

**CITY OF LEEDS S.C.**



**IN ASSOCIATION WITH LCC**



**2020**

**CHRISTMAS CRACKER**

**LEVEL 3**

**AT**

**AQUATICS CENTRE**

**JOHN CHARLES CENTRE FOR SPORT**

**SAT 12<sup>TH</sup>/SUN 13<sup>TH</sup> DECEMBER 2020**

# City of Leeds S.C.

## Christmas Cracker 2020

|   |   |
|---|---|
| <b><u>DATES</u></b>   | Saturday 12 <sup>th</sup> and Sunday 13 <sup>th</sup> December 2020   |
| <b><u>VENUE</u></b>   | Aquatic Centre, John Charles Centre For Sport<br>Middleton Grove<br>Leeds<br>LS11 5DJ   |
| <b><u>FACILITIES</u></b>                                    | 10 lane, 50m Pool, Anti-wave lane ropes and Electronic timing. Swim Down Facilities will be available.  |
| <b><u>MEET DIRECTOR</u></b><br><b><u>POSTAL ENTRIES</u></b> | V Spencer<br>Stanley House<br>68A High Street<br>Morley<br>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 9, 10, 11, 12, 13, 14, 15, 16/OV Years<br>GIRLS 9, 10, 11, 12, 13, 14, 15, 16/OV Years   |
| <b><u>EVENTS</u></b>  | ALL Heat Declared Winners<br>50m/100m/200m all strokes<br>400m Freestyle<br>200m IM/ 400m IM  |
| <b><u>AWARDS</u></b>  | Medals to 1 <sup>st</sup> three in each age group.  |
| <b><u>PURPOSE OF THE MEET</u></b>                           | To enable athletes to achieve times suitable for entry into Regional and County Championships and other meets at Level 1 or Level 2.  |
| <b><u>FEES</u></b>  | <b>£7.50 per event (SportSystem entry files, Via email)</b><br><b>£8.50 per event (individual postal entries and individual emailed entries, Cheques payable to “City of Leeds Swimming Club”)</b><br><br>Coaches passes for the weekend are £20 (Includes a Programme, start sheets as well as Lunch and refreshments) |

**CLOSING DATE FRIDAY 6<sup>th</sup> NOVEMBER 2020**



[www.swimleeds.org.uk](http://www.swimleeds.org.uk)

**City of Leeds S.C.**  
**Christmas Cracker 2020**  
**Event Schedule**

**Morning Sessions**

**Session One**

**Saturday 12<sup>th</sup> December 2020**

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

|       |           |                   |
|-------|-----------|-------------------|
| Boys  | 9 – 16/OV | 400m IM           |
| Girls | 9 – 16/OV | 200m IM           |
| Boys  | 9 – 16/OV | 100m Backstroke   |
| Girls | 9 – 16/OV | 100m Freestyle    |
| Boys  | 9 – 16/OV | 200m Breaststroke |
| Girls | 9 – 16/OV | 200m Butterfly    |
| Boys  | 9 – 16/OV | 50m Butterfly     |
| Girls | 9 – 16/OV | 50m Breaststroke  |

**Session Three**

**Sunday 13<sup>th</sup> December 2020**

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

|       |           |                   |
|-------|-----------|-------------------|
| Girls | 9 – 16/OV | 400m IM           |
| Boys  | 9 – 16/OV | 200m IM           |
| Girls | 9 – 16/OV | 100m Backstroke   |
| Boys  | 9 – 16/OV | 100m Freestyle    |
| Girls | 9 – 16/OV | 200m Breaststroke |
| Boys  | 9 – 16/OV | 200m Butterfly    |
| Girls | 9 – 16/OV | 50m Butterfly     |
| Boys  | 9 – 16/OV | 50m Breaststroke  |

