

# YORKSHIRE SWIMMING ASSOCIATION

## WINTER COMPETITION 2016

(ASA Licensed at Level 2)

Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> October 2016

John Charles Centre for Sport, Leeds

Short Course – 25 metre.

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

### Saturday 15<sup>th</sup> 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 16<sup>th</sup> 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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         | 1:21.4 | 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 – 16<sup>th</sup> SEPTEMBER 2016**