CITY OF LEICESTER SWIMMING CLUB LIMITED
(Affiliated to ASA East Midland Region & Leicestershire ASA)
PRESENTS
THE 2017 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 7th, SATURDAY 8th & SUNDAY 9th APRIL 2017

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 7th ~ Sessions Two & Three: Saturday 9th ~
Sessions Four & Five: Sunday 10th

SWIM DOWN: Separate 4 lane 25m Swim-Down Pool available at the specified times.

ENTRIES FIRST COME FIRST SERVED

CLOSING DATE: FRIDAY 17th MARCH 2017

8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.cityofleicesterswimmingclub.co.uk
Email: darryl.ryan@sky.com

Or: send a large sae to: -
c/- City of Leicester Swimming Club Limited
8 Wyvern Close, Burbage, Leicestershire, LE10 2GG
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PROGRAMME OF EVENTS

FRIDAY 7th APRIL
SESSION 1  WARM UP 5.30pm START 6.15pm  SESSION LENGTH Max. 2.75 hours
Event No 101 Female  400m FREESTYLE
Event No 102 Male  400m FREESTYLE

SATURDAY 8th APRIL
SESSION 2  WARM UP 8.30am START 9.20am  SESSION LENGTH: Max 3.5 hours
Event No 201 Male  400m IND MEDLEY
Event No 202 Female  100m FREESTYLE
Event No 203 Male  50m BACKSTROKE
Event No 204 Female  50m BACKSTROKE
Event No 205 Male  100m FREESTYLE
Event No 206 Female  200m BUTTERFLY
Event No 207 Male  200m BUTTERFLY

SESSION 3  WARM UP TBC  SESSION LENGTH: Max 3.25 hours
Event No 301 Female  200m IND MEDLEY
Event No 302 Male  100m BREASTSTROKE
Event No 303 Female  50m BUTTERFLY
Event No 304 Male  50m BUTTERFLY
Event No 305 Female  100m BREASTSTROKE
Event No 306 Male  200m BACKSTROKE
Event No 307 Female  200m BACKSTROKE

SUNDAY 9th APRIL
SESSION 4  WARM UP 8.30am START 9.20am  SESSION LENGTH: Max 3.5 hours
Event No 401 Female  400m IND MEDLEY
Event No 402 Male  100m BUTTERFLY
Event No 403 Female  50m BREASTSTROKE
Event No 404 Male  50m BREASTSTROKE
Event No 405 Female  100m BUTTERFLY
Event No 406 Male  200m FREESTYLE
Event No 407 Female  200m FREESTYLE

SESSION 5  WARM UP TBC  SESSION LENGTH: Max 3.5 hours
Event No 501 Male  200m IND MEDLEY
Event No 502 Female  100m BACKSTROKE
Event No 503 Male  50m FREESTYLE
Event No 504 Female  50m FREESTYLE
Event No 505 Male  100m BACKSTROKE
Event No 506 Female  200m BREASTSTROKE
Event No 507 Male  200m BREASTSTROKE
BOYS UPPER LIMIT TIMES *(i.e. Swimmer’s times must be slower than)*

<table>
<thead>
<tr>
<th>EVENT</th>
<th>10</th>
<th>11/12</th>
<th>13/14</th>
<th>15/OV</th>
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</thead>
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<tr>
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<td>24.8</td>
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<tr>
<td>100m Freestyle</td>
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<tr>
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<tr>
<td>100m Breaststroke</td>
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<td>1:07.3</td>
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<tr>
<td>200m Breaststroke</td>
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<td>2:33.7</td>
<td>2:33.7</td>
<td>2:26.1</td>
</tr>
<tr>
<td>50m Butterfly</td>
<td>32.3</td>
<td>28.5</td>
<td>28.5</td>
<td>27.1</td>
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<tr>
<td>100m Butterfly</td>
<td>1:12.6</td>
<td>1:01.3</td>
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<tr>
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<td>29.8</td>
<td>29.8</td>
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<tr>
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<td>2:11.2</td>
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GIRLS UPPER LIMIT TIMES *(i.e. Swimmer’s times must be slower than)*

<table>
<thead>
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<td>100m Breaststroke</td>
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<tr>
<td>50m Butterfly</td>
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<td>30.1</td>
<td>30.1</td>
<td>29.4</td>
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<td>100m Butterfly</td>
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<tr>
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<tr>
<td>200m Backstroke</td>
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<tr>
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<td>4:59.9</td>
<td>4:59.9</td>
<td>4:54.8</td>
</tr>
</tbody>
</table>

Only swimmers SLOWER than the above times shown are eligible to enter

REMEMBER ~ AGE MEANS AGE AT 31st December 2017
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 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: 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 1-5.
- The competition is open to registered swimmers as defined by ASA Laws: Age as at 31st December 2017.
- 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 per 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 darryl.ryan@sky.com to be received by Friday March 17th 2017
- 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 24th March. The swimmer entry fee is £7.00 per event.
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- 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. AG17 <4digit club code> so we can match against your club entries and email geraldine.burns@ymail.com and darryl.ryan@sky.com 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.  

