



(Affiliated to Swim England North East Region)

You are cordially invited to the 16th annual

York Vikings Sprints

Three Grades Meet “The One for the Whole Squad”

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

Date & Venue

Saturday 31st May 2025

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 31st May 2025
- 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.

Entries

- Cost: £6.50 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 25th January 2025.** 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 will be charged on entry, Children 9 and under will be admitted for free with an accompanying adult

Contact: donnawassnesc@gmail.com

www.teamjorvik.co.uk

www.yorkvikings.org.uk



Viking Sprints – Three Grades Meet

Cut-off Times

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

Boys cut of times (no faster than)						
Age	Grade	50 Fly	50 Back	50 Breast	50 Free	100 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 of times (no faster than)						
Age	Grade	50 Fly	50 Back	50 Breast	50 Free	100 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	1.22.80
	B	40.40	41.20	47.00	36.50	1.32.20
	C	45.50	46.40	52.90	41.10	1.44.70
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	44.90	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	43.60	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	41.80	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

Vikings Sprints

Three Grades Meet Session Times

Session 1	
Girls warm up 8:00 - 8:25am Boys warm up 8:25 - 8:50am First Heat 9:00am	
101	Girls 11, 12 & 15+ Years 100m Individual Medley
102	Boys 9, 10, 13 and 14 Years 100m Individual Medley
103	Girls 11 & 12 Years 50 Backstroke
104	Boys 9 & 10 Years 50m Breaststroke
105	Girls 15+ Years 50m Butterfly
106	Boys 13 & 14 Years 50m Freestyle
107	Girls 11 & 12 Years 50m Breaststroke
108	Boys 9 & 10 Years 50m Backstroke
109	Girls 15+ Years 50m Freestyle
110	Boys 13 & 14 Year 50m Butterfly
111	Girls 11 & 12 Years 50m Freestyle
112	Boys 9 & 10 Years 50m Butterfly
113	Girls 15+ Years 50m Backstroke
114	Boys 13 & 14 Years 50m Breaststroke
115	Girls 11 & 12 Year 50m Butterfly
116	Boys 9 & 10 Years 50m Freestyle
117	Girls 15+ Years 50 Breaststroke
118	Boys 13 & 14 Years 50m Backstroke

Session 2

Girls warm up 1:00 - 1:25pm
Boys warm up 1:25 - 1:50p,
First Heat 2:00pm

201	Girls 9, 10, 13 & 14 Years 100m Individual Medley
202	Boys 11, 12 & 15+ Years 100m Individual Medley
203	Girls 9 & 10 Years 50m Backstroke
204	Boys 11 & 12 Years 50m Breaststroke
205	Girls 13 & 14 Years 50m Butterfly
206	Boys 15+ Years 50m Freestyle
207	Girls 9 & 10 Years 50m Breaststroke
208	Boys 11 & 12 Years 50m Backstroke
209	Girls 13 & 14 Years 50m Freestyle
210	Boys 15+ Years 50m Butterfly
211	Girls 9 & 10 Years 50m Freestyle
212	Boys 11 & 12 Years 50m Butterfly
213	Girls 13 & 14 Years 50m Backstroke
214	Boys 15+ Years 50m Breaststroke
215	Girls 9 & 10 Years 50m Butterfly
216	Boys 11 & 12 Years 50m Freestyle
217	Girls 13 & 14 Years 50m Breaststroke
218	Boys 15+ Years 50m Backstroke

York Viking Sprints 2025

Three Grades Meet Rules

1. The promoter for this event is Donna Wass.
2. This is a Level 3 Licensed Meet (License No: TBC) – 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 outdoor 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 31st May 2025.

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. 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 3rd May 2025 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 30th May 2025.**
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 £6.50 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 £20.00 each (Lunch included)
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:
 - '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
25. All awards are to be collected from the awards table during the meet. Missed medals/trophies cannot be posted after the event.
25. Admission for spectators will be charged on the day, children 9 and under will be admitted for free with an accompanying adult.
26. Any point not covered by these rules will be at the discretion of the Lead Referee and the Promoter.