**Afternoon Session**

**Session Two**

**Saturday 12<sup>th</sup> December 2020**

**Warm Up 1:00pm Start 2:00pm**

|       |           |                   |
|-------|-----------|-------------------|
| Girls | 9 – 16/OV | 400m Freestyle    |
| Boys  | 9 – 16/OV | 200m Freestyle    |
| Girls | 9 – 16/OV | 100m Breaststroke |
| Boys  | 9 – 16/OV | 100m Butterfly    |
| Girls | 9 – 16/OV | 200m Backstroke   |
| Boys  | 9 – 16/OV | 50m Backstroke    |
| Girls | 9 – 16/OV | 50m Freestyle     |

**Session Four**

**Sunday 13<sup>th</sup> December 2020**

**Warm Up 1:00pm Start 2:00pm**

|       |           |                   |
|-------|-----------|-------------------|
| Boys  | 9 – 16/OV | 400m Freestyle    |
| Girls | 9 – 16/OV | 200m Freestyle    |
| Boys  | 9 – 16/OV | 100m Breaststroke |
| Girls | 9 – 16/OV | 100m Butterfly    |
| Boys  | 9 – 16/OV | 200m Backstroke   |
| Girls | 9 – 16/OV | 50m Backstroke    |
| Boys  | 9 – 16/OV | 50m Freestyle     |



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# City of Leeds S.C.

## Christmas Cracker 2020

### 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 as 13<sup>th</sup> December 2020.
4. This meet will be run using the linked Sportsystems software, please use an accurate training time where no time is available. **Converted short course times can be used and the Sportsystem entry file will be produced to accept these times. File will be available or download on our website from Tuesday 2<sup>nd</sup> November 2020.**
5. The promoter reserves the right to limit entries to meet gala license timing restrictions. Where this rule is invoked, the meet will be filled on based on **FIRST COME, FIRST SERVED.** Rejections will be made in **each event** rather than by club to ensure the smooth running of the competition. 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. BACS Payments should be made using the appropriate club code. For this Meet it is **DEC20(Your Club Code)** Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (DEC20COLEEDS)
8. Bank Details for BACS payments are Sort Code: 402733, Account No: 41552961
9. Withdrawals – Please notify the meet desk before the start of the warm up (8.00am/1:00pm).  
Email: [leedsentries@gmail.com](mailto:leedsentries@gmail.com)
10. No poolside entries will be accepted.
11. Clubs should provide a sort code and account number should there be any rejections or refunds.
12. All competitors must go through marshalling. If a competitor does not report to marshalling in time the event will proceed without the competitor.
13. If cancellation of the event is necessary then the only claim will be the entry fees paid.
14. Refunds will not be given for withdrawn swimmers, for entry errors or omissions attributable to the individual or their club. Only individuals who can prove they are not fit to compete due to injury, with evidence of a doctor's note, may be given a refund.
15. A draft programme and live results will be posted on the website.
16. All rejected swim refunds will be returned to the relevant clubs during the gala, or through BACS if requested.
17. The Referee's decision regarding the interpretation and judgement of any ASA rules or laws is final.
18. 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.



[www.swimleeds.org.uk](http://www.swimleeds.org.uk)

19. 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.
20. Any point not covered by these rules will be at the discretion of the Meet organisers.



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# City of Leeds S.C. Christmas Cracker 2020

## Upper Limit Times

Swimmers must **NOT** be faster than the times listed below.

