

**CITY OF LEEDS S.C.**



**IN ASSOCIATION WITH LCC**



**Leeds**  
CITY COUNCIL

**2016  
NATIONAL QUALIFIER  
LEVEL 1  
AT**

**AQUATICS CENTRE  
JOHN CHARLES CENTRE FOR SPORT**

**FRI 22<sup>ND</sup> / SAT 23<sup>RD</sup> / SUN 24<sup>TH</sup> APRIL  
2016**

# **City of Leeds S.C.**

## **National Qualifier 2016**

<b><u>DATES</u></b>	Friday 22 <sup>rd</sup> , Saturday 23 <sup>rd</sup> and Sunday 24 <sup>th</sup> April 2016
<b><u>VENUE</u></b>	Aquatic Centre John Charles Centre For Sport Middleton Grove Leeds LS11 5DJ
<b><u>FACILITIES</u></b>	10 lane 50m Pool, Anti-wave lane ropes and Electronic timing.
<b><u>MEET DIRECTOR</u></b>	V Spencer
<b><u>POSTAL ENTRIES</u></b>	Stanley House 68A High Street Morley LS27 0BY
<b><u>SPORTSYSTEMS ENTRIES</u></b>	<a href="mailto:leedsentries@gmail.com">leedsentries@gmail.com</a>
<b><u>AGE GROUPS</u></b>	BOYS 11/UN, 12, 13, 14, 15, 16/OV Years GIRLS 11/UN, 12, 13, 14, 15, 16/OV Years
<b><u>EVENTS</u></b>	50m all strokes (Open finals) 100m/200m all strokes & 200 IM (Finals – 11/UN, 12-13, 14-15, 16-OV) 400m Freestyle & 400m IM (Open Finals) 800m & 1500m Freestyle (HDW)
<b><u>AWARDS</u></b>	Medals to 1 <sup>st</sup> three in each age group for HDW Medals for 1 <sup>st</sup> three in each final only
<b><u>PURPOSE OF THE MEET</u></b>	To enable athletes to achieve qualifying times suitable for entry into National, Regional and County Championships
<b><u>FEES</u></b>	<b>£7.00 per event (SportSystem entry files, Via email)</b> <b>£7.25 per event (individual postal entries and individual emailed entries, Cheques payable to “City of Leeds Swimming Club”)</b> Coaches passes for the weekend are £20 (Includes a Programme, start sheets as well as Lunch and refreshments)

**CLOSING DATE FRIDAY 25<sup>th</sup> MARCH 2016**



**City of Leeds S.C.**  
**National Qualifier 2016**  
**Event Schedule**

**Session One**

**Friday 22<sup>nd</sup> April 2016**

**Warm Up 4:00pm Start 5:00pm**

Girls 11/Un – 16/OV 800m Freestyle (HDW)

Boys 11/Un – 16/OV 1500m Freestyle (HDW)

**Morning Session**

**Session Two**

**Saturday 23<sup>rd</sup> April 2016**

**Warm Up 8:00am Start 9:00am**

Boys	11/Un – 16/OV	400m Freestyle
Girls	11/Un – 16/OV	200m Freestyle
Boys	11/Un – 16/OV	50m Breaststroke
Girls	11/Un – 16/OV	100m Breaststroke
Boys	11/Un – 16/OV	200m IM
Girls	11/Un – 16/OV	100m Butterfly
Boys	11/Un – 16/OV	100m Backstroke
Girls	11/Un – 16/OV	50m Backstroke
Boys	11/Un – 16/OV	200m Butterfly
Girls	11/Un – 16/OV	400m IM
Boys	11/Un – 16/OV	100m Freestyle
Girls	11/Un – 16/OV	50m Freestyle
Boys	11/Un – 16/OV	200m Breaststroke
Girls	11/Un – 16/OV	200m Backstroke
Boys	11/Un – 16/OV	50m Butterfly

