



## Spensorough Swimming Club 125<sup>th</sup> Anniversary All Grades Gala

Sunday 15<sup>th</sup> November 2015

Bingley Swimming Club are entering a squad at Spensorough Swimming Club's 125<sup>th</sup> Anniversary All Grades gala 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.

Please complete the form below and return to Simon Mettrick with cheques payable to "Bingley Swimming Club" by **Friday 9<sup>th</sup> November 2015** 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 15 <sup>th</sup> November 2015:
Telephone number:

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



# Spenborough Swimming Club

(Affiliated to ASA North East Region)

You are cordially invited to celebrate our

## 125<sup>th</sup> Anniversary All Grades Gala

(Held under ASA Laws and Technical Rules – Level 3 Licensed Meet - 3NE151517)

**SUNDAY 15<sup>th</sup> NOVEMBER 2015**

**at John Charles Centre for Sport, Leeds**

### Meet Details

A, B & C Graded Short Course Sprints Meet  
9 to 15 & over years – 50m all strokes and 100m Ind Medley plus 'Sweetheart' mixed relay  
All events are Heat Declared Winner. Age as at 15<sup>th</sup> November 2015  
Heats will be seeded on submitted times (converted to 25m pool times)  
Only entries up to the designated fastest times for 'A' Grade will be accepted  
Swimmers will be graded based upon the time swum on the day, not on entry times

### Awards

Top 6 for all grades age 9 to 12  
Top 3 for all grades age 13 to 15+  
Speeding Tickets awarded for those swimming faster than the A Grade cut off times  
Top Boy & Top Girl awards for all age groups irrespective of grading + Top Club award

### Entries

Cost - **£4.75 per event** – minimum 2 events per swimmer  
Coaches' passes £15.00 (£2 refunded on return of pass) inclusive of lunch, programme, start sheets and timings sheet & full results via [www.openmeets.co.uk](http://www.openmeets.co.uk)  
Entries will be accepted strictly on a 'first come, first served' basis with email confirmation as soon as entries are processed  
Spectator admission £5 per session or £8 for the day, OAP/Children (over 5) £3 per session and £5 for the day  
Programmes £2  
Entry times can be modified on-line up to the night before the meet.  
Entries to be made electronically through the link on the club website at  
[www.spenboroughswimmingclub.org.uk](http://www.spenboroughswimmingclub.org.uk)  
Payment by internet banking (details available via email) or cheques payable to 'Spenborough Swimming Club'  
by post to Michael Brickwood, 17 Portal Drive, Mirfield, West Yorkshire, WF14 0JL

**Closing Date Midnight 15<sup>th</sup> October 2015 or when the meet is full**

**Email: [spenmeets@gmail.com](mailto:spenmeets@gmail.com)**

Promoters: Michael Brickwood & Ian Johnson

## Session Times & Events

<b>Session 1 Morning</b>	
<b>Warm Up</b>	
<b>Girls 8:00am to 8:25am Boys 8:25am to 8:50am</b>	
<b>First Heat 9:00am</b>	
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 years 50m Backstroke
119	"Sweetheart Relay" 4 x 50m Freestyle Relay

<b>Session 2 Afternoon</b>	
<b>Warm Up</b>	
<b>Girls 1:30pm to 1:55pm Boys 1:55pm to 2:20pm</b>	
<b>First Heat 2:30pm</b>	
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+ years 50m Backstroke
219	"Sweetheart Relay" 4 x 50m Freestyle Relay

