

CITY OF LEICESTER SWIMMING CLUB LIMITED

(Affiliated to ASA East Midland Region & Leicestershire ASA)

PRESENTS

THE 2015 LEICESTER AGE GROUP MEET

(Under ASA Laws & the Technical Rules of Swimming)

10th/11th/12th APRIL 2015

BRAUNSTONE LEISURE CENTRE ~ LEICESTER

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

- DATE:* FRIDAY 10th ~ SATURDAY 11th & SUNDAY 12th APRIL 2015
- VENUE:* BRAUNSTONE LEISURE CENTRE ~ LEICESTER
- AGE GROUPS:* Male / Female ~ 10yrs – 11yrs/12yrs – 13yrs/14yrs – 15/Ov - Open
- 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 band
- SESSIONS:* One Friday 17th ~ Two Saturday 18th ~ Two Sunday 19th
- SWIM DOWN:* Separate 4 lane 25m Swim-Down Pool available at the specified times.
- ENTRIES:* **FIRST COME FIRST SERVED**
- CLOSING DATE:* Tuesday 31st MARCH 2015.

8 LANE 25m COMPETITION POOL – ELECTRONIC TIMING

FOR MORE INFORMATION & CLUB ENTRY PACK VISIT:

Web: www.cityofleicesterswimmingclub.co.uk

Email: dxela2002@yahoo.co.uk

Or: send a large sae to: -

City of Leicester Swimming Club Limited

2 Hamelin Road

Braunstone

Leicester

LE3 1JN

Tel No 07595710564

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PROGRAMME OF EVENTS

FRIDAY 10th APRIL

SESSION 1 WARM UP 5.00pm START 6.00pm SESSION LENGTH 3 hours

Ev No 101 Female 200m IND.MELDEY
Ev No 102 Male 200m IND.MEDLEY
Ev No 103 Female 50m BUTTERFLY
Ev No 104 Male 50m BUTTERFLY
Ev No 105 Female 50m BACKSTROKE
Ev No 106 Male 50m BACKSTROKE
Ev No 107 Female 50m BREASTSTROKE
Ev No 108 Female 50m BREASTSTROKE

SATURDAY 11th APRIL

SESSION 2 WARM UP 8.30am START 9.30am SESSION LENGTH 3.5 hours

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

SESSION 3 WARM UP TBC SESSION LENGTH 3.5 hours

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

SUNDAY 12th APRIL

SESSION 4 WARM UP 8.30am START 9.30am SESSION LENGTH 3.5 hours

Ev No 419 Female 400m IND MELDEY
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 Female 400m FREESTYLE
Ev No 525 Male 100m BACKSTROKE
Ev No 526 Female 100m BACKSTROKE
Ev No 527 Male 200m BREASTSTROKE
Ev No 528 Female 200m BREASTSTROKE
Ev No 529 Male 50m FREESTYLE
Ev No 530 Female 50m FREESTYLE

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BOYS UPPER LIMIT TIMES

EVENT	10	11	12	13	14	15/OV
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

EVENT	10	11	12	13	14	15/OV
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 2015

THE 2015 LEICESTER AGE GROUP MEET

Friday 10th, Saturday 11th & Sunday 12th April 2015
(Under ASA Laws & The Technical Rules of Swimming)

BRAUNSTONE LEISURE CENTRE, LEICESTER

This Event is licensed @L3 (3EM) By The A.S.A. For Entry into Regional Championships

PROMOTORS 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 on-line after the event at: 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.
- The competition is open to registered swimmers as defined by ASA Laws: Age as at 31st December 2015.
- 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 competitors property. Competitors are advised to use the lockers in the changing village and not leave belongings unattended.
- Heats will be seeded according to submitted entry times.
- 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 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 Sportsystems Entry File found on the website. Exported Entry files must be emailed to both **dxela2002@yahoo.co.uk** and **darryl.ryan@sky.com** to be received by **Tuesday March 31st 2015**
- A printout of event entries from Sportsystems, 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. The entry fee is **£6.00** per event
- Paper entries will be charged at **£6.50** per event and must be submitted using the entry form within the pack and returned to the address shown below with correct fee by **Tuesday March 31st 2015**.
- All club or individual cheques should be made payable to **City of Leicester Swimming Club LTD**.
- BACS payments are available on request. Please contact **dxela2002@yahoo.co.uk**
- 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 promoters reserve the right to close entries prior to the advertised closing date if the meet reaches it maximum.
- **Entries must be within the published qualifying times** for each event.
- As soon as possible after the closing date, club list sheets will be posted on the clubs 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 returned to:

City of Leicester Swimming Club
1 Tennyson Road
Hinckley
Leicestershire
LE10 0TH

Tel: 07595710564

Email: dxela2002@yahoo.co.uk

Web: www.cityofleicesterswimmingclub.co.uk

- Entry Fee: £6.00 per event (£6.50 for individual paper entries)
- Coaches Passes: £18.00 three day pass (including refreshments)
£30.00 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.

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Club Summary and Coaches Passes Application Form

Cheques made payable to 'City of Leicester Swimming Club LTD' to be returned by

Club		
Address		
Telephone		
e-mail		
Address		
Telephone		
e-mail		
Names of Coaches using passes		
Number of Female Electronic Entries	@6.00	£
Number of Male Electronic Entries	@6.00	£
Number of Paper Entries	@6.50	£
Number of Coach passes	@£18.00/£30.00	£
<u>Total Amount of Club Cheque Enclosed</u>		£

THIS FORM MUST BE COMPLETED AND RETURNED FOR ALL CLUB ENTRIES WITH THE SPORTSYTEMS PRINTOUTS.

**THIS FORM MUST BE COMPLETED AND RETURNED WITH ALL PAPER ENTRIES.
ALL FORMS, PRINTOUTS AND PAYMENTS MUST BE SENT TO**

City of Leicester Swimming Club
1 Tennyson Road Hinckley Leicestershire LE10 0TH

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Swimmers Entry Form

(Form to be submitted for paper entries by individuals to the address below)

(If Clubs use form for internal entries and submit electronic entries the fees will be £6.00 and not £6.50 as shown and the forms do not have to be returned)

Name: _____ / **Club** _____

DOB: _____ **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:	£6.50 per event	£ _____

For Paper Submission please post City of Leicester Swimming Club
1 Tennyson Road, Hinckley, Leicestershire LE10 0TH
Cheques made payable to City of Leicester Swimming Club LTD

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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:

		Please Tick box for all sessions you are available
Session 1	Friday PM 10th April	
Session 2	Saturday AM 11th April	
Session 3	Saturday PM 11th April	
Session 4	Sunday AM 12th April	
Session 5	Sunday PM 12th April	

Name	
Address	
Qualification	
Email Address	

PLEASE COMPLETE AND RETURN TO ASAP

Simon Chiles
hayley.chiles@btinternet.com