**Session Four**

**Sunday 24<sup>th</sup> April 2016**

**Warm Up 8:00am Start 9:00am**

Girls	11/Un – 16/OV	400m Freestyle
Boys	11/Un – 16/OV	200m Freestyle
Girls	11/Un – 16/OV	50m Breaststroke
Boys	11/Un – 16/OV	100m Breaststroke
Girls	11/Un – 16/OV	200m IM
Boys	11/Un – 16/OV	100m Butterfly
Girls	11/Un – 16/OV	100m Backstroke
Boys	11/Un – 16/OV	50m Backstroke
Girls	11/Un – 16/OV	200m Butterfly
Boys	11/Un – 16/OV	400m IM
Girls	11/Un – 16/OV	100m Freestyle
Boys	11/Un – 16/OV	50m Freestyle
Girls	11/Un – 16/OV	200m Breaststroke
Boys	11/Un – 16/OV	200m Backstroke
Girls	11/Un – 16/OV	50m Butterfly



## **Afternoon Session**

### **Session Three**

**Saturday 23<sup>rd</sup> April 2016**

**Warm Up 2:00pm Start 3:00pm**

Boys	OPEN	400m Freestyle
Girls	11/Un	200m Freestyle
Girls	12-13	200m Freestyle
Girls	14-15	200m Freestyle
Girls	16/OV	200m Freestyle
Boys	OPEN	50m Breaststroke
Girls	11/Un	100m Breaststroke
Girls	12-13	100m Breaststroke
Girls	14-15	100m Breaststroke
Girls	16/OV	100m Breaststroke
Boys	11/Un	200m IM
Boys	12-13	200m IM
Boys	14-15	200m IM
Boys	16/OV	200m IM
Girls	11/Un	100m Butterfly
Girls	12-13	100m Butterfly
Girls	14-15	100m Butterfly
Girls	16/OV	100m Butterfly
Boys	11/Un	100m Backstroke
Boys	12-13	100m Backstroke
Boys	14-15	100m Backstroke
Boys	16/OV	100m Backstroke
Girls	OPEN	50m Backstroke
Boys	11/Un	200m Butterfly
Boys	12-13	200m Butterfly
Boys	14-15	200m Butterfly
Boys	16/OV	200m Butterfly
Girls	OPEN	400m IM
Boys	11/Un	100m Freestyle
Boys	12-13	100m Freestyle
Boys	14-15	100m Freestyle
Boys	16/OV	100m Freestyle
Girls	OPEN	50m Freestyle
Boys	11/Un	200m Breaststroke
Boys	12-13	200m Breaststroke
Boys	14-15	200m Breaststroke
Boys	16/OV	200m Breaststroke
Girls	11/Un	200m Backstroke
Girls	12-13	200m Backstroke
Girls	14-15	200m Backstroke
Girls	16/OV	200m Backstroke
Boys	OPEN	50m Butterfly

### **Session Five**

**Sunday 24<sup>th</sup> April 2016**

**Warm Up 2:00pm Start 3:00pm**

Girls	OPEN	400m Freestyle
Boys	11/Un	200m Freestyle
Boys	12-13	200m Freestyle
Boys	14-15	200m Freestyle
Boys	16/OV	200m Freestyle
Girls	OPEN	50m Breaststroke
Boys	11/Un	100m Breaststroke
Boys	12-13	100m Breaststroke
Boys	14-15	100m Breaststroke
Boys	16/OV	100m Breaststroke
Girls	11/Un	200m IM
Girls	12-13	200m IM
Girls	14-15	200m IM
Girls	16/OV	200m IM
Boys	11/Un	100m Butterfly
Boys	12-13	100m Butterfly
Boys	14-15	100m Butterfly
Boys	16/OV	100m Butterfly
Girls	11/Un	100m Backstroke
Girls	12-13	100m Backstroke
Girls	14-15	100m Backstroke
Girls	16/OV	100m Backstroke
Boys	OPEN	50m Backstroke
Girls	11/Un	200m Butterfly
Girls	12-13	200m Butterfly
Girls	14-15	200m Butterfly
Girls	16/OV	200m Butterfly
Boys	OPEN	400m IM
Girls	11/Un	100m Freestyle
Girls	12-13	100m Freestyle
Girls	14-15	100m Freestyle
Girls	16/OV	100m Freestyle
Boys	OPEN	50m Freestyle
Girls	11/Un	200m Breaststroke
Girls	12-13	200m Breaststroke
Girls	14-15	200m Breaststroke
Girls	16/OV	200m Breaststroke
Boys	11/Un	200m Backstroke
Boys	12-13	200m Backstroke
Boys	14-15	200m Backstroke
Boys	16/OV	200m Backstroke
Girls	OPEN	50m Butterfly



