

CITY OF LEICESTER SWIMMING CLUB LIMITED  
(Affiliated to ASA East Midland Region & Leicestershire ASA)  
PRESENTS  
THE 2016 LEICESTER AGE GROUP MEET  
(Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

- DATE:** FRIDAY 8<sup>th</sup>, SATURDAY 9<sup>th</sup> & SUNDAY 10<sup>th</sup> APRIL 2016
- VENUE:** BRAUNSTONE LEISURE CENTRE ~ LEICESTER
- AGE GROUPS:** Male/Female ~ 10yrs, 11-12yrs, 13-14yrs, 15/Over
- EVENTS:** 50m ~ Freestyle, Backstroke, Breaststroke, Butterfly  
100m ~ Freestyle, Backstroke, Breaststroke, Butterfly  
200m ~ Freestyle, Backstroke, Breaststroke, Butterfly,  
Individual Medley  
400m ~ Freestyle ~ Individual Medley [Fastest 24 swimmers only]
- HDW:** **ALL EVENTS ARE HEAT DECLARED WINNER**
- AWARDS:** To the first three in each age group band
- SESSIONS:** Session One: Friday 10<sup>th</sup> ~ Sessions Two & Three: Saturday 11<sup>th</sup> ~  
Sessions Four & Five: Sunday 12<sup>th</sup>
- SWIM DOWN:** Separate 4 lane 25m Swim-Down Pool available at the specified times.
- ENTRIES** **FIRST COME FIRST SERVED**
- CLOSING DATE:** FRI 25<sup>th</sup> MARCH 2016

**8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING**

**FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:**

Web: [www.cityofleicesterswimmingclub.co.uk](http://www.cityofleicesterswimmingclub.co.uk)  
Email: [caroleandalan@minke.co.uk](mailto:caroleandalan@minke.co.uk)

Or: send a large sae to: -  
City of Leicester Swimming Club Limited  
26 Bell Lane  
Husbands Bosworth  
Leicestershire  
LE17 6LA

CITY OF LEICESTER SWIMMING CLUB LIMITED  
(Affiliated to ASA East Midland Region & Leicestershire ASA)  
PRESENTS  
THE 2016 LEICESTER AGE GROUP MEET  
(Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

**PROGRAMME OF EVENTS**

**FRIDAY 8th APRIL**

SESSION 1 WARM UP 5.00pm START 5.50pm SESSION LENGTH 3 hours

Ev No 101 Female 200m IND.MEDLEY  
Ev No 102 Male 200m IND.MEDLEY  
Ev No 103 Female 50m BUTTERFLY  
Ev No 104 Male 50m BUTTERFLY  
Ev No 105 Female 50m BREASTSTROKE  
Ev No 106 Male 50m BREASTSTROKE

**SATURDAY 9th APRIL**

**SESSION 2 WARM UP 8.30am START 9.20am SESSION LENGTH 3.25 hours**

Ev No 207 Male 400m IND MEDLEY  
Ev No 208 Female 100m FREESTYLE  
Ev No 209 Male 100m FREESTYLE  
Ev No 210 Female 50m BACKSTROKE  
Ev No 211 Male 50m BACKSTROKE  
Ev No 212 Female 200m BUTTERFLY  
Ev No 213 Male 200m BUTTERFLY

**SESSION 3 WARM UP TBC**

**SESSION LENGTH 3.25 hours**

Ev No 314 Female 400m FREESTYLE  
Ev No 315 Male 100m BREASTSTROKE  
Ev No 316 Female 100m BREASTSTROKE  
Ev No 317 Male 200m BACKSTROKE  
Ev No 318 Female 200m BACKSTROKE

**FINISH NO LATER THAN 4.30PM for Officials [DIDDY LEAGUE COMPETITIONS IN EVENT FOR LEICESTERSHIRE CLUBS]**

**SUNDAY 10th APRIL**

**SESSION 4 WARM UP 8.30am START 9.20am SESSION LENGTH 3.5 hours**

Ev No 419 Female 400m IND MEDLEY  
Ev No 420 Male 100m BUTTERFLY  
Ev No 421 Female 100m BUTTERFLY  
Ev No 422 Male 200m FREESTYLE  
Ev No 423 Female 200m FREESTYLE

**SESSION 5 WARM UP TBC**

**SESSION LENGTH 3.5 hours**

Ev No 524 Male 400m FREESTYLE  
Ev No 525 Female 100m BACKSTROKE  
Ev No 526 Male 100m BACKSTROKE  
Ev No 527 Female 200m BREASTSTROKE  
Ev No 528 Male 200m BREASTSTROKE  
Ev No 529 Female 50m FREESTYLE  
Ev No 530 Male 50m FREESTYLE

CITY OF LEICESTER SWIMMING CLUB LIMITED  
 (Affiliated to ASA East Midland Region & Leicestershire ASA)  
 PRESENTS  
 THE 2016 LEICESTER AGE GROUP MEET  
 (Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