### LONG COURSE TIMES (short course converted will be accepted)

| Events            | Male     |          |          |          |          |          |          |          |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|
|                   | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16/OV    |
| 50m Freestyle     | 00:32.37 | 00:32.37 | 00:31.00 | 00:28.39 | 00:26.27 | 00:25.31 | 00:24.76 | 00:23.30 |
| 100m Freestyle    | 01:11.92 | 01:11.92 | 01:06.43 | 01:02.47 | 00:59.31 | 00:55.82 | 00:54.27 | 00:50.80 |
| 200m Freestyle    | 02:39.57 | 02:39.57 | 02:19.42 | 02:13.55 | 02:08.36 | 02:01.86 | 01:57.53 | 01:52.00 |
| 400m Freestyle    | 05:36.00 | 05:36.00 | 04:50.98 | 04:47.84 | 04:29.81 | 04:11.96 | 04:08.18 | 03:59.80 |
| 50m Backstroke    | 00:37.01 | 00:37.01 | 00:36.24 | 00:31.86 | 00:31.80 | 00:29.81 | 00:27.52 | 00:26.50 |
| 100m Backstroke   | 01:19.04 | 01:19.04 | 01:14.88 | 01:10.54 | 01:08.57 | 01:03.46 | 00:59.37 | 00:56.70 |
| 200m Backstroke   | 02:51.77 | 02:51.77 | 02:38.73 | 02:32.82 | 02:28.20 | 02:17.82 | 02:07.21 | 02:04.00 |
| 50m Breaststroke  | 00:43.66 | 00:43.66 | 00:39.43 | 00:36.46 | 00:32.77 | 00:32.21 | 00:31.17 | 00:29.50 |
| 100m Breaststroke | 01:34.84 | 01:34.84 | 01:28.39 | 01:18.68 | 01:11.70 | 01:12.34 | 01:07.18 | 01:04.00 |
| 200m Breaststroke | 03:15.05 | 03:15.05 | 03:07.24 | 02:50.52 | 02:35.50 | 02:34.14 | 02:27.12 | 02:20.50 |
| 50m Butterfly     | 00:34.71 | 00:34.71 | 00:33.60 | 00:31.42 | 00:29.00 | 00:26.73 | 00:26.13 | 00:25.40 |
| 100m Butterfly    | 01:18.85 | 01:18.85 | 01:14.35 | 01:11.05 | 01:01.72 | 00:58.80 | 00:58.54 | 00:55.90 |
| 200m Butterfly    | 02:59.44 | 02:59.44 | 02:40.86 | 02:34.16 | 02:19.17 | 02:07.48 | 02:06.00 | 02:05.60 |
| 200m Ind. Medley  | 02:53.40 | 02:53.40 | 02:40.97 | 02:35.65 | 02:19.33 | 02:19.00 | 02:12.40 | 02:06.20 |
| 400m Ind. Medley  | 06:00.00 | 06:00.00 | 05:38.93 | 05:21.35 | 04:56.98 | 04:41.35 | 04:37.44 | 04:31.50 |



# City of Leeds S.C. Christmas Cracker 2020

## Upper Limit Times

Swimmers must **NOT** be faster than the times listed below.

