



CITY OF LEICESTER SWIMMING CLUB LIMITED
(Affiliated to ASA East Midland Region & Leicestershire ASA)
PRESENTS
THE 2018 LEICESTER AGE GROUP MEET
(Under ASA Laws & the Technical Rules of Swimming)

This event is Licensed @ L3 (3EM180038) By the A.S.A. For Entry into Regional Championships

DATE: FRIDAY 9th, SATURDAY 10th & SUNDAY 11th MARCH 2018

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

HDW: **ALL EVENTS ARE HEAT DECLARED WINNER**

AWARDS: To the first three in each age group band

SESSIONS: Session One: Friday 9th ~ Sessions Two & Three: Saturday 10th ~
Sessions Four & Five: Sunday 11th

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

ENTRIES **FIRST COME FIRST SERVED**

CLOSING DATE: FRIDAY 1st MARCH 2018

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 6th APRIL

SESSION 1 WARM UP 5.00pm START 6.00pm **SESSION LENGTH Max. 2.75 hours**

Event No 101 Female 400m FREESTYLE
Event No 102 Male 400m FREESTYLE

SATURDAY 7th APRIL

SESSION 2 WARM UP 8.30am START 9.30am **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 8th APRIL

SESSION 4 WARM UP 8.30am START 9.30am **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

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

EVENT	10	11/12	13/14	15/OV
50m Freestyle	30.1	26.0	26.0	24.8
100m Freestyle	1:04.8	55.4	55.4	53.6
200m Freestyle	2:13.1	2:01.1	2:01.1	1:56.4
400m Freestyle	4:50.2	4:15.0	4:15.0	4:05.8
50m Breaststroke	38	32.9	32.9	31.4
100m Breaststroke	1:20.3	1:10.8	1:10.8	1:07.3
200m Breaststroke	3:00.6	2:33.7	2:33.7	2:26.1
50m Butterfly	32.3	28.5	28.5	27.1
100m Butterfly	1:12.6	1:01.3	1:01.3	58.8
200m Butterfly	2:40.0	2:16.7	2:16.7	2:09.1
50m Backstroke	33	29.8	29.8	28.4
100m Backstroke	1:10.3	1:02.6	1:02.6	59.5
200m Backstroke	2:30.0	2:12.8	2:12.8	2:08.1
200m Individual Medley	2:33.1	2:15.7	2:15.7	2:11.2
400m Individual Medley	5:25.4	4:48.3	4:48.3	4:37.1

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

EVENT	10	11/12	13/14	15/OV
50m Freestyle	31.4	27.6	27.6	27.1
100m Freestyle	1:09.0	58.9	58.9	58
200m Freestyle	2:20.0	2:06.0	2:06.0	2:04.4
400m Freestyle	5:00.0	4:23.4	4:23.4	4:19.4
50m Breaststroke	40.0	34.7	34.7	34
100m Breaststroke	1:23.6	1:13.7	1:13.7	1:12.4
200m Breaststroke	3:00.2	2:38.8	2:38.8	2:36.3
50m Butterfly	33.8	30.1	30.1	29.4
100m Butterfly	1:15.3	1:05.1	1:05.1	1:04.1
200m Butterfly	2:45.0	2:22.1	2:22.1	2:18.8
50m Backstroke	34.9	31.2	31.2	30.7
100m Backstroke	1:12.1	1:05.5	1:05.5	1:04.1
200m Backstroke	2:35.1	2:20.1	2:20.1	2:16.9
200m Individual Medley	2:37.4	2:22.8	2:22.8	2:20.5
400m Individual Medley	5:30.0	4:59.9	4:59.9	4:54.8

Only swimmers **SLOWER** than the above times shown are eligible to enter
REMEMBER ~ AGE MEANS AGE AT 31st December 2018

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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 2018.
- 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 **March 1st 2018**
- 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 **5th 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. AG18 <4digit club code> so we can match against your club entries and email 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 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 and information 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 be 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 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

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

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:

SESSION	DAY & DATE	Please Tick box for all sessions you are available
1	Fri PM 9th March	
2	Sat AM 10th March	
3	Sat PM 10th March	
4	Sun AM 11th March	
5	Sun PM 11th March	

Name			
Address			
Qualification		ASA Number	
Email Address			

PLEASE COMPLETE AND RETURN TO ASAP

<mailto:colscsecretary@gmail.com>

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COLSC Swimmer's Entry Form

Name: _____ **ASA Number:** _____

Event	Please tick if you wish to enter using times taken from British rankings	Submitted Entry Time only
50m Freestyle		
100m Freestyle		
200m Freestyle		
400m Freestyle		
50m Backstroke		
100m Backstroke		
200m Backstroke		
50m Breaststroke		
100m Breaststroke		
200m Breaststroke		
50m Butterfly		
100m Butterfly		
200m Butterfly		
200m Individual Medley		
400m Individual Medley		
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. AG18 <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 & ASA Number) & Entries will not be accepted without payment.