

**YORKSHIRE SWIMMING ASSOCIATION  
WINTER COMPETITION 2019  
(Swim England Licensed at Level 2)**

**Saturday 19<sup>th</sup> & Sunday 20<sup>th</sup> October 2019**  
Ponds Forge International Sports Centre, Sheffield  
Short Course – 25 metre.

**Age at 20<sup>th</sup> October 2019**

**Saturday 19<sup>th</sup> October 2019**

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 & over	200m I.M.
Boys 13/14 & over	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	50m Free
Boys 15/16 & over	50m Free
Girls 13/14 years	100m Fly
Boys 13/14 years	100m Fly
Girls 15/16 years	400m I.M.
Boys 15/16 years	400m I.M.

**Sunday 20<sup>th</sup> October 2019**

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 years	200m I.M.
Girls 15/16 years	200m I.M.
Boys 13/14 years	100m Back
Girls 13/14 years	100m Back
Boys 15/16 & over	50m Breast
Girls 15/16 & over	50m Breast
Boys 13/14 years	100m Freestyle
Girls 13/14 years	100m Freestyle
Boys 15/16 & over	100m Fly
Girls 15/16 & over	100m Fly
Boys 13/14 years	400m I.M.
Girls 13/14 years	400m I.M.

**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	31.3	29.5	28.6	28.0
100m Freestyle	1:10.2	1:05.6	1:01.9	59.8
50m Breaststroke	43.0	40.6	39.4	37.0
100m Breaststroke	1:34.3	1:28.2	1:25.1	1:23.7
50m Butterfly	35.6	34.2	32.9	29.8
100m Butterfly	1:22.0	1:19.2	1:15.6	1:09.9
50m Backstroke	37.5	35.7	34.6	34.3
100m Backstroke	1:20.2	1:16.2	1:14.8	1:11.4
200m Individual Medley	2:54.6	2:42.4	2:38.6	2:36.9
400m Individual Medley	5:50.0	5:15.0	5:05.0	5:00.0
GIRLS				
EVENT	13	14	15	16 & over
50m Freestyle	30.9	30.5	30.3	30.0
100m Freestyle	1:07.9	1:06.6	1:06.3	1:06.0
50m Breaststroke	40.9	40.8	40.8	40.7
100m Breaststroke	1:29.5	1:29.3	1:29.0	1:28.5
50m Butterfly	34.7	34.3	34.2	33.5
100m Butterfly	1:19.9	1:18.9	1:17.9	1:17.5
50m Backstroke	35.8	35.7	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
400m Individual Medley	5:30.0	5:25.0	5:15.0	5:10.0

**CLOSING DATE – 13<sup>th</sup> SEPTEMBER 2019**