

CITY OF LEEDS S.C.



IN ASSOCIATION WITH LCC



Leeds
CITY COUNCIL

**2023
SEPTEMBER/ OCTOBER MEET
LEVEL 3
AT**

**AQUATICS CENTRE
JOHN CHARLES CENTRE FOR SPORT**

SAT 30TH SEP/SUN 1ST OCT 2023

City of Leeds S.C.

September Meet 2023

<u>DATES</u>	Saturday 30 th and Sunday 1 st October 2023
<u>VENUE</u>	Aquatic Centre John Charles Centre for Sport, Middleton Grove Leeds, LS11 5DJ
<u>FACILITIES</u>	10 lane 25m Pool, Anti-wave lane ropes and Electronic timing. Swim Down Facilities will be available.
<u>MEET DIRECTOR</u>	Anna Darnell
<u>INDIVIDUAL ENTRIES</u>	FAO Entries Team leedsentries@gmail.com
<u>SPORTSYSTEMS ENTRIES</u>	leedsentries@gmail.com
<u>AGE GROUPS</u>	BOYS 9, 10, 11, 12, 13, 14, 15, 16/OV Years GIRLS 9, 10, 11, 12, 13, 14, 15, 16/OV Years
<u>EVENTS</u>	ALL Events Mixed Gender & Age Groups ALL Heat Declared Winners 50m/100m/200m all strokes 400m Freestyle 100m/ 200m IM/ 400m IM
<u>AWARDS</u>	Medals to 1 st three in each age group.
<u>PURPOSE OF THE MEET</u>	To enable athletes to achieve times suitable for entry into Regional and County Championships and other meets at Level 1 or Level 2.
<u>FEES</u>	£7.50 per event (SportSystem entry files, via email) £8.50 per event (individual postal entries and individual emailed entries, Cheques payable to “City of Leeds Swimming Club”) Coaches passes for the weekend are £25 (Includes a Programme, start sheets as well as Lunch and refreshments)

CLOSING DATE FRIDAY 28th JULY 2023



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City of Leeds S.C.

September Meet 2023

Event Schedule

Morning Sessions

Session One

Saturday 30th September 2023

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

Mixed	13/OV	400m IM
Mixed	12/UN	200m IM
Mixed	13/OV	100m Breaststroke
Mixed	12/UN	100m Backstroke
Mixed	13/OV	200m Freestyle
Mixed	12/UN	200m Butterfly
Mixed	13/OV	50m Butterfly
Mixed	12/UN	50m Breaststroke

Session Three

Sunday 1st October 2023

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

Mixed	12/UN	400m IM
Mixed	13/OV	200m IM
Mixed	12/UN	100m Breaststroke
Mixed	13/OV	100m Backstroke
Mixed	12/UN	200m Freestyle
Mixed	13/OV	200m Butterfly
Mixed	12/UN	50m Butterfly
Mixed	13/OV	50m Breaststroke

Afternoon Session

Session Two

Saturday 30th September 2023

Warm Up: 13:00am, Start 14:00am

Mixed	12/UN	400m Freestyle
Mixed	13/OV	200m Breaststroke
Mixed	12/UN	100m Butterfly
Mixed	13/OV	100m Freestyle
Mixed	12/UN	200m Backstroke
Mixed	13/OV	50m Backstroke
Mixed	12/UN	50m Freestyle
Mixed	13/OV	100m IM

Session Four

Sunday 1st October 2023

Warm Up: 13:00am, Start 14:00am

Mixed	13/OV	400m Freestyle
Mixed	12/UN	200m Breaststroke
Mixed	13/OV	100m Butterfly
Mixed	12/UN	100m Freestyle
Mixed	13/OV	200m Backstroke
Mixed	12/UN	50m Backstroke
Mixed	13/OV	50m Freestyle
Mixed	12/UN	100m IM



