



**2009**  
**CHRISTMAS CRACKER**  
Plus  
**CHRISTMAS PRIZE SKINS**  
**With prize money in excess of £1000**  
**National Qualifying Meet**  
Level 1 licensed  
(Under ASA Laws & ASA Technical Rules)

- DATES:** Saturday, Sunday, 19<sup>th</sup>/20<sup>th</sup> December 2009
- VENUE:** Aquatics Centre  
John Charles Centre for Sport  
Middleton Grove  
Leeds LS11 5DJ
- TRAVEL** Follow signs for John Charles Stadium for Sport. Private transport is recommended.
- FACILITIES:** 10 lane display electronic timing, 50 metre pool  
Diving Pit for warm up / swim down
- MEET DIRECTOR** J. Cole  
38 Hazel Avenue  
Whinmoor  
Leeds, LS14 2HW  
Tel : 0791 4417511  
Email:- cityofleedssc@hotmail.co.uk
- AGE GROUPS:** The individual categories are boys and girls aged 12,13, 14, + 15 and over as at 20<sup>th</sup> December 2009
- ENTRIES:** **Closing date for entries is 12<sup>th</sup> November 2009**  
**All entry times to be converted to 50 metres please.**  
Completed entry forms to be returned to Meet Director, enclosing an A5 size, stamped addressed envelope for receipt of entries. A5 is half the size of a standard A4 sheet of paper as used in a photocopier.
- PURPOSE OF MEET** To allow swimmers to achieve County, District and National qualifying times.

*Headquarters, Aquatics Centre, John Charles Centre for Sport, Middleton Grove, Leeds LS11 5DJ  
Affiliated to the ASANER*

**Internet:-[www.swimleeds.org.uk](http://www.swimleeds.org.uk)**

**ENTRY FEES**

£6 per event, includes licensing fees.

**AWARDS:**

Cheques to be made payable to 'City of Leeds SC'

Awards will be presented to the top 3 in each age group in each event, except for skins events.

The Skins prize money will be £25 for the overall winner of each event and £10 for the winner of each skin.

The payments will be paid in cash or cheque by the Co Leeds SC Club Treasurer and will be immediately after the final has been completed.

The Top Boy and Top Girl in each age group will receive a payment of £50, based on the top highest individual points score in any one event.

This gives a total prize fund of over £1000.

**SKINS**

The eight fastest swimmers in the 50m heats will qualify for the Skins knockout competition, with the slowest swimmer in each round of the competition being eliminated from the next round. Each round will be swum at 3 minute intervals. There are no reserves for the Skins knockout competition. In the event of withdrawals, the prize fund will be increased for the winner. However we will try to ensure that all 10 lanes are full.

**COACHES PASSES:**

£12.00 each, to include programme and result sheets only

**ENTRY CARDS:**

This meet will be run without entry cards, all heats being pre-seeded.

**SEEDING:**

The individual heats will be seeded according to submitted entry times.

**INDEMNITY**

" City of Leeds Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the City of Leeds Swimming Club"

"City of Leeds Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken up by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a CRB check and preferably attended a good practice course."

**SPECTATOR FACILITIES**

Please note that it is unlikely that swimmers will be allowed in the spectator area. Swimmers should stay in the swimmers area.

**OFFICIALS**

If any visiting teams have any officials who wish to help at the meet, please advise the Meet Director at [cityofleedssc@hotmail.co.uk](mailto:cityofleedssc@hotmail.co.uk)

**Any points not covered to be at the discretion of the Meet Director**

# 2009 CHRISTMAS CRACKER MEET National Qualifying Meet

## Saturday 19<sup>th</sup> December 2009

**Morning warm up**      **07.50**  
**Morning start**        **09:00**

**Heats**  
**Heats**

Boys            100 Fly HDW  
Girls            100 Breast HDW  
Boys            50 Breast  
Girls            50 Back  
Boys 12/13    200 Free HDW  
Boys 14/over  200 Free HDW  
Girls 12/13    200 I/M HDW  
Girls 14/over  200 I/M HDW

**Finals**

Boys            50 Breast Skins Final  
Girls            50 Back Skins Final

**Afternoon warm up**    **tbc**  
**Afternoon start**        **tbc**

**Heats**  
**Heats**

Boys            400 Free  
Girls            100 Fly HDW  
Boys            100 Breast HDW  
Girls            50 Breast  
Boys            50 Back  
Girls 12/13    200 Breast HDW  
Girls 14/over  200 Breast HDW  
Boys.12/13    200 I/M HDW  
Boys 14/over  200 I/M HDW

**Finals**

Girls            50 Breast Skins Final  
Boys            50 Back Skins Final

## Sunday 20<sup>th</sup> December 2009

**Morning warm up**      **07.50**  
**Morning start**        **09:00**

**Heats**

Girls 12/13    200 Free HDW  
Girls 14/over  200 Free HDW  
Boys 12/13    100 Free HDW  
Boys 14/over  100 Free HDW  
Girls            200 Fly HDW  
Boys            50 Fly  
Girls            50 Free  
Boys 12/13    100 Back HDW  
Boys 14/over  100 Back HDW  
Girls 12/13    200 Back HDW  
Girls 14/over  200 Back HDW

