

**CITY OF LEEDS S.C.**



**IN ASSOCIATION WITH LCC**



**Leeds**  
CITY COUNCIL

**2023**  
**CITY OF LEEDS SEPTEMBER SPRINTS MEET**  
**LEVEL 3**  
**AT**

**AQUATICS CENTRE**  
**JOHN CHARLES CENTRE FOR SPORT**

**SAT 9<sup>TH</sup> SEPTEMBER 2023**



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

**City of Leeds S.C.**  
**September Sprints Meet 2023**  
**Meet Information**

|                                    |   |
|------------------------------------|---|
| <b><u>DATES</u></b>                | Saturday 9 <sup>th</sup> September 2022   |
| <b><u>VENUE</u></b>                | Aquatic Centre<br>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.   |
| <b><u>MEET DIRECTOR</u></b>        | Anna Darnell  |
| <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/Ov Years<br>GIRLS 9, 10, 11, 12, 13, 14, 15/Ov Years   |
| <b><u>EVENTS</u></b>               | HDW in all Events<br>50m all strokes<br>200 IM  |
| <b><u>AWARDS</u></b>               | Medals will be given to the first 3 places in each age group category.  |
| <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>Coaches passes for the weekend are £25 (Includes a Programme, start sheets as well as Lunch and refreshments) |



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**City of Leeds S.C.**  
**September Sprints Meet 2023**  
**Event Schedule**

**Morning Session**

**Session One**

**Saturday 9<sup>th</sup> September 2023**

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

|       |           |                        |
|-------|-----------|------------------------|
| Girls | 9 – 15/OV | 50m Breaststroke       |
| Boys  | 9 – 15/OV | 50m Backstroke         |
| Girls | 9 – 15/OV | 50m Butterfly          |
| Boys  | 9 – 15/OV | 50m Freestyle          |
| Girls | 9 – 15/OV | 200m Individual Medley |

**Afternoon Session**

**Session Two**

**Saturday 9<sup>th</sup> September 2023**

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

|       |           |                        |
|-------|-----------|------------------------|
| Boys  | 9 – 15/OV | 200m Individual Medley |
| Girls | 9 – 15/OV | 50m Backstroke         |
| Boys  | 9 – 15/OV | 50m Breaststroke       |
| Girls | 9 – 15/OV | 50m Freestyle          |
| Boys  | 9 – 15/OV | 50m Butterfly          |

**CLOSING DATE**

**On or before 12:00pm FRIDAY 28<sup>th</sup> JULY 2023**



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**City of Leeds S.C.**  
**September Sprints 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 9<sup>th</sup> September 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 Sportsystem entry file will be produced to accept these times. The SportSystems File will be released on the 04/07/2022.**
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. 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 **SEP23(Your Club Code)** Your club code is something we will use to identify your payment e.g Leeds = COLEEDS (SEP23COLEEDS).
8. Bank Details for BACS payments are Account: COLSC, Sort Code: 402733, Account No: 41552961
9. Withdrawals
  - Heats – Must notify the meet desk before the start of the warm up.  
Email: [leedsentries@gmail.com](mailto:leedsentries@gmail.com)
10. No poolside entries will be accepted.
11. All competitors must go through marshalling. If a competitor does not report to marshalling in time the event will proceed without the competitor.
12. If cancellation of the event is necessary, then the only claim will be the entry fees paid.
13. 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.
14. 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.
15. The Referee's decision regarding the interpretation and judgement of any ASA rules or laws is final.



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16. 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.
17. 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.
18. If the event the competition is cancelled due to government restrictions, all entries will be refunded in full.
19. Spectators will only be allowed if Leeds City Council and current government guidelines allow.
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. September Sprints Meet 2023

## Consideration Times

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

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

| Male    |         |         |         |         |         |         | Events           | Female  |         |         |         |         |         |         |
|---------|---------|---------|---------|---------|---------|---------|------------------|---------|---------|---------|---------|---------|---------|---------|
| 9       | 10      | 11      | 12      | 13      | 14      | 15/O    |                  | 9       | 10      | 11      | 12      | 13      | 14      | 15/O    |
| 00:32.4 | 00:32.4 | 00:30.8 | 00:29.1 | 00:27.7 | 00:26.6 | 00:25.8 | 50m Freestyle    | 00:32.8 | 00:32.8 | 00:31.3 | 00:29.9 | 00:29.0 | 00:28.5 | 00:28.1 |
| 00:37.4 | 00:37.4 | 00:35.5 | 00:33.6 | 00:31.6 | 00:30.5 | 00:29.4 | 50m Backstroke   | 00:37.4 | 00:37.4 | 00:35.5 | 00:33.9 | 00:32.8 | 00:32.1 | 00:31.8 |
| 00:42.5 | 00:42.5 | 00:40.0 | 00:37.5 | 00:35.1 | 00:33.7 | 00:30.0 | 50m Breaststroke | 00:42.7 | 00:42.7 | 00:40.1 | 00:38.0 | 00:36.6 | 00:35.8 | 00:35.2 |
| 00:36.4 | 00:36.4 | 00:34.1 | 00:32.3 | 00:30.5 | 00:29.2 | 00:28.1 | 50m Butterfly    | 00:36.3 | 00:36.3 | 00:34.5 | 00:32.7 | 00:31.7 | 00:31.0 | 00:30.4 |
| 02:54.9 | 02:54.9 | 02:43.4 | 02:34.2 | 02:26.6 | 02:19.9 | 02:16.1 | 200m Ind. Medley | 02:54.8 | 02:54.8 | 02:43.2 | 02:34.7 | 02:30.7 | 02:27.7 | 02:25.8 |



**City of Leeds S.C.**  
**September Sprints 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 £ |

***Entries to be received by 28<sup>th</sup> July 2023***

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

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

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

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

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

***Poolside Passes***

| <b><i>Name of Coach with DBS Check</i></b> |
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***PAYMENTS TO BE MADE BY BACS to Account: COLSC, Sort Code: 402733, Account No: 41552961***

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

**Entries to Kevin Schofield at [leedsentries@gmail.com](mailto:leedsentries@gmail.com)  
 Entries sent to other addresses will not be accepted.**



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# City of Leeds S.C. September Sprints Meet 2023

## Individual Entry Form

Sat 9<sup>th</sup> September 2023

John Charles Centre for Sport

|   |  |                              |
|---|--|------------------------------|
| Name  |  | Male / Female                |
| Address                                     |  |                              |
| Telephone No*<br>(We require a contact No)* |  | E-mail                       |
| Date of Birth                               |  | Age as at 9th September 2023 |
| Club  |  |                              |
| ASA Number                                  |  |                              |

**ALL TIMES ARE TO BE CONVERTED TO LONG COURSE**

| EVENT          | ENTRY TIME | Event no | EVENT            | ENTRY TIME | Event no |
|----------------|------------|----------|------------------|------------|----------|
| 50m Freestyle  |            |          | 50m Breaststroke |            |          |
| 50m Backstroke |            |          | 50m Butterfly    |            |          |
| 200m IM        |            |          |                  |            |          |

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

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

**Please return entries by Closing Date 28<sup>th</sup> 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.**

Signature .....



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