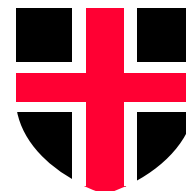


Durham City



AMATEUR SWIMMING AND WATER POLO CLUB

Durham City VLC 2012

(Pending Licence)

18/19th February 2012

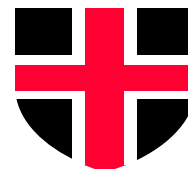
Freeman's Quay, Durham

MEET INFORMATION

- Pool** 25 Metres, 8 Lanes, Anti-turbulence ropes, Electronic timing, Swim Down Pool
- Sessions** **Session One** Warm Up 08.00 - Start 09.00
Session Two Warm Up TBC - Start TBC
- Events** As this meet is designed to target N&D qualifying times. the individual events will be 50m for all strokes for 9 and 10 year olds, 100m for all strokes for 11+ year olds, as well as 200m Individual Medley and 200m Freestyle for all swimmers. All events will be Heat Declared Winners.
No entries will be accepted from any swimmer who has achieved a faster time than the cut-off times below prior to entry.
Age groups will be 9 years, 10 years, 11 years, 12 years, 13 years and 14+ years.
- Age** As at 18th March 2012.
- Entries** **All entries must be submitted electronically.** To obtain files please e-mail the Entries Convenor (waltons.5@btinternet.com)
If there are any problems with electronic entries please contact the Entries Convenor.
Please return summary sheet and entry fees to Lynne Barclay – 6 Aykley Green, Durham DH1 4LN.
- Should the meet be oversubscribed, entries will be accepted on a first-come, first-served basis, with no entries being accepted after 20th JANUARY 2012.**
- Entry Fees** £4.00 per individual swim.
- Cheques should be made payable to: **Durham City ASC**
Coaches Passes are available at £10 each to include programme and lunch.
- Withdrawals** Withdrawal sheets should be handed in to the recorder's table **at least 45 minutes prior to the start** of the appropriate session.
- Awards** Medals will be awarded to the first six in each individual age group in each event.
- Officials** In order to meet requirements to run the gala, all clubs are invited to provide Technical Official's for this meet. Please contact Annie Walton (waltons.5@btinternet.com) if you are able to assist.
- Notes** All swimmers entered must have paid their ASA membership fee for the current year and registration numbers should be shown in the entry files.
The meet will be swum under ASA Laws & Technical Rules.
A Licence has been applied for.
- There will be no reserve swimmers in the heats, but DCASC reserves the right to fill empty lanes with their own swimmers. Any details not contained within these conditions will be at the discretion of the Meet Convenor, Joanne Exley (joanneex@btinternet.com).



Durham City



AMATEUR SWIMMING AND WATER POLO CLUB

Programme of Events Durham City VLC 2012 (Pending Licence) 18/19th February 2012

	Session 1 Saturday 18 February @ 09:00		Session 2 Saturday 18 February @ TBC
Girls	10/13yrs 400m Ind. Medley	Boys	10/14yrs 400m Freestyle
Boys	09/10yrs 50m Backstroke	Girls	09/10 yrs 50m Butterfly
Girls	09/10yrs 50m Breaststroke	Boys	09/10yrs 50m Freestyle
Boys	11/14yrs 100m Breaststroke	Girls	09/13 yrs 200m Ind Medley
Girls	11/13 yrs 100m Backstroke	Boys	11/14 yrs 100m Butterfly
Boys	09/14yrs 200m Butterfly	Girls	11/13 yrs 100m Freestyle
Girls	09/13 yrs 200m Freestyle	Boys	09/14 yrs 200m Breaststroke
		Girls	09/13 yrs 200m Backstroke

	Session 3 Sunday 19 February @ 09:00		Session 4 Sunday 19 February @ TBC
Girls	10/13yrs 400m Freestyle	Boys	10/14yrs 400m Ind. Medley
Boys	09/10 yrs 50m Butterfly	Girls	09/10 yrs 50m Backstroke
Girls	09/10yrs 50m Freestyle	Boys	09/10 yrs 50m Breaststroke
Boys	09/14 yrs 200m Ind. Medley	Girls	11/13 yrs 100m Breaststroke
Girls	11/13 yrs 100m Butterfly	Boys	11/14 yrs 100m Backstroke
Boys	11/14yrs 100m Freestyle	Girls	09/13 yrs 200m Butterfly
Girls	09/13 yrs 200m Breaststroke	Boys	09/14 yrs 200m Freestyle
Boys	09/14 yrs 200m Backstroke		

DCASC VLC QUALIFIER 2012 UPPER QUALIFYING TIMES

DCASC VLC QUALIFIER 2012 UPPER QUALIFYING TIMES												
MALE QUALIFYING TIMES						Events	FEMALE QUALIFYING TIMES					
09 Years	10 Years	11 Years	12 Years	13 Years	14+ Years		09 Years	10 Years	11 Years	12 Years	13 Years	14+ Years
38.50	35.00					50 Free	38.50	35.00				
		1:07.00	1:01.00	1:00.00	58.00	100 Free			1:07.00	1:03.00	1:02.00	58.00
3:00.00	2:39.00	2:22.00	2:15.00	2:11.00	2:03.00	200 Free	2:56.00	2:37.00	2:22.00	2:15.00	2:11.00	2:03.00
	5:28.00	4:58.00	4:40.00	4:30.00	4:20.00	400 Free		5:15.00	4:58.00	4:40.00	4:30.00	4:20.00
						800 Free						
						1500 Free						
44.00	38.00					50 Back	44.00	38.00				
		1:16.00	1:12.00	1:10.00	1:05.00	100 Back			1:18.00	1:12.00	1:10.00	1:05.00
3:20.00	2:57.00	2:43.00	2:35.00	2:26.00	2:23.00	200 Back	3:20.00	2:57.00	2:44.00	2:33.00	2:30.00	2:23.00
51.00	45.00					50 Breast	51.00	45.00				
		1:32.00	1:27.00	1:21.00	1:19.00	100 Breast			1:30.00	1:24.00	1:21.00	1:19.00
3:45.00	3:27.00	3:09.00	2:47.00	2:42.00	2:34.00	200 Breast	3:45.00	3:27.00	3:09.00	2:51.00	2:42.00	2:34.00
47.00	39.00					50 Fly	47.00	39.00				
		1:21.00	1:17.00	1:12.00	1:08.00	100 Fly			1:21.00	1:17.00	1:12.00	1:08.00
3:45.00	3:27.00	3:09.00	2:47.00	2:42.00	2:34.00	200 Fly	3:45.00	3:27.00	3:09.00	2:51.00	2:42.00	2:34.00
3:22.00	3:05.00	2:46.00	2:31.00	2:29.00	2:20.00	200 I.M.	3:22.00	3:00.00	2:46.00	2:35.00	2:30.00	2:20.00
	6:45.00	6:25.00	6:05.00	5:45.00	5:20.00	400 I.M.		6:45.00	6:25.00	6:05.00	5:45.00	5:20.00