**Finals**

Girls            50 Free Skins Final  
Boys            50 Fly Skins Final

**Afternoon warm up**    **tbc**  
**Afternoon start**        **tbc**

**Heats**

Girls            400 Free  
Boys 12/13    200 Breast HDW  
Boys 14/over  200 Breast HDW  
Girls            50 Fly  
Boys            50 Free  
Girls 12/13    100 Free HDW  
Girls 14/over  100 Free HDW  
Boys            200 Fly HDW  
Girls 12/13    100 Back HDW  
Girls 14/over  100 Back HDW  
Boys 12/13    200 Back HDW  
Boys 14/over  200 Back HDW

**Finals**

Boys            50 Free Skins Final  
Girls            50 Fly Skins Final

# 2009 CHRISTMAS CRACKER MEET National Qualifying Meet

(Under ASA Laws & ASA Technical Rules)

**Submitted entry times must be converted to 50m times where appropriate.  
In the case of any disputes, local and national ranking information may be used.**

## Consideration times

Distance	Stroke	12 years	13 years	14 years	15 and over
<b>BOYS</b>					
50m	Freestyle	28.0			
100m	Freestyle	1.14.4	1.09.4	1.06.4	1.04.3
200m	Freestyle	2.43.1	2.31.1	2.24.6	2.19.9
400m	Freestyle	By invitation from fastest 200m Free, no fee			
50m	Backstroke	36.3			
100m	Backstroke	1.24.7	1.18.5	1.14.6	1.12.1
200m	Backstroke	3.02.1	2.49.7	2.40.9	2.35.0
50m	Breaststroke	42.3			
100m	Breaststroke	1.35.0	1.27.9	1.23.7	1.20.9
200m	Breaststroke	3.26.7	3.11.3	3.00.9	2.55.0
50m	Butterfly	34.0			
100m	Butterfly	1.22.8	1.16.5	1.12.3	1.09.8
200m	Butterfly	3.03.7	2.49.7	2.39.8	2.34.2
200m	I/M	3.03.8	2.50.8	2.43.2	2.38.0
<b>GIRLS</b>					
50m	Freestyle	30.2			
100m	Freestyle	1.14.6	1.11.5	1.10.1	1.09.4
200m	Freestyle	2.41.3	2.33.7	2.31.0	2.29.1
400m	Freestyle	By invitation from fastest 200m Free, no fee			
50m	Backstroke	37.7			
100m	Backstroke	1.24.2	1.20.8	1.18.6	1.17.7
200m	Backstroke	2.59.8	2.52.7	2.48.0	2.45.5
50m	Breaststroke	42.5			
100m	Breaststroke	1.34.2	1.29.7	1.28.0	1.27.0
200m	Breaststroke	3.34.8	3.24.0	3.16.6	3.14.8
50m	Butterfly	35.0			
100m	Butterfly	1.22.4	1.18.5	1.16.3	1.15.7
200m	Butterfly	3.02.4	2.51.5	2.48.0	2.45.5
200m	I/M	3.02.2	2.50.3	2.48.7	2.47.9

Please note that these times are consideration times not qualifying times, so that the cut off could be inside these times.

In the 50m events, entry will be limited regardless of date of birth.

In the 400m freestyle, there will be no entry fee, one heat will be run by inviting the top 10 swimmers from the 200 freestyle, regardless of date of birth.

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# CITY OF LEEDS CHRISTMAS CRACKER 2009

## Summary of Entries

Male Entries	Number	@£6	Cost£
Female Entries	Number	@£6	Cost £
Coaches Passes	Number	@12	Cost£
Total cost			Cost £

**Entries to be returned by 12<sup>th</sup> November 2009.**

**Signed .....**

**Email address .....**

**Contact address.....**

.....  
.....  
.....

### *Poolside Passes*

<i>Name of Coach with CRB Check</i>

**CHEQUES TO BE MADE PAYABLE TO CITY OF LEEDS S.C**  
**AN A5 STAMPED ADDRESS ENVELOPE MUST BE SENT IF YOU WISH FOR A RECEIPT OF SWIMS.**  
**ALL DATA WILL BE PUBLISHED ON [www.swimleeds.org.uk](http://www.swimleeds.org.uk)**

**Entries to John Cole, 38 Hazel Avenue, Whinmoor, Leeds LS14 2HW**

**Entries sent to other addresses will not be accepted**

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**City of Leeds Swimming Club  
CHRISTMAS CRACKER MEET 2000  
19<sup>th</sup>/20<sup>th</sup> December 2009**

Reply Name & Address \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 Telephone No \_\_\_\_\_  
 \_\_\_\_\_

Club Name \_\_\_\_\_  
**BOYS/GIRLS** Delete as appropriate  
 Coach \_\_\_\_\_  
 Email address \_\_\_\_\_

**CLOSING DATE 12<sup>th</sup> November 2009. All Entries to be converted to 50m pool times.**

FULL NAME	ASA REGISTRATION NO. AND DATE OF BIRTH	Freestyle				Backstroke			Breaststroke			Butterfly			Ind Medley	
		50	100	200		50	100	200	50	100	200	50	100	200	200	

Entries to Meet Director  
 38 Hazel Avenue  
 Leeds,  
 LS14 2HW

Cheques Payable to City of Leeds SC

Please enclose an A5 size S.A.E. for return of receipt of entries.

No of entries	_____	@£6.00	£
Coaches Passes	_____	@£12.00	£
<b>Total</b>	_____		<b>£</b>

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