



2010
City of Leeds
National Licensed Qualifying Meet
(Under ASA Laws & ASA Technical Rules)

- DATES:** Friday, Saturday, Sunday, 9th, 10th, 11th April 2010
- 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** J. Cole
38 Hazel Avenue
Whinmoor
Leeds, LS14 2HW
Tel : 0791 4417511
Email:- cityofleedssc@yahoo.co.uk
- AGE GROUPS:** The individual categories are boys and girls aged 11,12,13 and 14 as at 11th April 2010
- ENTRIES:** **Closing date for entries is 7th March 2010**
All entry times to be converted to 50 metres please.
Completed entry forms to be returned to Meet Director, enclosing an A5 size, stamped addressed envelope for receipt of entries. A5 is half the size of a standard A4 sheet of paper as used in a photocopier.
The Sportsys entry system will be used to upload times from the ASA rankings database.
- PURPOSE OF MEET** To allow swimmers to achieve County, District and National qualifying times.
- FINALS** There will be finals for all events and for each individual age group.

ENTRY FEES

£6 per event, includes licensing fees.

AWARDS:

Cheques to be made payable to 'City of Leeds SC'

Awards will be made to the top 3 in each age group. There will be no formal presentation of awards

COACHES PASSES:

£12.00 each, to include programme and result sheets only

ENTRY CARDS:

This meet will be run without entry cards, all heats being pre-seeded.

SEEDING:

The individual heats will be seeded according to submitted entry times.

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 it is unlikely that swimmers will be allowed in the spectator area. Swimmers should stay in the swimmers area.

OFFICIALS

If any visiting teams have any officials who wish to help at the meet, please advise the Meet Director at cityofleedssc@hotmail.co.uk

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

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Friday Warm-up 12:30, Start 13:30

Boys 400m Free

Girls 400m Free

Boys 400m I/M

Girls 400m I/M

Finals, to follow with time to be advised

Saturday Warm-up 08:00, Start 09:00

Girls 200m Free

Boys 100m Free

Girls 100m Backstroke

Boys 200m Backstroke

Girls 200m Breaststroke

Boys 100m Breaststroke

Girls 100m Butterfly

Boys 200m Butterfly

Girls 200m I/M

Saturday pm

36 finals to follow, approx 2 hours after session finishes, time to be advised

Sunday Warm-up 08:00 Start 09:00

Boys 200m Free

Girls 100m Free

Boys 100m Backstroke

Girls 200m Backstroke

Boys 200m Breaststroke

Girls 100m Breaststroke

Boys 100m Butterfly

Girls 200m Butterfly

Boys 200m I/M

Sunday pm

36 finals to follow, approx 2 hours after session finishes, time to be advised

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CONSIDERATION TIMES

(Under ASA Laws & ASA Technical Rules)

Submitted entry times must be converted to 50m times where appropriate.
In the case of any disputes, local and national ranking information may be used.

Consideration times

Distance	Stroke	11 years	12 years	13years	14 years
BOYS					
100m	Freestyle	1.21.1	1.14.4	1.09.4	1.06.4
200m	Freestyle	2.56.0	2.43.1	2.31.1	2.24.6
400m	Freestyle	6.06.0	5.39.8	5.18.1	5.05.7
100m	Backstroke	1.31.9	1.24.7	1.18.5	1.14.6
200m	Backstroke	3.17.3	3.02.1	2.49.7	2.40.9
100m	Breaststroke	1.44.2	1.35.0	1.27.9	1.23.7
200m	Breaststroke	3.45.6	3.26.7	3.11.3	3.00.9
100m	Butterfly	1.30.5	1.22.8	1.16.5	1.12.3
200m	Butterfly	3.21.9	3.03.7	2.49.7	2.39.8
200m	I/M	3.19.6	3.03.8	2.50.8	2.43.2
400m	I/M	7.08.7	6.31.5	6.03.8	5.47.3
GIRLS					
		11 years	12 years	13years	14 years
100m	Freestyle	1.19.4	1.14.6	1.11.5	1.10.1
200m	Freestyle	2.52.5	2.41.3	2.33.7	2.31.0
400m	Freestyle	5.59.4	5.36.6	5.21.3	5.15.6
100m	Backstroke	1.29.9	1.24.2	1.20.8	1.18.6
200m	Backstroke	3.12.7	2.59.8	2.52.7	2.48.0
100m	Breaststroke	1.41.1	1.34.2	1.29.7	1.28.0
200m	Breaststroke	3.37.9	3.24.1	3.12.8	3.08.4
100m	Butterfly	1.28.3	1.22.4	1.18.5	1.16.3
200m	Butterfly	3.16.9	3.02.4	2.51.5	2.48.0
200m	I/M	3.14.3	3.02.2	2.54.2	2.50.3
400m	I/M	6.56.6	6.25.6	6.07.6	5.59.1

Please note that these times are consideration times not qualifying times, so that the cut off could be inside or outside these times.

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Summary of Entries

Male Entries	Number	@£6	Cost£
Female Entries	Number	@£6	Cost £
Coaches Passes	Number	@12	Cost£
Total cost			Cost £

Entries to be returned by 7th March 2010.

Club

Signed

Email address

Contact address.....

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.....
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Poolside Passes

<i>Name of Coach with CRB Check</i>

CHEQUES TO BE MADE PAYABLE TO CITY OF LEEDS S.C
AN A5 STAMPED ADDRESS ENVELOPE MUST BE SENT IF YOU WISH FOR A RECEIPT OF SWIMS.
ALL DATA WILL BE PUBLISHED ON www.swimleeds.org.uk

Entries to John Cole, 38 Hazel Avenue, Whinmoor, Leeds LS14 2HW

Entries sent to other addresses will not be accepted

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 Swimming Club
Co Leeds National Qualifying Meet 2010
9th/10th/11th April 2010**

Reply Name & Address _____

 Telephone No _____

Club Name _____

BOYS/GIRLS

Delete as appropriate

Coach _____

Email address _____

CLOSING DATE 7th March 2010. All Entries to be converted to 50m pool times.

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

**DO NOT SEND ANY MAIL BY SPECIAL OR RECORDED DELIVERY AND ENSURE THAT YOU HAVE SUFFICIENT POSTAGE ON THE ENVELOPE.
 ANY MAIL WHICH HAS TO BE PICKED UP AT ANY REMOTE SITE WILL BE SUBJECT TO A CHARGE OF £10 TO COVER TIME AND TRANSPORT COSTS.**

Entries to Meet Director

38 Hazel Avenue
 Leeds,
 LS14 2HW

Cheques Payable to City of Leeds SC

Please enclose an A5 size S.A.E. for return of receipt of entries.

No of entries	_____	@£6.00	£
Coaches Passes	_____	@£12.00	£
Total	_____		£

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