



(Affiliated to Swim England North East Region)

You are cordially invited to the 15th 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:tba

Date & Venue

Saturday 15th June 2024

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

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. 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 15th June 2024
- 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 9-12 in each of A, B and C grades; top 3 in each grade for ages 13 and over
- Swimmers who swim faster than the cut off time for A Grade will receive a Speeding Ticket
- Top Open/Boy & Top Girl awards for all age groups (irrespective of grading) +Top Club

Entries

- Cost: £6.00 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 16th March 2024.** Entries accepted on a first-come-first-served basis.
- Once the meet is full it will be closed and notified on Open Meets
- Results will be available online
- Spectator admission £6 per session, £10 for the whole day

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Viking Sprints – Three Grades Meet

Cut-off Times

Swimmers will be **graded by times swum on the day.**

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

Session 2	
Warm up from 1:00pm, times tba (girls first) First Heat 2:00pm	
201	Girls 9, 10, 13 & 14 years 100m Individual Medley
202	Open/Boys 11, 12 & 15+ years 100m Individual Medley
203	Girls 9 & 10 years 50m Backstroke
204	Open/Boys 11 & 12 years 50m Breaststroke
205	Girls 13 & 14 years 50m Butterfly
206	Open/Boys 15+ years 50m Freestyle
207	Girls 9 & 10 years 50m Breaststroke
208	Open/Boys 11 & 12 years 50m Backstroke
209	Girls 13 & 14 years 50m Freestyle
210	Open/Boys 15+ years 50m Butterfly
211	Girls 9 & 10 years 50m Freestyle
212	Open/Boys 11 & 12 years 50m Butterfly
213	Girls 13 & 14 years 50m Backstroke
214	Open/Boys 15+ years 50m Breaststroke
215	Girls 9 & 10 years 50m Butterfly
216	Open/Boys 11 & 12 years 50m Freestyle
217	Girls 13 & 14 years 50m Breaststroke
218	Open/Boys 15+ 50m Backstroke



Viking Sprints 2024 – Three Grades Meet Rules

1. The promoter for this event is Karin Fothergill.
2. This is a Level 3 Licensed Meet (Licence No: tba) – 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 will 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 strobe is available if required.
9. A swim down facility will be available during the sessions (it will be withdrawn if not properly used).
10. No outdoors shoes to be worn on the poolside. Footwear must be worn outside the pool area.
11. Age Groups are: 9 yrs, 10 yrs, 11 yrs, 12 yrs, 13 yrs, 14 yrs and 15 yrs & over, in each of Open/Boys and Girls. Ages are as at 15th June 2024.
The female category is for birth sex females in accordance with Swim England's Transgender and Non-Binary Competition Policy. By entering the "Female" category, a swimmer confirms that their birth sex is female.
12. Entries must be made **online** at www.openmeets.co.uk.
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 18th May 2024, or earlier if the meet is full.
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. **All entry withdrawals should be submitted online by 9pm on 15th June 2024.**
18. All swimmers must report to the marshalling area 6 heats prior to their heat, or when called.
19. The fees for this event are **£6.00** 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. Coaches passes are priced at **£8.00** each (lunch not included). Passes must be worn on poolside and returned at the end of the meet.
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 Open/Boy and Top Girl in all age groups
'A', 'B' & 'C' Grade in age groups 9yrs, 10yrs, 11yrs, 12yrs – Top 6
'A', 'B' & 'C' Grade in age groups 13yrs, 14yrs and 15yrs & over – Top 3
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. Missed medals/trophies **cannot** be posted after the event.
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 totaled to decide Top Open/Boy & Top Girl for each of the age groups and the Top Club. 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 Open/Boy / Top Girl. The Top Club award will be presented to the club with the highest total points.
27. Admission for spectators will be £6.00 per session or £10.00 for the whole day.
28. Any point not covered by these rules will be at the discretion of the Lead Referee and the Promoter.