



TEAM JORVIK  
VIKING SPRINTS – THREE GRADES MEET



SATURDAY 18<sup>th</sup> JUNE 2016

Bingley Swimming Club have been invited to compete in the Team Jorvik Viking Sprints Meet taking place on Saturday 18<sup>th</sup> June 2016 at the John Charles Centre for Sport in Leeds. With A, B and C grade meets running concurrently this is an opportunity for swimmers of all abilities to compete. The details of the session times, events available and cut off times are shown below, swimmers must not have recorded an electronic time faster than the A grade cut off time to be eligible to enter.

This meet will be very popular, and is based on a first come, first served basis. Please complete the form below and return to Simon Mettrick with cheques payable to “Bingley Swimming Club” by **Friday 29<sup>th</sup> April 2016** at the latest. Payment should be by cheque only, **NO CASH**.

Entry fees are £4.75 per event – minimum 2 events per swimmer.

Please note that swimmers will need Level 2 ASA Category registration to compete.

Swimmers Name:
ASA Membership No:
Date of Birth:
Age on 18 <sup>th</sup> June 2016:
Telephone number:

Event	Time	Event	Time
50m Free		50m Breast	
50m Back		50m Fly	
100m IM			



## Viking Sprints – Three Grades Meet

### Cut-off Times

Swimmers must not have swum faster than these times in the 12 months preceding entry.

Boys Cut-Off Times (no faster than)						
Age	Grade	50m Fly	50m Back	50m Breast	50m Free	100m IM
<b>9 years</b>	A	44.10	47.20	49.70	37.20	1:36.40
	B	49.60	51.30	54.30	42.40	1:46.50
	C	54.20	57.80	1:01.60	47.70	1:57.20
<b>10 years</b>	A	39.00	41.10	44.70	34.80	1:28.60
	B	43.90	46.20	50.30	39.14	1:39.70
	C	49.40	52.00	56.60	44.00	1:52.20
<b>11 years</b>	A	35.90	37.30	41.70	32.20	1:22.60
	B	40.40	42.00	46.90	36.20	1:33.00
	C	45.45	47.30	52.80	40.70	1:44.60
<b>12 years</b>	A	33.30	34.80	38.60	30.20	1:17.30
	B	37.50	39.20	43.40	34.00	1:27.00
	C	42.20	44.10	48.80	38.20	1:37.90
<b>13 years</b>	A	31.70	33.00	36.10	28.90	1:12.50
	B	35.70	37.10	40.60	32.50	1:21.60
	C	40.20	41.70	45.70	36.60	1:31.80
<b>14 years</b>	A	30.20	31.70	34.50	27.80	1:09.30
	B	34.00	35.70	38.80	31.30	1:18.00
	C	38.25	40.20	43.60	35.20	1:27.80
<b>15 years</b>	A	28.50	29.00	32.00	26.00	1:03.20
	B	32.50	33.10	37.00	30.00	1:14.50
	C	36.60	37.20	41.60	33.80	1:23.80

Girls Cut-Off Times (no faster than)						
Age	Grade	50m Fly	50m Back	50m Breast	50m Free	100m IM
<b>9 years</b>	A	44.60	47.80	50.30	37.70	1:37.30
	B	49.70	51.20	56.60	42.50	1:47.60
	C	55.30	58.30	1:02.40	48.00	1:58.70
<b>10 years</b>	A	39.10	40.10	45.60	35.20	1:29.60
	B	44.00	45.20	51.30	39.60	1:40.80
	C	49.50	50.90	57.80	44.60	1:53.40
<b>11 years</b>	A	35.90	36.60	41.70	32.40	1:21.80
	B	40.40	41.20	47.00	36.50	1:32.10
	C	45.50	46.40	52.90	41.10	1:43.70
<b>12 years</b>	A	34.40	35.30	39.50	31.20	1:18.30
	B	38.70	39.80	44.50	35.10	1:28.10
	C	43.60	44.80	50.10	39.50	1:39.20
<b>13 years</b>	A	32.90	34.00	38.10	30.30	1:15.70
	B	37.00	38.30	42.90	34.10	1:25.20
	C	41.60	43.10	48.30	38.40	1:35.90
<b>14 years</b>	A	32.10	33.60	37.00	29.40	1:14.20
	B	36.20	37.80	41.70	33.10	1:23.50
	C	40.80	42.60	47.00	37.20	1:34.00
<b>15 years</b>	A	31.40	33.20	36.20	28.80	1:11.60
	B	35.30	37.40	40.80	32.40	1:20.60
	C	39.80	42.10	45.90	36.50	1:30.70