## Cut Offs

Boys Cut – Off Times (No faster than)						
Age	Grade	50m Free	50m Fly	50m Back	50m Breast	100m IM
9 yrs	A	37.50	43.50	46.50	49.50	1.36.00
	B	42.50	49.50	50.50	54.50	1.46.00
	C	47.50	53.50	56.50	1.01.50	1.57.00
10 yrs	A	33.50	38.50	39.50	43.50	1.28.00
	B	38.50	43.50	45.50	49.50	1.38.00
	C	43.50	49.50	51.50	56.50	1.51.00
11 yrs	A	31.50	35.50	36.50	39.50	1.21.00
	B	35.50	39.50	41.50	45.50	1.32.00
	C	39.50	45.50	46.50	52.50	1.43.00
12 yrs	A	29.50	32.50	33.50	37.50	1.16.00
	B	33.50	37.50	38.50	42.50	1.26.00
	C	37.50	42.50	43.50	48.50	1.36.00
13 yrs	A	28.50	31.50	32.50	35.50	1.11.00
	B	31.50	35.50	36.50	39.50	1.19.00
	C	36.50	39.50	39.50	44.50	1.31.00
14 yrs	A	27.50	29.50	29.50	33.50	1.08.00
	B	29.50	33.50	34.50	38.50	1.17.00
	C	34.50	37.50	39.50	43.50	1.27.00
15 yrs +	A	25.50	27.50	28.50	31.50	1.02.00
	B	29.50	31.50	32.50	36.50	1.13.00
	C	33.50	36.50	36.50	41.50	1.22.00

Girls Cut – Off Times (No faster than)						
Age	Grade	50m Free	50m Fly	50m Back	50m Breast	100m IM
9 yrs	A	37.50	44.50	47.50	50.50	1.37.00
	B	42.50	49.50	51.50	56.50	1.47.00
	C	47.50	55.50	57.50	1.02.50	1.58.50
10 yrs	A	34.50	38.50	39.50	44.50	1.28.00
	B	39.50	43.50	44.50	50.50	1.40.00
	C	44.50	48.50	50.50	57.50	1.52.00
11 yrs	A	31.50	35.50	35.50	40.50	1.21.00
	B	35.50	39.50	40.50	46.50	1.31.00
	C	40.50	45.50	45.50	52.50	1.43.00
12 yrs	A	30.50	33.50	34.50	38.50	1.17.00
	B	34.50	38.50	39.50	43.50	1.27.00
	C	39.50	43.50	44.50	49.50	1.38.00
13 yrs	A	29.50	32.50	33.50	37.50	1.14.00
	B	33.50	36.50	37.50	42.50	1.24.00
	C	38.50	41.50	42.50	47.50	1.34.00
14 yrs	A	28.50	31.50	32.50	36.50	1.14.00
	B	32.50	35.50	36.50	41.50	1.22.00
	C	36.50	40.50	42.50	46.50	1.33.00
15 yrs +	A	27.50	30.50	32.50	35.50	1.10.00
	B	31.50	34.50	36.50	40.50	1.19.00
	C	35.50	39.50	41.50	45.50	1.30.00

# 125<sup>th</sup> Anniversary Gala Rules

1. The promoter for this event is Ian Johnson.
2. This is a Level 3 Licensed Meet – (License applied for) – times achieved eligible for Yorkshire Championships.
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.
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 15<sup>th</sup> November 2015.
12. All entries must show the full date of birth, age on day, ASA Registration Number and MD classification (where appropriate) for each swimmer. Sweetheart relay is a mixed gender event, all other events single gender.
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 15th October 2015 (or earlier if full) and refers to the final date on which entries must be received by Spenborough Swimming Club.
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 the start of the relevant 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 on the **Electronic Entry Form** issued to participating clubs by the promoters – 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 **£15.00** each and include lunch, programme, start lists and results by web.
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, Top 6 for all grades aged 9, 10, 11 and 12 yrs, Top 3 for all grades aged 13, 14 and 15+ yrs. Swimmers swimming faster than the cut off time for their grade will be awarded a Speeding Ticket.
26. All awards are to be collected from the awards table during the meet. Presentations only for Top Boy/Girl and Top Club. 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**, OAP's and children over 5 admission will be **£3 per session/£5 per day**. Programmes **£2.00**
29. Any point not covered by these rules will be at the discretion of the organisers and the promoters.

[www.spenboroughswimmingclub.org.uk](http://www.spenboroughswimmingclub.org.uk)

Email: [spenmeets@gmail.com](mailto:spenmeets@gmail.com)

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