



(Affiliated to Swim England North East Region)

You are cordially invited to the 12th annual

Viking Sprints – Three Grades Meet

"The One for the Whole Squad"

Held under ASA Laws and ASA Technical Rules. Level 3 Licensed Meet – Licence No: NE200154

Date & Venue

Saturday 20th June 2020

at The Aquatics Centre, John Charles Centre for Sport, Leeds

About

Our very popular sprints meet. A fun, friendly, fast-paced meet designed to give all swimmers from a club the chance to race together, whether it is their first meet or they are aiming for county/regional qualifying times. Vocal support for teammates is strongly encouraged! Lots of medals to be won.

Meet Details

- A, B & C Graded Short Course Sprints Meet.
- 50m all strokes plus 100m Individual Medley
- Age groups from 9 to 15+ years. Age as at 20th June 2020.
- All events are Heat Declared Winners
- Integrated heats will be seeded on submitted 25m pool times
- Swimmers will be graded based upon the time swum on the day, not on entry times.

Awards

- Top 6 for all ages in each of A, B and C grades
- Swimmers who swim faster than the cut off time for A Grade will receive a Speeding Ticket
- Top Boy & Top Girl awards for all age groups, irrespective of grading + Top Club award.

Entries

- Cost: £5.50 per event – minimum 2 events per swimmer
- Accepted entries will be available to view online
- Online entry only via **www.openmeets.co.uk**
- Entry times can be modified online until the day before the meet
- **Meet opens for entries on Saturday 21st March 2020.** Entries accepted on a first-come-first-served basis.
- Once the meet is full it will be closed and notified on Open Meets and our website.
- Results will be available online shortly after the gala ends.
- Spectator admission £5 per session or £8 for the day, programmes £2

Contact: **management@teamjorvik.co.uk**

www.teamjorvik.co.uk



Viking Sprints – Three Grades Meet

Cut-off Times

Swimmers will be graded by times swum on the day.

| Boys Cut-Off Times (no faster than) | | | | | | |
|-------------------------------------|-------|---------|----------|------------|----------|---------|
| Age | Grade | 50m Fly | 50m Back | 50m Breast | 50m Free | 100m IM |
| 9 years | 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 |
| 10 years | 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 |
| 11 years | 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 |
| 12 years | 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 |
| 13 years | 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 |
| 14 years | 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 |
| 15 years | 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 |
| 9 years | 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 |
| 10 years | 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 |
| 11 years | 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 |
| 12 years | 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 |
| 13 years | 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 |
| 14 years | 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 |
| 15 years | 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 2020 – Three Grades Meet Rules

1. The promoter for this event is Allyson Buckton.
2. This is a Level 3 Licensed Meet (Licence No NE200154) – times achieved eligible for County and Regional 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 (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 20th June 2020.
12. Entries must be made **online** at www.openmeets.co.uk and must show the full date of birth, age on day, ASA Registration Number and MD classification (where appropriate) for each swimmer.
13. Submitted times 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. Swimmers can be entered with "No Time" but an estimated time is preferable.
14. The closing date for entries is 23rd May 2020, or earlier if the meet is 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.
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 one event prior to their event, or when called.
19. The fees for this event are **£5.50** for each individual entry. **Minimum 2 entries per swimmer.**
20. 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.
21. Full Coaches passes are priced at **£15.00** each and include lunch, programme and start lists. At least one pass must be purchased per team. One free additional pass will be given for every 50 entries, up to a maximum of 3 passes, but these free passes will not include lunch.
22. Coaches and Team Managers are requested to ensure their swimmers respect the officials and are silent at the start of each heat.
23. Swimmers must not enter the spectator gallery whilst wet or without appropriate footwear and clothing.
24. Trophies/medals/awards will be made as follows:
Top Club.
Top Boy and Top Girl in all age groups
'A', 'B' & 'C' Grade in all age groups – Top 6
Swimmers who swim faster than the cut off time for 'A' Grade will receive a Speeding Ticket.
25. All awards are to be collected from the awards table during the meet.
26. 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. The Top Club award will be presented to the club with the highest total points.
27. 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.
28. Any point not covered by these rules will be at the discretion of the organisers, Lead Referee and the Promoter.