



**NEW YEAR 'B' GRADE MEET  
(Under ASA Laws & ASA Technical Rules)  
Level 3 Licensed Meet**

**Please note change of date to clashes with other events**

**DATES:** Saturday 23rd January 2010

**VENUE:** Aquatics Centre  
John Charles Sports Centre  
Middleton Grove  
Leeds LS11 5DJ

**FACILITIES:** 10 lane display electronic timing, 50 metre pool  
Diving Pit for warm up / swim down, providing that the facility is not abused.

**INFORMATION:** John Cole  
38 Hazel Avenue  
Whinmoor  
LEEDS LS14 2HW  
Tel: 0791 441 7511  
[cityofleedssc@yahoo.co.uk](mailto:cityofleedssc@yahoo.co.uk)

**ENTRIES:** The competition is open to swimmers in the following categories, aged 9/10, 11/12 13/14 and 15/over, ages as at 23<sup>rd</sup> January 2010

All entry times to be converted to long course 50 metres.

The organisers reserve the right to limit the number of entries for any event.  
**SWIMMERS ENTERED IN THIS MEET MUST NOT HAVE SWUM FASTER THAN THE STIPULATED ENTRY TIME AT ANY OPEN MEET IN THE 12 MONTHS PRIOR TO 31<sup>st</sup> DECEMBER 2009.**

Completed entry forms to be returned to the Meet Director, as above, enclosing an A5 size, stamped addressed envelope for the return of the receipt of entries  
The Meet will be held under ASA Laws and ASA Technical rules.  
Closing date for receipt of entries is 31<sup>st</sup> December 2009

|                                      |   |
|--------------------------------------|---|
| <b><u>ENTRY FEES:</u></b>            | £4.00 per event<br>Cheques to be made payable to 'City of Leeds SC'   |
| <b><u>COACHES PASSES:</u></b>        | £10.00 each to include programme and results sheet only. Coaches without passes will not be allowed on the poolside, in accordance with ASA Child Protection Policy.  |
| <b><u>ENTRY CARDS:</u></b>           | This meet will be run without entry cards. A Secondary entry system will be used on the day.  |
| <b><u>SEEDING:</u></b>               | All events are Heat Declared Winners. Heats will be seeded according to the submitted times.  |
| <b><u>ELECTRONIC SCOREBOARD:</u></b> | Times and places on the electronic scoreboard are for information only and are not necessarily the official result.<br>The referee's decision is final.   |
| <b><u>AWARDS:</u></b>                | Awards will be made to the top 8 in each dual age group. Presentations will be made to the top 3 only. Those in positions 4-8 will be able to pick as soon as the results are confirmed.<br>These age groups are 9/10, 11/12 13/14 and 15/over.<br>Any swimmer who, on the day, exceeds the "Upper Limit" consideration time, by more than 2 sec in a 50m event, 4 sec. in a 100m event or 8 sec. in a 200m event will be excluded from these awards, but will receive a commemorative "Speeding Ticket".   |
| <b><u>INDEMNITY</u></b>              | " 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"<br>"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." |
| <b><u>NON-ELIGIBILITY</u></b>        | IN ACCORDANCE WITH A.S.A. LAW 410.3 THE PROMOTER RESERVES THE RIGHT TO REFUSE ANY ENTRY, AND WILL HAVE NO HESITATION IN REFUSING TO ACCEPT ANY ENTRY WHICH IS FOUND TO BE MATERIALLY INCORRECT EITHER BEFORE OR AFTER THE CLOSING DATE.   |
| <b><u>CORRESPONDENCE</u></b>         | PLEASE DO NOT CONTACT JOHN CHARLES CENTRE FOR SPORT AS THEY WILL HAVE NO INFORMATION ABOUT THE MEET.  |

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

Time only and poolside entries will not be accepted.

**CITY OF LEEDS SWIMMING CLUB  
NEW YEAR "B" GRADE MEET  
(Under ASA Laws & ASA Technical Rules)  
Aquatics Centre, Leeds [50M]  
23<sup>rd</sup> January 2010**