# City of Leeds S.C.

## National Qualifier 2016

### Meet Conditions

1. This meet is held under ASA Laws and ASA Technical Rules.
2. All competitors must be registered with the ASA or their own national association as appropriate.
3. Age on the 24<sup>th</sup> April 2016.
4. This meet will be run using the linked Sportssystem software, all entry times will be directly checked with the ASA rankings and will be rejected if the submitted times are not on the ranking files. **Converted short course times can be used and the Sportssystem entry file will be produced to accept these times. All times must have been achieved in the previous 12 months before the date of the competition.**
5. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the swimmers with the fastest submitted times would take precedence. Events chosen for restrictions will be at the meet organisers' discretion.
6. Any Electronic or postal entries received after the closing date will not be accepted.
7. Withdrawals
  - Heats – Must notify the meet desk before the start of the warm up (8.00am).
  - Finals – Must notify the meet desk/timing suite no later than 30minutes after the conclusion of the relevant event.  
Email: [leedsentries@gmail.com](mailto:leedsentries@gmail.com)
8. No poolside entries will be accepted.
9. Those events with a final will have cyclical heats.
10. All competitors must go through marshalling for both heats and finals. If a competitor does not report to marshalling in time the event will proceed without the competitor.
11. If cancellation of the event is necessary then the only claim will be the entry fees paid.
12. Refunds will not be given for withdrawn swimmers, for entry errors or omissions attributable to the individual or their club. Only to individuals who can prove they are not fit to compete through evidence of a doctors note may be given a refund.
13. A draft programme will be posted on the web site. All rejected swim refunds will be returned to the relevant clubs during the gala, or through BACS if requested.
14. The Referee's decision regarding the interpretation and judgement of any ASA rules or laws is final.
15. 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.
16. City of Leeds Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside. All swimmers on poolside should be accompanied by a person with a coaches pass and who has had a DBS check.
17. Any point not covered by these rules will be at the discretion of the Meet organisers.



# City of Leeds S.C. National Qualifier 2016

## Consideration Times

Swimmers must have achieved the Qualifying standard times listed below.