- Entries must be within 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.  

- Improved entry times will not be accepted after the closing date and requests for time trials will not be accepted. No entry cards will be issued and no secondary registration on the day is required.  

- Entry summaries, coach poolside pass applications and individual entries should sent to:  
  City of Leicester Swimming Club  
  8 Wyvern Close, Burbage, Leicestershire, LE10 2GG  
  or emailed to Darryl at darryl.ryan@sky.com.  

- 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.  
- Social Media is not to be used to make or report an appeal or any wrong doing. All issues should be reported to the Lead Referee or the Promoter’s representative on poolside.  

- It is the responsibility of each Club’s to ensure that their Coaches and Team Managers are responsible for their swimmers on the poolside, including behaviour, dress and code of conduct towards other competitors, officials and meet organisers at all times. Clubs are responsible to ensure that:
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- any of their swimmers leaving the pool deck are suitably dressed, this extends to all club representatives,

- at each session, the selection of chaperones for their swimmers and to ensure that such chaperones are DBS certified. LASA’s preference is that this person has completed the ASA Team Managers course.

- their chaperones of the same gender(s) of the swimmers completing in a particular session are selected.

- their Coaches, Chaperones and Team Managers will supervise their swimmers during warm up, and any of their swimmers using warm up/down facilities. Clubs are responsible to ensure that their swimmers have reached the standard of the ASA Competitive Start Award.

- their swimmers and chaperones comply with any supplementary facility conditions i.e. No hot drinks, food, or glass containers, of any sort, will be taken onto the pool deck area, or into the cubical/rooms designated for changing in.

* Anything not covered in the above, and printed in any of the associated literature will be at the discretion of the promoter.
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**Club Summary and Coaches Passes Application Form**

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

<table>
<thead>
<tr>
<th>Club</th>
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</thead>
<tbody>
<tr>
<td>Address</td>
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<tr>
<td>Telephone</td>
<td></td>
</tr>
<tr>
<td>e-mail:</td>
<td></td>
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<tr>
<td>Names of Coaches using passes</td>
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</table>

<table>
<thead>
<tr>
<th>Number of Female Electronic Entries</th>
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</thead>
<tbody>
<tr>
<td>Number of Male Electronic Entries</td>
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<td>£</td>
</tr>
<tr>
<td>Number of Coach passes</td>
<td>@£20.00</td>
<td>£</td>
</tr>
<tr>
<td></td>
<td>@£35.00</td>
<td>£</td>
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</tbody>
</table>

**Total Amount of Club Cheque Enclosed**

£

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

c/- City of Leicester Swimming Club, 8 Wyvern Close, Burbage, Leicestershire, LE10 2GG

or emailed to Darryl at mailto:darryl.ryan@sky.com.
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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:

<table>
<thead>
<tr>
<th>SESSION</th>
<th>DAY &amp; DATE</th>
<th>Please Tick box for all sessions you are available</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Friday PM 7th April</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Saturday AM 8th April</td>
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</tr>
<tr>
<td>3</td>
<td>Saturday PM 8th April</td>
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<tr>
<td>4</td>
<td>Sunday AM 9th April</td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sunday PM 9th April</td>
<td></td>
</tr>
</tbody>
</table>

Name

Address

Qualification        ASA Number

Email Address

**PLEASE COMPLETE AND RETURN TO ASAP**

Derek Bell ~ [mailto:colscsecretary@gmail.com](mailto:colscsecretary@gmail.com)

BRAUNSTONE LEISURE CENTRE ~ LEICESTER 8
CITY OF LEICESTER SWIMMING CLUB LIMITED  
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COLSC Swimmer’s Entry Form  

<table>
<thead>
<tr>
<th>Event</th>
<th>Please tick if you wish to enter using times taken from British rankings</th>
<th>Submitted Entry Time only</th>
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<tbody>
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<td>100m Freestyle</td>
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<tr>
<td>200m Freestyle</td>
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<td>400m Freestyle</td>
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<tr>
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<tr>
<td>400m Individual Medley</td>
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</table>

Total Cost: £7.00 per event £__________

Please return your entry form via your coach.

Cheques made payable to City of Leicester Swimming Club LTD or BACS payments to:

City of Leicester Swi Club Ltd T/As COLSC, Sort Code: 20-45-77, Account no: 20234176

Please reference your swimmer’s name i.e. AG17 <swimmer’s name> in the BACS reference so we can match against your entries. Attach a cheque or printout of your transaction with your entry form.

Form must be completed in full (Name, DoB & ASA Number) & Entries will not be accepted without payment.