City of Leeds S.C.
September Meet 2023
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 of 1st October 2023.
4. This meet will be run using the linked Sportsystems software, please use a training time where no time is available. **Converted short course times can be used and the Sportssystem entry file will be produced to accept these times. The SportSystems File will be released on the 11/07/2022.**
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. All entries and rejections will be posted on the City of Leeds Swimming Club Website
7. Any Electronic or postal entries received after the closing date will not be accepted.
8. BACS Payments should be made using the appropriate club code. For this Meet it is **SOM23(Your Club Code)** Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (SOM23COLEEDS).
9. Bank Details for BACS payments are Sort Code: 402733, Account No: 41552961
10. Withdrawals
 - Heats – Must notify the meet desk before the start of the warm up.
Email: leedsentries@gmail.com
11. No poolside entries will be accepted.
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. Strictly no diving in or climbing over pads is permitted during warm up in the competition pool.
14. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
15. 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 doctor's note may be given a refund.
16. 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.
17. The Referee's decision regarding the interpretation and judgement of any ASA rules or laws is final.



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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.
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. If the event the competition is cancelled due to government restrictions, all entries will be refunded in full.
21. Spectators will only be allowed if Leeds City Council and current government guidelines allow.
22. "Over the top" starts will be used in the heats at the discretion of the promoter.
23. Backstroke ledges will be available and used at the promoter's discretion.
24. No swimmers are allowed up to the balcony.
25. Swimmers must wear footwear when leaving the pool area.
26. A mobile strobe will be available throughout the competition. Any competitor who needs to use it should notify the event referee prior to the start of the session.
27. The promoter reserves the right to refuse admission to any competitor or spectator.
28. Swimmers with a disability shall swim under IPC Rules.
29. Qualifying times for disability competitors are not required. However, entry times shall be submitted for the purpose of seeding the heats.
30. Personal Care Attendants/Coaches: Personal care attendants will only be permitted for swimmers in the following classes: S1, S2, S3, S4, S5 and S11. A swimmer in any of these classes may have both a coach and a personal care attendant present. No charge will be applied for personal care attendant. Poolside passes: coaches' passes shall attract the advertised fee. All coaches, chaperones and personal care attendants must conform to the Swim England child protection procedures and hold a current DBS certificate.
31. The competition format will be based on disability inclusion within the able-bodied programme i.e. there will be no separate events for swimmers with disabilities. All swimmers will be seeded in the heats according to their entry times. Disability competitors will be included within the results for their age group.
32. Officials are reminded that City of Leeds Swimming Club is an environmentally responsible club and aims to limit the use of single use plastic. Therefore, please do bring a water bottle, we will happily keep it filled up.
33. 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. September Meet 2023

Upper Limit Times

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

SHORT COURSE TIMES (long course converted will be accepted)

Events	Male							
	9	10	11	12	13	14	15	16/O
50m Freestyle	00:32.37	00:32.37	00:28.43	00:28.39	00:26.27	00:25.31	00:24.76	00:22.43
100m Freestyle	01:11.92	01:11.92	01:04.06	01:02.41	00:59.31	00:55.82	00:54.27	00:50.65
200m Freestyle	02:36.29	02:36.29	02:20.93	02:16.55	02:05.53	02:03.65	01:57.53	01:53.10
400m Freestyle	05:26.09	05:26.09	04:57.71	04:47.84	04:26.92	04:19.07	04:08.18	04:00.83
50m Backstroke	00:37.01	00:37.01	00:33.70	00:31.86	00:30.31	00:29.29	00:27.52	00:26.27
100m Backstroke	01:19.04	01:19.04	01:13.28	01:09.74	01:04.68	01:01.89	00:59.37	00:55.02
200m Backstroke	02:51.77	02:51.77	02:37.19	02:31.36	02:20.76	02:15.82	02:08.21	02:00.79
50m Breaststroke	00:43.66	00:43.66	00:39.43	00:36.09	00:32.77	00:32.46	00:31.17	00:27.88
100m Breaststroke	01:34.84	01:34.84	01:24.39	01:17.81	01:11.70	01:10.21	01:07.18	01:02.44
200m Breaststroke	03:15.05	03:15.05	02:56.21	02:47.91	02:35.50	02:33.72	02:27.12	02:20.03
50m Butterfly	00:34.71	00:34.71	00:30.43	00:29.67	00:29.00	00:28.59	00:27.63	00:26.65
100m Butterfly	01:18.85	01:18.85	01:07.34	01:05.33	01:01.72	00:59.75	00:58.54	00:54.73
200m Butterfly	02:59.44	02:59.44	02:35.10	02:30.95	02:19.17	02:12.24	02:07.48	02:00.84
100m Ind. Medley	01:31.40	01:24.30	01:19.20	01:15.10	01:11.13	01:07.90	01:06.30	01:04.50
200m Ind. Medley	02:53.40	02:53.40	02:35.06	02:32.90	02:22.33	02:19.83	02:11.81	02:00.32
400m Ind. Medley	06:00.12	06:00.12	05:20.05	05:11.56	04:56.65	04:48.48	04:37.44	04:11.62



