

# YORKSHIRE SWIMMING ASSOCIATION

## WINTER COMPETITION 2016

(ASA Licensed at Level 2)

**Saturday 1<sup>st</sup> & Sunday 2<sup>nd</sup> October 2016**

John Charles Centre for Sport, Leeds

Short Course – 25 metre.

**Age at 16<sup>th</sup> October 2016**

### **Saturday 1<sup>st</sup> October 2016**

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

### **Sunday 2<sup>nd</sup> October 2016**

Session Three – Warm Up 8am – Start 9am

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

Girls 11/12 years	50m Breast
Boys 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

**All Events Heat Declared Winner. Medals will be awarded to swimmers placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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	44.8	40.1	35.6	33.0
100m Freestyle	1:36.7	1:26.6	1:16.8	1:11.2
50m Breaststroke	59.8	54.6	49.2	45.9
100m Breaststroke	2:11.5	2:00.0	1:48.2	1:40.9
50m Butterfly	59.4	54.5	41.9	38.1
100m Butterfly	2:10.6	1:59.9	1:32.1	1:23.8
50m Backstroke	51.1	45.9	41.9	39.7
100m Backstroke	1:52.4	1:40.9	1:32.1	1:27.3
200m Individual Medley			3:26.1	3:01.9
100m Individual Medley	1:58.2	1:42.2		

#### GIRLS

EVENT	9	10	11	12
50m Freestyle	44.3	38.2	34.9	32.8
100m Freestyle	1:35.6	1:22.5	1:15.3	1:10.8
50m Breaststroke	57.2	51.2	47.0	43.9
100m Breaststroke	2:05.8	1:52.6	1:43.4	1:36.5
50m Butterfly	59.3	46.5	41.0	36.9
100m Butterfly	2:10.4	1:42.3	1:30.2	1:21.1
50m Backstroke	51.0	44.1	40.9	38.5
100m Backstroke	1:52.2	1:37.0	1:29.9	1:24.7
200m Individual Medley			3:14.5	2:54.5
100m Individual Medley	1:51.3	1:36.6		

**CLOSING DATE – 16<sup>th</sup> SEPTEMBER 2016**