIRLS Delete as appropriate
 Coach _____
 Email address _____

CLOSING DATE 20 November 2013. All Entries to be converted to long course times.

FULL NAME	ASA REGISTRATION NO. AND DATE OF BIRTH	Freestyle					Backstroke			Breaststroke			Butterfly			Ind Medley	
		50	100	200	400		50	100	200	50	100	200	50	100	200	200	400

DO NOT SEND ANY MAIL BY SPECIAL OR RECORDED DELIVERY AND ENSURE THAT YOU HAVE SUFFICIENT POSTAGE ON THE ENVELOPE.

Cheques Payable to City of Leeds SC	No of entries	_____ @£6.00	£
	Coaches Passes	_____ @£12.00	£
	Total	_____	£

*Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER*

Internet:-www.swimleeds.org.uk

*Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ
Affiliated to the ASANER*

Internet:-www.swimleeds.org.uk