City of Leeds S.C. September Meet 2023

Upper Limit Times

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

SHORT COURSE TIMES (long course converted will be accepted)

Events	Female							
	9	10	11	12	13	14	15	16/O
50m Freestyle	00:33.80	00:33.80	00:29.74	00:28.91	00:28.05	00:27.46	00:26.62	00:25.56
100m Freestyle	01:10.40	01:10.40	01:05.10	01:02.44	00:59.81	00:59.11	00:56.93	00:55.77
200m Freestyle	02:30.50	02:30.50	02:18.22	02:13.91	02:05.12	02:04.58	02:03.14	01:58.05
400m Freestyle	05:26.97	05:26.97	05:04.32	04:37.87	04:19.21	04:18.84	04:15.75	04:08.40
50m Backstroke	00:38.90	00:38.90	00:35.81	00:32.98	00:31.64	00:30.46	00:29.54	00:28.20
100m Backstroke	01:20.32	01:20.32	01:14.28	01:08.57	01:05.38	01:04.09	01:04.11	00:59.68
200m Backstroke	02:45.86	02:45.86	02:38.21	02:29.79	02:16.64	02:15.31	02:14.78	02:09.62
50m Breaststroke	00:42.25	00:42.25	00:37.17	00:34.49	00:34.33	00:33.81	00:33.38	00:31.84
100m Breaststroke	01:24.71	01:24.71	01:21.06	01:14.20	01:13.11	01:12.88	01:10.85	01:08.88
200m Breaststroke	03:02.01	03:02.01	02:54.89	02:38.98	02:36.70	02:35.22	02:30.36	02:26.07
50m Butterfly	00:36.62	00:36.62	00:33.42	00:29.40	00:29.28	00:28.61	00:27.55	00:27.55
100m Butterfly	01:20.55	01:20.55	01:16.92	01:04.97	01:04.57	01:03.75	01:00.56	01:00.14
200m Butterfly	03:00.43	03:00.43	02:51.69	02:23.13	02:17.18	02:15.20	02:13.87	02:11.02
100m Ind. Medley	01:33.20	01:24.30	01:19.40	01:15.30	01:13.70	01:12.10	01:11.30	01:09.20
200m Ind. Medley	02:55.14	02:55.14	02:41.29	02:25.88	02:20.49	02:20.00	02:15.69	02:14.48
400m Ind. Medley	06:00.78	06:00.78	05:41.93	05:08.59	04:56.62	04:54.25	04:47.79	04:41.49



City of Leeds S.C.
September Meet 2023
Summary of Club Entries

Male Entries	Number	@ £7.50	Cost £
Female Entries	Number	@ £7.50	Cost £
Coaches Passes	Number	@ £25.00	Cost £
Total cost			Cost £
BACS Code	SOM23(CLUBCODE) Sort Code: 402733 Account No: 41552961	Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (SOM23COLEEDS)	

Entries to be received by 28th July 2023

Club

Signed

Email address

Contact address.....

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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

**Entries to Gala Entry Secretary, leedsentries@gmail.com
 Entries sent to other addresses will not be accepted**



www.swimleeds.org.uk

City of Leeds S.C.
September Meet 2023
Individual Entry Form
 Sat 30th Sept/ Sun 1st October 2023
 John Charles Centre for Sport

Name		Male / Female
Address		
Telephone No* (We require a contact No)*		E-mail
Date of Birth		Age as at 1st October 2023
Club		
ASA Number		

ALL TIMES TO BE 25m POOL TIMES (Short 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		
			100m Butterfly		
			200m Butterfly		
50m Backstroke			200m IM		
100m Backstroke			200m IM		
200m Backstroke			400m IM		

Total No. of Entries		@ £8.50 per event = Total	£
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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 28th July 2023

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



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