### LONG COURSE TIMES (short course converted will be accepted)

| Events            | Female   |          |          |          |          |          |          |          |
|-------------------|----------|----------|----------|----------|----------|----------|----------|----------|
|                   | 9        | 10       | 11       | 12       | 13       | 14       | 15       | 16/O     |
| 50m Freestyle     | 00:33.08 | 00:33.08 | 00:29.74 | 00:28.91 | 00:28.05 | 00:27.46 | 00:26.62 | 00:26.40 |
| 100m Freestyle    | 01:14.40 | 01:14.40 | 01:05.10 | 01:02.44 | 00:59.81 | 00:59.11 | 00:56.93 | 00:56.90 |
| 200m Freestyle    | 02:41.97 | 02:41.97 | 02:18.22 | 02:13.91 | 02:05.12 | 02:04.58 | 02:03.14 | 02:02.60 |
| 400m Freestyle    | 05:40.67 | 05:40.67 | 05:06.38 | 04:37.87 | 04:30.21 | 04:29.84 | 04:20.75 | 04:20.00 |
| 50m Backstroke    | 00:38.90 | 00:38.90 | 00:35.81 | 00:32.98 | 00:31.64 | 00:30.46 | 00:29.54 | 00:29.40 |
| 100m Backstroke   | 01:23.32 | 01:23.32 | 01:15.63 | 01:08.57 | 01:05.38 | 01:04.09 | 01:04.00 | 01:02.30 |
| 200m Backstroke   | 02:51.86 | 02:51.86 | 02:38.81 | 02:29.79 | 02:16.64 | 02:16.00 | 02:14.78 | 02:14.70 |
| 50m Breaststroke  | 00:42.25 | 00:42.25 | 00:37.17 | 00:36.50 | 00:36.12 | 00:33.81 | 00:33.80 | 00:33.50 |
| 100m Breaststroke | 01:34.74 | 01:34.74 | 01:21.06 | 01:18.56 | 01:17.11 | 01:14.94 | 01:14.70 | 01:12.10 |
| 200m Breaststroke | 03:22.01 | 03:22.01 | 02:54.89 | 02:47.39 | 02:44.50 | 02:41.75 | 02:41.31 | 02:35.00 |
| 50m Butterfly     | 00:37.08 | 00:37.08 | 00:33.42 | 00:31.21 | 00:30.20 | 00:29.38 | 00:29.00 | 00:28.30 |
| 100m Butterfly    | 01:26.22 | 01:26.22 | 01:16.92 | 01:08.94 | 01:04.57 | 01:04.04 | 01:02.58 | 01:02.30 |
| 200m Butterfly    | 03:23.14 | 03:23.14 | 02:58.90 | 02:29.98 | 02:25.92 | 02:25.87 | 02:24.20 | 02:18.50 |
| 200m Ind. Medley  | 03:04.03 | 03:04.03 | 02:41.29 | 02:33.20 | 02:20.49 | 02:20.98 | 02:15.69 | 02:18.40 |
| 400m Ind. Medley  | 06:37.45 | 06:37.45 | 05:53.17 | 05:18.87 | 05:00.62 | 04:59.25 | 04:58.79 | 04:53.80 |



# City of Leeds S.C. Christmas Cracker 2020 Summary of Club Entries

|                |  |   |        |
|----------------|--|---|--------|
| Male Entries   | Number   | @ £7.50   | Cost £ |
| Female Entries | Number   | @ £7.50   | Cost £ |
| Coaches Passes | Number   | @ £20.00  | Cost £ |
| Total cost     |  |   | Cost £ |
| BACS Code      | DEC20(CLUBCODE)<br>Sort Code: 402733<br>Account No: 41552961 | Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (DEC20COLEEDS) |        |

***Entries to be received by 6<sup>th</sup> November 2020***

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

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

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

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

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

***Poolside Passes***

| <i>Name of Coach with DBS Check</i> |
|-------------------------------------|
|                                     |
|                                     |
|                                     |
|                                     |
|                                     |
|                                     |
|                                     |
|                                     |
|                                     |

***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**



[www.swimleeds.org.uk](http://www.swimleeds.org.uk)



# City of Leeds S.C. Christmas Cracker 2020

Individual Entry Form  
Sat 12<sup>th</sup> / Sun 13<sup>th</sup> December 2020  
John Charles Centre for Sport

|   |  |                                     |
|---|--|-------------------------------------|
| Name  |  | Male / Female                       |
| Address                                     |  |                                     |
| Telephone No*<br>(We require a contact No)* |  | E-mail                              |
| Date of Birth                               |  | <b>Age as at 13th December 2020</b> |
| Club  |  |                                     |
| ASA Number                                  |  |                                     |

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

| 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     |            |          |
| 50m Backstroke  |            |          | 100m Butterfly    |            |          |
| 100m Backstroke |            |          | 200m Butterfly    |            |          |
| 200m Backstroke |            |          | 200m IM           |            |          |
|                 |            |          | 400m IM           |            |          |

|                      |  |                           |   |
|----------------------|--|---------------------------|---|
| Total No. of Entries |  | @ £8.50 per event = Total | £ |
|----------------------|--|---------------------------|---|

Cheques should be made payable to City of Leeds Swimming Club or BACS (Sort Code: 402733, Account No: 41552961)

**Entries must be received by the closing date 6<sup>th</sup> November 2020**

**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.**

- **Please note any clubs submitting more than 5 entries must do so using the sports sys file which will be available for download on our website.**

Signature .....



[www.swimleeds.org.uk](http://www.swimleeds.org.uk)