

## Christmas Long Course Meet

**Level 3 Licenced Meet - Licence No. TBC**  
**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> December 2024**  
**at John Charles Centre for Sport, Leeds**  
 (Under Swim England Rules and Technical Laws)



### PROGRAMME OF EVENTS

All events to be swum as consolidated heats spearheaded by entry time.

#### Saturday 21<sup>st</sup> December 2024

#### Sunday 22<sup>nd</sup> December 2024

##### Session 1 Warmup 8.00am Events 9.00am

101	Open/Male 100m Breaststroke
102	Female 100m Breaststroke
103	Open/Male 50m Freestyle
104	Female 50m Freestyle
105	Open/Male 100m Butterfly
106	Female 100m Butterfly
107	Open/Male 200m IM

##### Session 3 Warmup 8.00am Events 9.00am

301	Female 100m Backstroke
302	Open/Male 100m Backstroke
303	Female 50m Breaststroke
304	Open/Male 50m Breaststroke
305	Female 100m Freestyle
306	Open/Male 100m Freestyle
307	Female 200m IM

##### Session 2 Warmup 1.00pm Events 2.00pm

201	Open/Male 400m Freestyle
202	Female 400m Freestyle
203	Open/Male 200m Breaststroke
204	Female 200m Breaststroke
205	Open/Male 50m Butterfly
206	Female 50m Butterfly
207	Open/Male 200m Backstroke
208	Female 200m Backstroke

##### Session 4 Warmup 1.00pm Events 2.00pm

401	Female 400m IM
402	Open/Male 400m IM
403	Female 200m Freestyle
404	Open/Male 200m Freestyle
405	Female 50m Backstroke
406	Open/Male 50m Backstroke
407	Female 200m Butterfly
408	Open/Male 200m Butterfly



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### LONG COURSE (50m) QUALIFYING TIMES

Swimmers must not have swum faster than the Upper Limit Time in the previous 12 months.  
 SHORT COURSE (25m) Converted Times will also be accepted for entry, whichever is quicker.

#### OPEN/MALE - Upper Limit Times

Event	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15+
50m Freestyle	35.8	33.2	31.5	29.5	28.0	26.8	26.4
100m Freestyle	1:21.0	1:11.5	1:07.5	1:03.0	1:00.5	58.2	56.4
200m Freestyle	2:47.9	2:32.5	2:24.4	2:15.8	2:08.9	2:03.8	2:00.4
400m Freestyle	6:06.0	5:20.6	5:00.2	4:44.5	4:30.9	4:21.9	4:15.2
50m Breaststroke	46.0	42.5	40.0	37.6	35.1	33.7	32.6
100m Breaststroke	1:46.5	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8
200m Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5
50m Butterfly	39.7	36.4	34.0	32.3	30.6	29.3	28.3
100m Butterfly	1:38.2	1:22.6	1:15.5	1:10.4	1:06.2	1:03.3	1:00.1
200m Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4
100m Backstroke	1:31.5	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7
200m Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8
200m Individual Medley	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
400m Individual Medley	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5

#### FEMALE - Upper Limit Times

Event	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15+
50m Freestyle	35.3	32.8	31.3	29.9	29.0	28.5	28.1
100m Freestyle	1:21.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2
200m Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0
400m Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
50m Breaststroke	46.8	42.7	40.1	38.0	36.6	35.8	35.2
100m Breaststroke	1:45.0	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1
200m Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1
50m Butterfly	40.2	36.3	34.5	32.7	31.7	31.0	30.4
100m Butterfly	1:39.0	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4
200m Butterfly	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8
100m Backstroke	1:32.0	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4
200m Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0
200m Individual Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8
400m Individual Medley	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0

Ages as at 22<sup>nd</sup> December 2024

Entries faster than these times will be automatically rejected. Time Only entries are available on request at the Meet Director's discretion only. Submitted entry times will be checked against the Swim England database.

We reserve the right to reject entries where the meet is over capacity.



## Christmas Long Course Meet

<b>VENUE</b>	John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ
<b>FACILITIES</b>	10 Lane 50m Deck Level Pool, Back Wedge Starting Blocks, Anti-wave lane ropes, Electronic Timing, Warm Up/Swim Down pool in operation.
<b>ENTRY FEES</b>	£8.00 per event.
<b>POOLSIDE PASSES</b>	For qualified Coaches/Team Managers only - £20.00 for the full weekend. This includes printed programmes & start sheets <b>Poolside passes can only be issued to holders of a current DBS certificate.</b>
<b>ENTRY CARDS</b>	This will be a cardless meet. Entry is automatic on acceptance to the meet. If there are any withdrawals from events, coaches are asked to do so no later than 60 minutes prior to the start of that session.
<b>SPECTATORS</b>	Full Weekend: £15.00, OAP/Child £7.50 Single Day: £8.00, OAP/Child £4.00 Half Day: £5.00, OAP/Child £2.50
<b>AGES</b>	Ages as of 22 <sup>nd</sup> December 2024
<b>EVENTS</b>	All Heats will be seeded according to entry times and heats will be 'spearheaded'. 50m, 100m, 200m & 400m events for all ages. All events will be HDW.
<b>AGE GROUPS</b>	Open & Female aged 9, 10, 11, 12, 13, 14, 15 & Over for all events
<b>STARTS</b>	A one start rule will apply and 'Over the Top' starts will be used as required.
<b>AWARDS</b>	Medals for 1st, 2nd & 3rd respectively in each age group in each event. Speeding Tickets will be given to swimmers who swim faster than the relevant cut off times by the following margins: 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m
<b>WITHDRAWALS</b>	Withdrawals after the closing date will not be eligible for a refund, however refunds may be given at the Meet Director's discretion.
<b>ENTRIES</b>	<b>Sportsys File Entry is the only method of entry.</b> This can be downloaded from our website at <a href="https://cobsc.co.uk">https://cobsc.co.uk</a> . Please e-mail all entries detailing DBS details of all Coaches/Team Managers attending the meet and how many poolside passes you require to <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a> All entries will be acknowledged upon receipt of payment by e-mail. <b>Entries and poolside passes must be paid for in full before any entry is accepted. Entries must include at least 1 poolside pass.</b> We reserve the right to reject entries in order to facilitate the efficient running of the meet (Maximum 7:00 hours per day).
<b>PAYMENT</b>	Payment by Bank Transfer is preferred, details are: <b>Virgin Money</b> (Formally Yorkshire Bank) Sort Code: <b>05-03-28</b> Account No: <b>33635995</b> Account Name: <b>City of Bradford A.S.C.</b> Reference: <b>Name of Entering Club</b>
<b>CLOSING DATE</b>	<b>Friday 6<sup>th</sup> December 2024 (or when meet is full)</b>
<b>OTHER INFO</b>	Café, Tombola, Online Live Results
<b>MEET DIRECTOR</b>	<b>Andy Buxton</b> E-mail: <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a> Tel: 07572 466993

Anything not covered in the above information will be at the discretion of the promoters, City of Bradford Swimming Club. We reserve the right to vary above conditions as necessary.



**Christmas Long Course Meet**

# **Calling All Officials & Timekeepers**

**If you are an official or timekeeper and would be willing to help us out at the meet, please e-mail Andy Buxton on [meetdir@cobsc.co.uk](mailto:meetdir@cobsc.co.uk) with your details. We are also happy to take a number of trainee officials to help them get required sections signed off.**

**We offer lunch and travel expenses in exchange for your help. We are only a small club, so even one session would help us a great deal keeping the meet running smoothly.**