**BOYS UPPER LIMIT TIMES** (*i.e. Swimmer's times must be slower than*)

<b>EVENT</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15/OV</b>
50m Freestyle	31.1	29.6	27.9	26.6	25.6	24.8
100m Freestyle	1:07.8	1:03.9	59.8	56.8	54.8	53.6
200m Freestyle	2:26.1	2:18.0	2:09.8	2:03.4	1:59.0	1:56.4
400m Freestyle	5:07.2	4:47.7	4:31.7	4:19.5	4:11.6	4:05.8
50m Breaststroke	41	38.5	36.1	33.8	32.5	31.4
100m Breaststroke	1:29.3	1:22.7	1:17.2	1:12.3	1:09.5	1:07.3
200m Breaststroke	3:10.6	2:57.4	2:46.6	2:36.7	2:30.2	2:26.1
50m Butterfly	34.9	32.8	31.1	29.3	28.1	27.1
100m Butterfly	1:19.6	1:12.5	1:07.6	1:03.6	1:00.8	58.8
200m Butterfly	2:54.0	2:38.3	2:28.8	2:20.5	2:14.6	2:09.1
50m Backstroke	36	34.1	32.3	30.4	29.4	28.4
100m Backstroke	1:18.3	1:12.3	1:08.0	1:04.1	1:01.4	59.5
200m Backstroke	2:44.0	2:33.8	2:25.0	2:17.2	2:11.7	2:08.1
200m Individual Medley	2:48.1	2:36.8	2:27.9	2:20.7	2:14.6	2:11.2
400m Individual Medley	6:01.4	5:32.4	5:11.6	4:56.9	4:44.8	4:37.1

**GIRLS UPPER LIMIT TIMES** (*i.e. Swimmer's times must be slower than*)

<b>EVENT</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15/OV</b>
50m Freestyle	31.4	30	28.6	27.9	27.5	27.1
100m Freestyle	1:09.0	1:04.3	1:01.0	59.6	58.6	58
200m Freestyle	2:26.5	2:18.4	2:11.0	2:07.6	2:05.9	2:04.4
400m Freestyle	5:11.3	4:47.2	4:32.4	4:26.0	4:22.7	4:19.4
50m Breaststroke	41.0	38.5	36.4	35.2	34.5	34
100m Breaststroke	1:29.6	1:22.5	1:18.0	1:15.1	1:13.0	1:12.4
200m Breaststroke	3:10.2	2:56.9	2:47.2	2:41.1	2:37.7	2:36.3
50m Butterfly	34.8	33.1	31.4	30.5	29.9	29.4
100m Butterfly	1:19.3	1:12.6	1:08.2	1:06.2	1:04.6	1:04.1
200m Butterfly	2:56.0	2:39.8	2:29.4	2:24.4	2:20.9	2:18.8
50m Backstroke	35.9	34.0	32.5	31.6	31.0	30.7
100m Backstroke	1:18.1	1:12.3	1:08.2	1:06.2	1:05.1	1:04.1
200m Backstroke	2:45.1	2:32.5	2:25.0	2:21.5	2:19.2	2:16.9
200m Individual Medley	2:47.4	2:36.3	2:28.2	2:24.7	2:22.1	2:20.5
400m Individual Medley	6:00.0	5:29.9	5:11.9	5:02.8	4:58.1	4:54.8

Only swimmers **SLOWER** than the above times shown are eligible to enter  
**REMEMBER ~ AGE MEANS AGE AT 31st December 2016**

CITY OF LEICESTER SWIMMING CLUB LIMITED  
(Affiliated to ASA East Midland Region & Leicestershire ASA)  
PRESENTS  
THE 2016 LEICESTER AGE GROUP MEET  
(Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

***PROMOTOR'S CONDITIONS***

- The competition will be held under A.S.A. Laws & A.S.A Technical Rules at the new Braunstone Leisure Centre, 2 Hamelin Road, Braunstone, Leicester, LE3 1JN.
- 25m 8 lane competition pool with anti-turbulence lane ropes. Electronic timing with 8-line scoreboard is to be used in conjunction with a computerised results service. Entry information can be downloaded from our website and results will be available after the event at: [www.cityofleicesterswimmingclub.co.uk](http://www.cityofleicesterswimmingclub.co.uk)
- 25m 4 lanes swim down pool will be available at the specified times only. Swimmers must be supervised throughout their swim down/warm up during Sessions 2-5.  
**Note:** Swim down/warm up pool not available on Friday Session.
- The competition is open to registered swimmers as defined by ASA Laws: Age as at 31<sup>st</sup> December 2016.
- Individual awards for the first three places in each of the HDW events in the following age bands: 10yrs, 11yrs/12yrs, 13yrs/14yrs & 15/Ov, may be collected from the designated collection point.
- All participants and spectators must observe the safety precautions in operation at the Braunstone Leisure Centre.
- Neither City of Leicester Swimming Club Limited nor Leicester City Council can be held responsible for loss or damage to spectators or competitor's property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.
- Heats will be seeded according to entry times submitted by the Club via the Sportsys Entry File
- All events are HEAT DECLARED WINNER.
- **This will be a card less meet.** No cards will be issued for this meet.
- Over the top starts may be used at the discretion of the promoter & referee in order to maintain the scheduled timing of events.
- It is the responsibility of team managers and coaches to ensure that their competitors report to the Marshalling Stewards in time for the start of their race.
- The Café will be open for the sale of hot and cold refreshments during the meet.
- A swim shop will be available throughout the meet.
- Club entries must be made via **YOUR** club meet secretary using the SportSys Entry File found on the website. Exported Entry files must be emailed to **caroleandalan@minke.co.uk** to be received by **Friday March 25th 2016**
- A printout of event entries from SportSys, a club entry summary form and full payment must be sent to the address shown below **7 days** after the Entry File has been accepted by the meet management and no later than **Friday 1<sup>st</sup> April**. The swimmer entry fee is **£7.00** per event.