**QUALIFYING TIMES.**

**Submitted entry times must be no faster than the times shown and be converted to 50m times where appropriate. In the case of any disputes, local and national ranking information may be used.**

| <b>MALE</b> |            |             |             |               |
|-------------|------------|-------------|-------------|---------------|
| DISTANCE    | 9/10 Years | 11/12 Years | 13/14 Years | 15 years/over |
| 50m Free    | 0.39.0     | 0.34.9      | 0.31.3      | 0.28.7        |
| 100m Free   | No event   | 1.13.7      | 1.06.9      | 1.02.6        |
| 50m Back    | 0.46.0     | 0.40.5      | 0.36.1      | 0.33.5        |
| 100m Back   | No event   | 1.24.1      | 1.15.0      | 1.10.3        |
| 50m Breast  | 0.51.6     | 0.44.6      | 0.39.7      | 0.36.8        |
| 100m Breast | No event   | 1.34.7      | 1.24.6      | 1.18.9        |
| 50m Fly     | 0.43.5     | 0.38.1      | 0.34.0      | 0.31.4        |
| 100m Fly    | No event   | 1.21.5      | 1.12.8      | 1.07.8        |
| 200m I/M    | 3.29.6     | 3.02.8      | 2.44.8      | 2.33.9        |

| <b>FEMALE</b> |            |             |             |               |
|---------------|------------|-------------|-------------|---------------|
| DISTANCE      | 9/10 Years | 11/12 Years | 13/14 Years | 15 years/over |
| 50m Free      | 0.39.8     | 0.35.4      | 0.32.9      | 00.31.0       |
| 100m Free     | No event   | 1.15.2      | 1.10.7      | 1.08.8        |
| 50m Back      | 0.46.0     | 0.40.9      | 0.38.0      | 0.36.6        |
| 100m Back     | No event   | 1.24.5      | 1.19.6      | 1.17.1        |
| 50m Breast    | 0.51.2     | 0.45.0      | 0.41.5      | 0.40.1        |
| 100m Breast   | No event   | 1.35.2      | 1.28.5      | 1.26.1        |
| 50m Fly       | 0.44.0     | 0.38.6      | 0.35.7      | 0.34.2        |
| 100m Fly      | No event   | 1.22.6      | 1.17.2      | 1.14.8        |
| 200m I/M      | 3.29.6     | 3.03.3      | 2.52.3      | 2.46.9        |

## PROGRAMME OF EVENTS

|                      |               |                        |
|----------------------|---------------|------------------------|
| Saturday 23 Jan 2010 | Warm-up 08:00 | Start 09:00            |
| Boys                 |               | 200m Individual Medley |
| Girls                |               | 50m Butterfly          |
| Boys                 |               | 50m Breaststroke       |
| Girls                |               | 50m Freestyle          |
| Boys                 |               | 50m Backstroke         |
| Girls                |               | 100m Breaststroke      |
| Boys                 |               | 100m Butterfly         |
| Girls                |               | 100m Backstroke        |
| Boys                 |               | 100m Freestyle         |

|          |               |                        |
|----------|---------------|------------------------|
| Saturday | Warm-up 13:00 | Start 14:00            |
| Girls    |               | 200m Individual Medley |
| Boys     |               | 50m Butterfly          |
| Girls    |               | 50m Breaststroke       |
| Boys     |               | 50m Freestyle          |
| Girls    |               | 50m Backstroke         |
| Boys     |               | 100m Breaststroke      |
| Girls    |               | 100m Butterfly         |
| Boys     |               | 100m Backstroke        |
| Girls    |               | 100m Freestyle         |

**CITY OF LEEDS SWIMMING CLUB  
NEW YEAR B GRADE MEET  
23rd January 2010**

Name \_\_\_\_\_  
 Reply Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Telephone \_\_\_\_\_

Club \_\_\_\_\_  
 Coach \_\_\_\_\_  
 E-Mail \_\_\_\_\_

CLOSING DATE FOR ENTRIES 31<sup>st</sup> December 2009

**BOYS/GIRLS (Delete as appropriate)**

| Full Name | ASA Reg No.<br>Date of Birth | FREESTYLE |      |      | BACKSTROKE |      |  | BREASTSTROKE |      |  | BUTTERFLY |      | I/M<br>200m |
|-----------|------------------------------|-----------|------|------|------------|------|--|--------------|------|--|-----------|------|-------------|
|           |                              | 50m       | 100m | 200m | 50m        | 100m |  | 50m          | 100m |  | 50m       | 100m |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |
|           |                              |           |      |      |            |      |  |              |      |  |           |      |             |

Entries to Meet Manager  
 38 Hazel Avenue  
 Whinmoor  
 Leeds LS14 2HW

Cheques payable to City of Leeds S.C.

|                |        |       |   |
|----------------|--------|-------|---|
| Entries @      | £4.00  | ..... | £ |
| Coach Passes @ | £10.00 | ..... | £ |
| Total Enclosed |        |       | £ |

PLEASE ENCLOSE A5 STAMPED ADDRESS ENVELOPE FOR RECEIPT OF ENTRIES