

YORKSHIRE SWIMMING ASSOCIATION

WINTER COMPETITION 2016

(ASA Licensed at Level 2)

Saturday 15th & Sunday 16th October 2016

John Charles Centre for Sport, Leeds

Short Course – 25 metre.

Age at 16th October 2016

Saturday 15th October 2016

Session One – Warm Up 8am – Start 9am

Girls 13/14 years	50m Free
Boys 13/14 years	50m Free
Girls 15/16 & over	100m Breast
Boys 15-16 & over	100m Breast
Girls 13/14 years	200m I.M.
Boys 13/14 years	200m I.M.
Girls 15/16 & over	100m Back
Boys 15/16 & over	100m Back
Girls 13/14 years	50m Back
Boys 13/14 years	50m Back

Session Two – Warm Up 1pm – Start 2pm

Girls 13/14 years	50m Breast
Boys 13/14 years	50m Breast
Girls 15/16 & over	200m I.M.
Boys 15/16 & over	200m I.M.
Girls 13/14 years	100m Fly
Boys 13/14 years	100m Fly
Girls 15/16 & over	50m Free
Boys 15/16 & over	50m Free

Sunday 16th October 2016

Session Three – Warm Up 8am – Start 9am

Boys 15/16 & over	50m Back
Girls 15/16 & over	50m Back
Boys 13/14 years	50m Fly
Girls 13/14 years	50m Fly
Boys 15/16 & over	100m Free
Girls 15/16 & over	100m Free
Boys 13/14 years	100m Breaststroke
Girls 13/14 years	100m Breaststroke
Boys 15/16 & over	50m Fly
Girls 15/16 & over	50m Fly

Session Four – Warm Up 1pm – Start 2pm

Boys 15/16 & over	50m Breast
Girls 15/16 & over	50m Breast
Boys 13/14 years	100m Back
Girls 13/14 years	100m Back
Boys 15/16 & over	100m Fly
Girls 15/16 & over	100m Fly
Boys 13/14 years	100m Freestyle
Girls 13/14 years	100m Freestyle

All Events are Heat Declared Winner. Medals will be awarded to swimmers placed 1st, 2nd and 3rd in each of the Age Groups 13,14,15,16 & over

QUALIFYING TIMES FOR A 25 METRE POOL

LONG COURSE CONVERTED TIMES ACCEPTED

(ENTRY TIMES MUST BE RECORDED IN BRITISH SWIMMING RANKINGS)

BOYS

EVENT	13	14	15	16 & over
50m Freestyle	31.8	29.9	28.9	28.0
100m Freestyle	1:10.2	1:05.6	1:02.4	59.8
50m Breaststroke	43.0	40.6	39.6	38.7
100m Breaststroke	1:34.3	1:28.2	1:25.1	1:23.7
50m Butterfly	37.0	34.2	33.0	31.0
100m Butterfly	1:28.6	1:19.2	1:15.6	1:09.9
50m Backstroke	37.9	36.0	34.6	34.3
100m Backstroke	1:21.2	1:16.2	1:14.8	1:11.4
200m Individual Medley	2:54.6	2:42.4	2:38.6	2:36.9

GIRLS

EVENT	13	14	15	16 & over
50m Freestyle	31.6	31.0	30.6	30.0
100m Freestyle	1:08.4	1:06.6	1:06.3	1:06.0
50m Breaststroke	42.0	41.5	41.2	41.0
100m Breaststroke	1:29.6	1:29.3	1:28.6	1:28.2
50m Butterfly	34.7	34.4	34.2	34.0
100m Butterfly	1:19.9	1:18.9	1:17.9	1:17.5
50m Backstroke	36.4	36.0	35.6	35.3
100m Backstroke	1:17.3	1:15.6	1:15.3	1:15.1
200m Individual Medley	2:47.1	2:43.6	2:43.0	2:42.7

CLOSING DATE – 16th SEPTEMBER 2016