## Viking Sprints – Three Grades Meet Session Times

### Session 1

Girls Warm-up 8:00 – 8:25am    Boys Warm-up 8:25 – 8:50am First Heat 9:00am	
101	Girls 11, 12 & 15+ years 100m Individual Medley
102	Boys 9, 10, 13 & 14 years 100m Individual Medley
103	Girls 11 & 12 years 50m Backstroke
104	Boys 9 & 10 years 50m Breaststroke
105	Girls 15+ years 50m Butterfly
106	Boys 13 & 14 years 50m Freestyle
107	Girls 11 & 12 years 50m Breaststroke
108	Boys 9 & 10 years 50m Backstroke
109	Girls 15+ years 50m Freestyle
110	Boys 13 & 14 years 50m Butterfly
111	Girls 11 & 12 years 50m Freestyle
112	Boys 9 & 10 years 50m Butterfly
113	Girls 15+ years 50m Backstroke
114	Boys 13 & 14 years 50m Breaststroke
115	Girls 11 & 12 years 50m Butterfly
116	Boys 9 & 10 years 50m Freestyle
117	Girls 15+ years 50m Breaststroke
118	Boys 13 & 14 50m Backstroke

### Session 2

Girls Warm-up 1:00 – 1:25pm    Boys Warm-up 1:25 – 1:50pm First Heat 2:00pm	
201	Girls 9, 10, 13 & 14 years 100m Individual Medley
202	Boys 11, 12 & 15+ years 100m Individual Medley
203	Girls 9 & 10 years 50m Backstroke
204	Boys 11 & 12 years 50m Breaststroke
205	Girls 13 & 14 years 50m Butterfly
206	Boys 15+ years 50m Freestyle
207	Girls 9 & 10 years 50m Breaststroke
208	Boys 11 & 12 years 50m Backstroke
209	Girls 13 & 14 years 50m Freestyle
210	Boys 15+ years 50m Butterfly
211	Girls 9 & 10 years 50m Freestyle
212	Boys 11 & 12 years 50m Butterfly
213	Girls 13 & 14 years 50m Backstroke
214	Boys 15+ years 50m Breaststroke
215	Girls 9 & 10 years 50m Butterfly
216	Boys 11 & 12 years 50m Freestyle
217	Girls 13 & 14 years 50m Breaststroke
218	Boys 15+ 50m Backstroke



## Viking Sprints – Three Grades Meet Rules

1. The promoter for this event is Allyson Buckton.
2. This is a Level 3 Licensed Meet – (License No. TBC) – (times achieved eligible for Yorkshire Champs)
3. The Competition will be held under ASA Laws & ASA Technical Rules.
4. The one start rule will apply.
5. Over the top starts may be used at the Referee's discretion. Swimmers are requested to remain in the water until asked to leave the pool.
6. All events will be heat declared winners.
7. The Referee's decision is final.
8. The pool is 25m long, 10 lanes with anti-wave lane ropes and electronic timing. A swim down facility will be available during the sessions (it will be withdrawn if not properly used).
9. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
10. Age Groups are 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs and 15 yrs & OVER.
11. Ages are as at 18<sup>th</sup> June 2016.
12. All entries must show the full date of birth, age on day, ASA Registration Number and MD classification (where appropriate) for each swimmer.
13. Time entries are to be based on 25m pool times or converted 50m pool times by use of the ASA Conversion Tables and should be SLOWER than the published cut-offs. There is no allowance on the "A" Grade times.
14. The closing date for entries is 14<sup>th</sup> May 2016 (or earlier if full) and refers to the final date on which entries must be received by Team Jorvik.
15. Entries are accepted on the 'first come, first served basis' only. Poolside entries will not be accepted.
16. Should entries be over-subscribed, the promoter reserves the right to limit entries by rejection of the last entries to be received.
17. This meet will operate as a CARDLESS meet. All entry withdrawals must be presented to the recorder no later than 10 minutes after the start of the first warm-up for each session (on the appropriate form)
18. All swimmers must report to the marshalling area at least one event prior to their event.
19. The fees for this event are **£4.75** for each individual entry. **Minimum 2 entries per swimmer.**
20. Entries must be made **online** – no other form of entry will be accepted.
21. Coaches **MUST** wear passes provided at all times whilst on poolside. Only swimmers with accepted entries and Coaches/Team Managers with a valid Coaches pass will be allowed on poolside.
22. Coach passes are priced at **£12.00** each and include lunch, programme, start lists and results by Web. One free additional pass for every 50 entries up to a maximum of 3 passes.
23. Coaches and Team Managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
24. Swimmers are not allowed to sit in the spectator gallery.
25. Trophies/medals/awards will be made as follows:  
Top Club - Top Boy - Top Girl – all age groups  
'A', 'B' & 'C' Grade – all age groups – Top 6  
Swimmers who swim faster than the cut off time for 'A' Grade will receive a Speeding Ticket.
26. All awards are to be collected from the awards table during the meet. Speeding tickets will be available for collection by Coaches/Team Managers from the timing suite at the end of each session.
27. In each event and grade, points will be awarded (6, 5, 4, 3, 2 and 1) to the first six in each age group and grade. These points will be totalled to decide Top Boy & Top Girl for each of the age groups. In the event of a tie on points the award will be given to the swimmer/club with the most 1st places. Speeding tickets have no points value for Top Boy / Top Girl.
28. Admission for spectators will be **£5 per session or £8 for the day**, programmes **£2**. Children accompanied by adults will be admitted free of charge.
29. Any point not covered by these rules will be at the discretion of the organisers, Lead Referee and the Promoter.