

YORKSHIRE SWIMMING ASSOCIATION WINTER COMPETITION 2019

(Swim England Licensed at Level 2)

Saturday 28th & Sunday 29th September 2019

John Charles Centre for Sport, Leeds, Short Course – 25 metre.

Age at 20th October 2019

Saturday 28th September 2019

Session One – Warm Up 8am – Start 9am

Girls 9/10 years	50m Free
Boys 9/10 years	50m Free
Girls 11-12 years	100m Breast
Boys 11-12 years	100m Breast
Girls 9/10 years	100m I.M.
Boys 9/10 years	100m I.M.
Girls 11-12 years	100m Back
Boys 11-12 years	100m Back
Girls 9/10 years	50m Back
Boys 9/10 years	50m Back

Session Two – Warm Up 1pm – Start 2pm

Girls 11/12 years	200m I.M.
Boys 11/12 years	200m I.M.
Girls 9/10 years	50m Breast
Boys 9/10 years	50m Breast
Girls 11/12 years	50m Free
Boys 11/12 years	50m Free
Girls 9/10 years	100m Fly
Boys 9/10 years	100m Fly

Sunday 29th September 2019

Session Three – Warm Up 8am – Start 9-30am

Boys 11/12 years	50m Back
Girls 11/12 years	50m Back
Boys 9/10 years	50m Fly
Girls 9/10 years	50m Fly
Boys 11/12 years	100m Free
Girls 11/12 years	100m Free
Boys 9/10 years	100m Breaststroke
Girls 9/10 years	100m Breaststroke
Boys 11/12 years	50m Fly
Girls 11/12 years	50m Fly

Session Four – Warm Up 1pm – Start 2pm

Boys 11/12 years	50m Breast
Girls 11/12 years	50m Breast
Boys 9/10 years	100m Back
Girls 9/10 years	100m Back
Boys 11-12 years	100m Fly
Girls 11-12 years	100m Fly
Boys 9/10 years	100m Freestyle
Girls 9/10 years	100m Freestyle
Boys 11/12 years	400m I.M.
Girls 11/12 years	400m I.M.

All Events Heat Declared Winner. Medals will be awarded to swimmers placed 1st, 2nd and 3rd in each of the Age Groups 9,10,11 & 12 years.

QUALIFYING TIMES FOR A 25 METRE POOL

LONG COURSE CONVERTED TIMES ACCEPTED

(ENTRY TIMES MUST BE RECORDED IN BRITISH SWIMMING RANKINGS)

BOYS

EVENT	9	10	11	12
50m Freestyle	45.3	38.9	35.1	33.5
100m Freestyle	1.37.0	1.27.0	1:19.8	1:13.0
50m Breaststroke	1.01.3	53.0	49.0	46.9
100m Breaststroke	2.12.5	1.59.6	1:46.0	1:40.9
50m Butterfly	1.00.4	50.5	42.9	39.1
100m Butterfly	2.10.6	1.59.9	1:33.0	1:25.5
50m Backstroke	51.1	45.6	42.4	39.7
100m Backstroke	1.52.4	1.40.9	1:32.1	1:27.6
100m Individual Medley	1.59.2	1.43.3		
200m Individual Medley			3:20.5	3:04.5
400m Individual Medley			6:35.0	6:35.0

GIRLS

EVENT	9	10	11	12
50m Freestyle	43.0	37.0	34.4	32.4
100m Freestyle	1.37.0	1.22.5	1:16.5	1:10.8
50m Breaststroke	56.6	49.9	45.9	43.0
100m Breaststroke	2.05.8	1.52.6	1:40.9	1:35.1
50m Butterfly	55.0	45.1	39.9	35.9
100m Butterfly	2.10.4	1.44.0	1:32.0	1:22.0
50m Backstroke	49.7	43.2	40.7	37.9
100m Backstroke	1.53.2	1.34.6	1:28.2	1:22.4
100m Individual Medley	1.52.3	1.37.3		
200m Individual Medley			3:09.5	2:54.5
400m Individual Medley			6:25.0	6:25.0

CLOSING DATE – 13th SEPTEMBER 2019