

# YORKSHIRE SWIMMING ASSOCIATION

## WINTER COMPETITION 2014

**Saturday 11<sup>th</sup> & Sunday 12<sup>th</sup> October 2014**

Ponds Forge International Sports Centre, Sheffield

Short Course – 25 metre.

**Age at 13<sup>th</sup> October 2014**

### **ALL EVENTS ARE HEAT DECLARED WINNER**

#### **Saturday 12<sup>th</sup> October 2014**

Session One – Warm Up 8am – Start 9am

|                   |             |
|-------------------|-------------|
| Girls 9 years     | 50m Free    |
| Boys 9/10 years   | 50m Free    |
| Girls 10/11 years | 100m Breast |
| Boys 11/12 years  | 100m Breast |
| Girls 9 years     | 100m I.M.   |
| Boys 9/10 years   | 100m I.M.   |
| Girls 14 & over   | 100m Fly    |
| Boys 15 & over    | 100m Fly    |
| Boys 13/14 years  | 100m Back   |
| Girls 12/13 years | 100m Back   |

Session Two – Warm Up 1pm – Start 2pm

|                   |            |
|-------------------|------------|
| Girls 9 years     | 50m Breast |
| Boys 9/10 years   | 50m Breast |
| Girls 10/11 years | 100m Back  |
| Boys 11/12 years  | 200m I.M.  |
| Girls 14 & over   | 100m Free  |
| Boys 15 & over    | 100m Free  |
| Girls 12/13 years | 100m Fly   |
| Boys 13/14 years  | 100m Fly   |
| Girls 10/11 years | 200m I.M.  |
| Boys 11/12 years  | 100m Back  |

#### **Sunday 13<sup>th</sup> October 2014**

Session Three – Warm Up 8am – Start 9am

|                   |             |
|-------------------|-------------|
| Boys 9/10 years   | 50m Back    |
| Girls 9 years     | 50m Back    |
| Boys 11/12 years  | 100m Fly    |
| Girls 12/13 years | 200m I.M.   |
| Boys 13/14 years  | 100m Free   |
| Girls 14 & over   | 100m Breast |
| Boys 15 & over    | 100m Breast |
| Girls 10/11 years | 100m Fly    |
| Boys 13/14 years  | 200m I.M.   |
| Girls 12/13 years | 100m Free   |

Session Four – Warm Up 1pm – Start 2pm

|                   |             |
|-------------------|-------------|
| Boys 15 & over    | 100m Back   |
| Girls 14 & over   | 100m Back   |
| Boys 9/10 years   | 50m Fly     |
| Girls 9 years     | 50m Fly     |
| Boys 11/12 years  | 100m Free   |
| Girls 10/11 years | 100m Free   |
| Boys 13/14 years  | 100m Breast |
| Girls 12/13 years | 100m Breast |
| Boys 15 & over    | 200m I.M.   |
| Girls 14 & over   | 200m I.M.   |

### **QUALIFYING TIMES FOR A 25 METRE POOL**

| BOYS                   |  | 9      | 10     | 11     | 12     | 13     | 14        | 15 & over |
|------------------------|--|--------|--------|--------|--------|--------|-----------|-----------|
| EVENT                  |  |        |        |        |        |        |           |           |
| 50m Freestyle          |  | 42.6   | 39.3   |        |        |        |           |           |
| 100m Freestyle         |  |        |        | 1:20.6 | 1:15.7 | 1:11.1 | 1:07.3    | 1:04.6    |
| 50m Breaststroke       |  | 55.1   | 51.3   |        |        |        |           |           |
| 100m Breaststroke      |  |        |        | 1:43.4 | 1:36.9 | 1:30.1 | 1:25.1    | 1:21.0    |
| 50m Butterfly          |  | 47.4   | 43.8   |        |        |        |           |           |
| 100m Butterfly         |  |        |        | 1:30.4 | 1:24.6 | 1:19.1 | 1:14.4    | 1:10.7    |
| 50m Backstroke         |  | 48.6   | 45.1   |        |        |        |           |           |
| 100m Backstroke        |  |        |        | 1:30.5 | 1:25.2 | 1:19.7 | 1:15.0    | 1:11.5    |
| 200m Individual Medley |  |        |        | 3:17.6 | 3:06.8 | 2:55.8 | 2:45.3    | 2:38.2    |
| 100m Individual Medley |  | 1:47.4 | 1:39.6 |        |        |        |           |           |
| GIRLS                  |  | 9      | 10     | 11     | 12     | 13     | 14 & over |           |
| EVENT                  |  |        |        |        |        |        |           |           |
| 50m Freestyle          |  | 43.4   |        |        |        |        |           |           |
| 100m Freestyle         |  |        | 1:27.6 | 1:21.3 | 1:16.6 | 1:13.5 | 1:11.3    |           |
| 50m Breaststroke       |  | 55.9   |        |        |        |        |           |           |
| 100m Breaststroke      |  |        | 1:52.5 | 1:43.5 | 1:37.3 | 1:32.3 | 1:28.7    |           |
| 50m Butterfly          |  | 47.9   |        |        |        |        |           |           |
| 100m Butterfly         |  |        | 1:39.3 | 1:30.9 | 1:24.9 | 1:21.2 | 1:18.3    |           |
| 50m Backstroke         |  | 48.9   |        |        |        |        |           |           |
| 100m Backstroke        |  |        | 1:38.5 | 1:31.0 | 1:25.3 | 1:21.4 | 1:19.0    |           |
| 200m Individual Medley |  |        | 3:34.0 | 3:18.5 | 3:06.8 | 2:58.9 | 2:53.1    |           |
| 100m Individual Medley |  | 1:48.8 |        |        |        |        |           |           |

**CLOSING DATE – 17<sup>th</sup> SEPTEMBER 2014**

**Entry Fees £4 per individual entries**