



BOK Bonanza SC Meet

License No. 3NE261579

Sunday November 15th 2026

at the John Charles Centre for Sport, Leeds.

Held under Swim England Laws and Technical Rules.

Programme of Events

All events to be swum as consolidated heats spearheaded by entry time.

Sunday 15th November 2026

Session 1

Warmup 8.00am

Events 9.00am

- | | |
|-----|-------------------------|
| 101 | Mixed 100m Backstroke |
| 102 | Mixed 50m Freestyle |
| 103 | Mixed 100m Breaststroke |
| 104 | Mixed 50m Butterfly |
| 105 | Mixed 200m IM |

Session 2

Warmup 1.00pm

Events 2.00pm

- | | |
|-----|------------------------|
| 201 | Mixed 50m Backstroke |
| 202 | Mixed 100m Butterfly |
| 203 | Mixed 50m Breaststroke |
| 204 | Mixed 100m Freestyle |

Qualifying Times

Age	09	10	11	12	13	14	15	16	17	18+
FEMALE										
50 Free	35.3	32.8	31.3	29.9	29.0	28.5	28.1	27.70	27.30	26.90
100 Free	1:21.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2	59.50	58.80	58.00
50 Breast	46.8	42.7	40.1	38.0	36.6	35.8	35.2	34.60	34.10	33.70
100 Breast	1:45.0	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1	1:13.90	1:13.20	1:12.10
50 Fly	40.2	36.3	34.5	32.7	31.7	31.0	30.4	29.80	29.10	28.40
100 Fly	1:39.0	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4	1:05.20	1:04.30	1:03.70
50 Back	40.7	37.4	35.5	33.9	32.8	32.1	31.8	31.50	31.20	30.60
100 Back	1:32.0	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4	1:05.40	1:04.60	1:03.90
200 IM	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8	2:24.30	2:23.40	2:22.80
MALE										
50 Free	35.8	33.2	31.5	29.5	28.0	26.8	26.4	26.10	25.90	25.10
100 Free	1:21.0	1:11.5	1:07.5	1:03.0	1:00.5	58.2	56.4	55.80	55.20	54.60
50 Breast	46.0	42.5	40.0	37.6	35.1	33.7	32.6	31.60	30.70	30.00
100 Breast	1:46.5	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8	1:07.80	1:06.40	1:05.60
50 Fly	39.7	36.4	34.0	32.3	30.6	29.3	28.3	27.50	26.90	26.30
100 Fly	1:38.2	1:22.6	1:15.5	1:10.4	1:06.2	1:03.3	1:00.1	58.50	57.40	56.00
50 Back	40.6	37.4	35.5	33.6	31.6	30.5	29.4	28.40	27.50	26.70
100 Back	1:31.5	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7	59.90	58.40	57.40
200 IM	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1	2:13.10	2:10.40	2:08.40

VENUE	John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ
FACILITIES	10 Lane 25m Deck Level Pool, Back Wedge Starting Blocks, Anti-wave lane ropes, Electronic Timing, Warm Up/Swim Down pool in operation.
ENTRY FEES	£8 per event.
POOLSIDE PASSES	For qualified Coaches/Team Managers only - £20.00 for the full weekend. This includes printed start sheets. Programmes will be made available online. Poolside passes can only be issued to holders of a current DBS certificate.
ENTRY CARDS	This will be a cardless meet. Entry is automatic on acceptance to the meet. If there are any withdrawals from events, coaches are asked to do so no later than 60 minutes prior to the start of that session.
SPECTATORS	Full Day: £8, OAP/Child £4 Half Day: £5, OAP/Child £2.50
AGES	Age on Day
EVENTS	All Heats will be seeded according to entry times and heats will be 'spearheaded'. 50m, 100m, 200IM events for all ages. All events will be HDW.
AGE GROUPS	Open/Male & Female aged 9, 10, 11, 12, 13, 14, 15, 16, 17, 18 & Over for all events
STARTS	A one start rule will apply and 'Over the Top' starts will be used as required.
AWARDS	Medals for 1st, 2nd & 3rd respectively in each age group in each event.
WITHDRAWALS	Withdrawals after entry will not be eligible for a refund without medical proof of reason to withdraw
ENTRIES	Sportsys File Entry is the only method of entry. This can be downloaded from our website at BoK Bonanza 15th November 2026 – BOK Swimming Club Please e-mail all entries detailing DBS details of all Coaches/Team Managers attending the meet and how many poolside passes you require to Chair@bokswimmingclub.co.uk All entries will be acknowledged upon receipt of payment by e-mail. Entries and poolside passes must be paid for in full before any entry is accepted. Entries must include at least 1 poolside pass. We reserve the right to reject entries in order to facilitate the efficient running of the meet (Maximum 7:00 hours per day).
PAYMENT	Payment by Bank Transfer is preferred, details are: Nationwide Sort Code: 07-09-76 Account No: 10029273 Account Name: Patricia Quashie and Derry Young Reference: Name of Entering Club
CLOSING DATE	Wednesday 30th September 2026 (or when meet is full)
OTHER INFO	Café, Online Live Results
MEET PROMOTER	Tricia Quashie E-mail: Chair@bokswimmingclub.co.uk

Any point not covered by the above will be at the discretion of the promoter & lead referee

A Call For Help

Everyone at the Borough of Kirklees Swimming Club is looking forward to welcoming you to our BOK Bonanza Short Course Meet at the John Charles Centre for Sport on 15th November 2026.

As many of you will appreciate, events like this rely on the support and dedication of a large team of volunteers. A significant amount of work takes place behind the scenes before the meet even begins, and we need plenty of help on the day itself to ensure everything runs smoothly.

With this in mind, we kindly ask each club to provide at least one official to support the meet. If you are able to supply more than one official, that would be greatly appreciated, but any assistance you can offer will help us deliver a successful event.

Officials will receive:

- *Mileage expenses at 45p per mile, up to a maximum of £50 per day**
- *Lunch, refreshments, and snacks throughout the day**

Thank you in advance for your support and for helping us make this meet possible.

Borough of Kirklees Swimming Club Committee