## LONG COURSE TIMES

Male						Events	Female					
11/U	12	13	14	15	16/O		11/U	12	13	14	15	16/O
00:37.70	00:36.50	00:33.90	00:31.90	00:29.10	00:27.10	50m Freestyle	00:37.10	00:36.10	00:34.70	00:32.60	00:31.60	00:29.60
01:20.40	01:18.00	01:13.80	01:08.10	01:01.60	00:57.60	100m Freestyle	01:19.90	01:17.90	01:14.40	01:09.80	01:07.00	01:03.00
02:54.80	02:50.00	02:40.00	02:28.40	02:16.00	02:08.00	200m Freestyle	02:51.30	02:47.30	02:42.40	02:30.20	02:24.20	02:16.20
06:18.80	06:10.00	05:42.80	05:13.60	04:50.00	04:34.00	400m Freestyle	05:59.40	05:51.40	05:43.30	05:14.40	05:06.00	04:50.00
						800m Freestyle	11:59.00	11:47.00	11:17.00	10:30.50	10:12.00	09:40.00
22:30.00	22:00.00	21:30.00	21:00.00	20:30.00	18:15.00	1500m Freestyle						
00:44.00	00:43.00	00:41.60	00:38.20	00:37.00	00:33.00	50m Backstroke	00:44.20	00:43.20	00:42.00	00:38.80	00:37.60	00:33.60
01:37.40	01:35.00	01:29.50	01:21.90	01:16.00	01:08.00	100m Backstroke	01:34.50	01:32.50	01:30.20	01:22.40	01:20.20	01:12.20
03:23.30	03:19.00	03:09.00	02:52.80	02:34.00	02:28.00	200m Backstroke	03:19.20	03:15.20	03:09.30	02:54.10	02:49.60	02:33.60
00:51.00	00:50.00	00:47.00	00:44.00	00:41.00	00:33.00	50m Breaststroke	00:49.40	00:48.40	00:46.40	00:44.80	00:43.70	00:38.70
01:50.00	01:48.00	01:40.90	01:36.40	01:30.00	01:20.00	100m Breaststroke	01:46.40	01:44.40	01:41.80	01:36.70	01:34.00	01:24.00
03:55.00	03:51.00	03:37.90	03:23.20	03:15.00	02:55.00	200m Breaststroke	03:46.60	03:42.60	03:36.50	03:26.80	03:20.30	03:00.30
00:42.00	00:41.00	00:38.50	00:35.20	00:32.70	00:29.70	50m Butterfly	00:41.00	00:40.00	00:38.50	00:36.10	00:35.00	00:32.00
01:34.90	01:32.00	01:26.50	01:20.70	01:12.00	01:06.00	100m Butterfly	01:31.50	01:29.50	01:26.90	01:20.50	01:17.80	01:11.80
03:34.00	03:30.00	03:13.00	02:59.50	02:37.00	02:25.00	200m Butterfly	03:31.60	03:27.60	03:15.60	03:01.20	02:56.00	02:44.00
03:15.30	03:11.00	02:59.60	02:46.00	02:40.50	02:29.50	200m Ind. Medley	03:10.60	03:06.60	03:01.60	02:48.10	02:43.20	02:36.20
07:11.60	07:03.00	06:42.60	06:04.80	05:31.00	05:11.00	400m Ind. Medley	06:49.40	06:41.40	06:02.00	05:57.00	05:48.70	05:34.70



**City of Leeds S.C.**  
**National Qualifier 2016**  
Summary of Club Entries

Male Entries	Number	@ £7.00	Cost £
Female Entries	Number	@ £7.00	Cost £
Coaches Passes	Number	@ £20.00	Cost £
Total cost			Cost £

***Entries to be received by 25<sup>th</sup> March 2016***

***Club*** .....

***Signed*** .....

***Email address*** .....

***Contact address***.....

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 .....  
 .....

***Poolside Passes***

<b><i>Name of Coach with DBS Check</i></b>

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

***ALL DATA WILL BE PUBLISHED ON [www.swimleeds.org.uk](http://www.swimleeds.org.uk)***

Entries to Gala Entry Secretary, 68A High Street, Morley Leeds LS27 0BY  
 Entries sent to other addresses will not be accepted



# City of Leeds S.C.

## National Qualifier 2016

### Individual Entry Form

Fri 22<sup>nd</sup> / Sat 23<sup>rd</sup> / Sun 24<sup>th</sup> April 2016

John Charles Centre for Sport

Name				Male / Female
Address				
Telephone No* (We require a contact No)*			E-mail	
Date of Birth		Age as at 24 <sup>th</sup> April 2016		
Club				
ASA Number				

ALL TIMES TO BE 50m POOL TIMES (Long Course)

***PLEASE REFER TO QUALIFYING TIMES INFORMATION***

EVENT	ENTRY TIME	Event no	EVENT	ENTRY TIME	Event no
50m Freestyle			50m Breaststroke		
100m Freestyle			100m Breaststroke		
200m Freestyle			200m Breaststroke		
400m Freestyle			50m Butterfly		
800m/1500m Freestyle			100m Butterfly		
50m Backstroke			200m Butterfly		
100m Backstroke			200m IM		
200m Backstroke			400m IM		

Total No. of Entries		@ £7.25 per event = Total	£
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Cheques should be made payable to City of Leeds Swimming Club or BACS to City of Leeds Swimming Club Ltd  
(Please email [leedsentries@gmail.com](mailto:leedsentries@gmail.com) for bank details)

**Please return entries by Closing Date 25<sup>th</sup> March 2016**

**Please accept my entries for the events indicated above. The time indicated against each event has been achieved. I declare that the details entered in this form are correct, that I am an eligible competitor in accordance with the ASA Laws and that I agree to abide by the meet conditions.**

Signature .....