CITY OF LEICESTER SWIMMING CLUB LIMITED  
(Affiliated to ASA East Midland Region & Leicestershire ASA)  
PRESENTS  
THE 2016 LEICESTER AGE GROUP MEET  
(Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

- All club or individual cheques should be made payable to **City of Leicester Swimming Club LTD**. If paying by BACS then the bank details are:

**City of Leicester Swi Club Ltd T/As COLSC**

**Sort Code: 20-45-77**

**Account no: 20234176**

Please reference your club name i.e. LA16 <4digit club code> so we can match against your club entries and email [geraldine.burns@ymail.com](mailto:geraldine.burns@ymail.com) and [caroleandalan@minke.co.uk](mailto:caroleandalan@minke.co.uk) with your Sportsys entry reports.

- The acceptance of competitors will be based on **FIRST COME FIRST SERVED**. As many heats as possible will be run in the time available for the Meet. The promoter reserve the right to close entries prior to the advertised closing date if the meet reaches its maximum. **Only the fastest 24 swimmers will be accepted for the 400m Individual Medley and 400m Freestyle.**
- **Entries must be within meet the published qualifying times rules** for each event.
- As soon as possible after the closing date, club list sheets will be posted on the club's website, together with any information in respect of entries not accepted. All refunds will be made 'en block' to the club submitting the entries, these will be sent by post or will be available for collection by clubs on the day. There will be no refunds for withdrawals after the closing date.
- No entries will be accepted without full payment and fully completed individual or club summary forms. Any entry that is not accepted will be notified prior to the meet. It is the responsibility of all competing clubs to ensure that entry times, information etc is correct.
- Entry summaries, coach poolside pass applications and individual entries should be returned to:

City of Leicester Swimming Club

26 Bell Lane

Husbands Bosworth

Leicestershire

LE17 6LA

or emailed to Carole at <mailto:caroleandalan@minke.co.uk>.

- Entry Fee: £7.00 per event
- Coaches Passes: £20.00 three day pass (including refreshments)  
£35.00 three day pass (including refreshments & lunch)
- Coaches' passes cannot be purchased on the day of the Meet.
- Anything not covered in the above, and printed in any of the associated literature will be at the discretion of the promoter.

CITY OF LEICESTER SWIMMING CLUB LIMITED  
 (Affiliated to ASA East Midland Region & Leicestershire ASA)  
 PRESENTS  
 THE 2016 LEICESTER AGE GROUP MEET  
 (Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

**Club Summary and Coaches Passes Application Form**

*Cheques made payable to 'City of Leicester Swimming Club LTD' to be sent to Carole*

<b>Club</b>			
<b>Address</b>			
<b>Telephone</b>			
<b>e-mail:</b>			
<b>Names of Coaches using passes</b>			
<b>Number of Female Electronic Entries</b>		<b>@7.00</b>	<b>£</b>
<b>Number of Male Electronic Entries</b>		<b>@7.00</b>	<b>£</b>
<b>Number of Coach passes</b>		<b>@£20.00</b>	<b>£</b>
		<b>@£35.00</b>	
<b>Total Amount of Club Cheque Enclosed</b>			<b>£</b>

**THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYS PRINTOUTS TO:**

City of Leicester Swimming Club, 26 Bell Lane, Husbands Bosworth,  
 Leicestershire , LE17 6LA

or emailed to Carole at <mailto:caroleandalan@minke.co.uk>.

CITY OF LEICESTER SWIMMING CLUB LIMITED  
 (Affiliated to ASA East Midland Region & Leicestershire ASA)  
 PRESENTS  
 THE 2016 LEICESTER AGE GROUP MEET  
 (Under ASA Laws & the Technical Rules of Swimming)

**This event is Licensed @ L3 (3EM) By the A.S.A. For Entry into Regional Championships**

**OFFICIALS REQUIRED**

Are you able to help by officiating at one or more sessions?

Meals provided if you cover two sessions in a day.

**Can Clubs please pass this on to all qualified officials likely to be attending the meet.**

Contact:

SESSION	DAY & DATE	Please Tick box for all sessions you are available
1	Friday PM 8th April	
2	Saturday AM 9th April	
3	Saturday PM 9th April	
4	Sunday AM 10th April	
5	Sunday PM 10th April	

Name			
Address			
Qualification		ASA Number	
Email Address			

**PLEASE COMPLETE AND RETURN TO ASAP**

Simon Chiles ~ <mailto:hayley.chiles@btinternet.com>