



You are cordially invited to the 6th annual

Jorvik Spring Festival – A/B/C Grade Long Course Meet

"Another one for the whole squad"

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

Date & Venue

Saturday 12th March 2022

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

About

This meet is designed to give all swimmers, regardless of age and ability, access to long course swimming with a good event selection. It will be run in a very relaxed and friendly fashion, but entrants should ideally have *some* prior external short course competition experience, and we recommended that they be able to handle the events comfortably in a short course pool first.

Meet Details

- A, B & C Graded Long Course meet
- 100m all strokes plus 200m Freestyle and 200m IM
- Age groups from 9 to 15+ years. Age as at 12th March 2022.
- Integrated heats will be seeded on submitted 50m pool times
- All events are Heat Declared Winners
- Swimmers will be graded based upon time swum on the day, not on entry times

Awards

- Top 5 for ages 9–12 in all grades, top 3 in all grades for other ages
- Swimmers who swim faster than the cut off time for A Grade will receive a Speeding Ticket

Entries

- Cost: £6.50 per event
- Accepted entries will be available to view online
- Results will be available online shortly after the gala ends.
- Spectator admission £4 per session, to be booked in advance

Contact: management@teamjorvik.co.uk

Jorvik Spring Festival – Three Grades Long Course Meet

Schedule & Cut-off Times

Saturday 12th March 2022	
Morning session: warm-up 8am, start 9am	
101	Girls 200m Freestyle
102	Boys 200m IM
103	Girls 100m Breaststroke
104	Boys 100m Breaststroke
105	Girls 100m Butterfly
106	Boys 100m Freestyle
Afternoon session: warm up 1pm, start 2pm	
201	Girls 200m IM
202	Boys 200m Freestyle
203	Girls 100m Backstroke
204	Boys 100m Backstroke
205	Girls 100m Freestyle
206	Boys 100m Butterfly

Warm up schedule (unless otherwise announced)

0800-0825: Girls
0825-0850: Boys
0900: First heat

1300-1325: Girls
1325-1350: Boys
1400: First heat

Please see the next page for cut-off times.

Cut off times based on 50m pool times. Converted 25m pool times may be used.

Boys							
A grade - not faster than:							
	9	10	11	12	13	14	15+
100 Free	1:21.0	1:15.0	1:09.0	1:05.0	1:02.0	0:58.0	0:55.0
100 Fly	1:42.0	1:29.0	1:23.0	1:18.0	1:13.0	1:07.0	1:01.0
100 Breast	1:45.0	1:39.0	1:33.0	1:27.0	1:21.0	1:18.0	1:11.0
100 Back	1:34.0	1:25.0	1:20.0	1:16.0	1:10.0	1:06.0	1:02.0
200 Free	2:50.0	2:39.0	2:30.0	2:18.0	2:11.0	2:06.0	2:01.0
200 IM	3:15.0	3:03.0	2:50.0	2:38.0	2:30.0	2:25.0	2:18.0
A/B cut-offs (B grade not faster than):							
	9	10	11	12	13	14	15+
100 Free	1:32.0	1:24.0	1:16.0	1:11.0	1:07.0	1:04.0	1:00.0
100 Fly	1:56.0	1:43.0	1:30.0	1:24.0	1:18.0	1:14.0	1:10.0
100 Breast	1:55.0	1:47.0	1:40.0	1:35.0	1:30.0	1:25.0	1:19.0
100 Back	1:42.0	1:34.0	1:27.0	1:22.0	1:18.0	1:14.0	1:10.0
200 Free	3:15.0	3:00.0	2:45.0	2:36.0	2:28.0	2:22.0	2:15.0
200 IM	3:45.0	3:25.0	3:07.0	2:55.0	2:47.0	2:40.0	2:34.0
B/C cut-offs (C grade - not faster than):							
	9	10	11	12	13	14	15+
100 Free	1:46.0	1:38.0	1:29.0	1:21.0	1:17.0	1:13.0	1:07.0
100 Fly	2:07.0	1:52.0	1:39.0	1:34.0	1:26.0	1:21.0	1:17.0
100 Breast	2:10.0	2:01.0	1:52.0	1:45.0	1:40.0	1:35.0	1:29.0
100 Back	1:53.0	1:46.0	1:39.0	1:33.0	1:28.0	1:23.0	1:19.0
200 Free	3:35.0	3:18.0	3:00.0	2:51.0	2:42.0	2:36.0	2:29.0
200 IM	4:05.0	3:45.0	3:25.0	3:15.0	3:07.0	2:56.0	2:49.0

Girls							
A grade - not faster than:							
	9	10	11	12	13	14	15+
100 Free	1:20.0	1:14.0	1:08.0	1:05.0	1:03.0	1:01.0	1:00.0
100 Fly	1:40.0	1:27.0	1:20.0	1:15.0	1:12.0	1:10.0	1:08.0
100 Breast	1:42.0	1:35.0	1:30.0	1:26.0	1:22.0	1:19.0	1:17.0
100 Back	1:32.0	1:24.0	1:19.0	1:14.0	1:11.0	1:09.0	1:08.0
200 Free	2:47.0	2:37.0	2:29.0	2:21.0	2:15.0	2:11.0	2:07.0
200 IM	3:11.0	2:59.0	2:47.0	2:41.0	2:35.0	2:30.0	2:26.0
A/B cut-off (B grade - not faster than):							
	9	10	11	12	13	14	15+
100 Free	1:30.0	1:24.0	1:17.0	1:14.0	1:11.0	1:09.0	1:07.0
100 Fly	1:56.0	1:43.0	1:30.0	1:24.0	1:19.0	1:17.0	1:15.0
100 Breast	1:54.0	1:45.0	1:39.0	1:34.0	1:31.0	1:29.0	1:27.0
100 Back	1:40.0	1:33.0	1:28.0	1:24.0	1:22.0	1:19.0	1:17.0
200 Free	3:11.0	2:56.0	2:44.0	2:36.0	2:33.0	2:30.0	2:27.0
200 IM	3:39.0	3:19.0	3:04.0	2:57.0	2:50.0	2:46.0	2:43.0
B/C cut-offs (C grade - not faster than):							
	9	10	11	12	13	14	15+
100 Free	1:43.0	1:35.0	1:27.0	1:22.0	1:19.0	1:15.0	1:13.0
100 Fly	2:06.0	1:51.0	1:39.0	1:34.0	1:28.0	1:25.0	1:23.0
100 Breast	2:08.0	2:00.0	1:52.0	1:46.0	1:43.0	1:39.0	1:37.0
100 Back	1:49.0	1:43.0	1:37.0	1:33.0	1:28.0	1:25.0	1:22.0
200 Free	3:30.0	3:15.0	3:03.0	2:53.0	2:45.0	2:41.0	2:39.0
200 IM	3:59.0	3:39.0	3:21.0	3:14.0	3:06.0	3:02.0	2:59.0