



YORK CITY BATHS CLUB

AUTUMN SWIM EXTRAVAGANZA

Saturday/Sunday 24th/25th September 2016
The Aquatics Centre, John Charles Centre for Sport, Leeds



UPPER LIMIT TIMES

Please contact Joanne Rooke at ycbc.galasecretary@gmail.com for further information

BOYS						EVENT	GIRLS					
9	10	11	12	13	14/Over		9	10	11	12	13	14/Over
34.0	32.0	30.0	28.0	27.0	25.0	50m Freestyle	35.0	32.0	31.0	30.0	29.0	28.0
1.09.0	1.09.0	1.02.0	1.02.0	58.0	56.0	100m Freestyle	1.10.0	1.10.0	1.02.5	1.02.5	1.01.0	59.5
2.47.0	2.32.0	2.14.0	2.14.0	2.05.0	2.00.0	200m Freestyle	2.49.0	2.33.0	2.14.0	2.14.0	2.10.0	2.08.0
No swim	4.15.0	4.15.0	4.15.0	4.15.0	4.15.0	400m Freestyle	No swim	4.27.0	4.27.0	4.27.0	4.27.0	4.27.0
40.0	37.0	35.0	34.0	32.0	28.5	50m Backstroke	40.0	37.0	35.0	34.0	32.0	31.5
1.15.0	4.15.0	1.09.0	1.09.0	1.05.0	1.02.0	100m Backstroke	1.16.0	1.16.0	1.11.0	1.11.0	1.07.0	1.05.0
3.09.0	2.50.0	2.29.0	2.29.0	2.20.0	2.13.0	200m Backstroke	3.08.0	3.08.0	2.29.0	2.29.0	2.24.0	2.20.0
46.0	42.0	40.0	38.0	36.0	29.0	50m Breaststroke	45.0	42.0	39.0	38.0	36.0	35.5
1.29.0	1.29.0	1.20.0	1.20.0	1.15.0	1.07.0	100m Breaststroke	1.29.0	1.29.0	1.20.0	1.20.0	1.16.5	1.16.0
3.35.0	3.19.0	2.51.0	2.51.0	2.41.0	2.28.0	200m Breaststroke	3.37.0	3.18.0	2.52.0	2.52.0	2.43.0	2.42.0
39.0	36.0	34.0	33.0	31.0	25.5	50m Butterfly	40.0	36.0	34.0	33.0	32.0	29.0
1.13.0	1.13.0	1.09.0	1.09.0	1.05.0	1.02.0	100m Butterfly	1.15.0	1.15.0	1.10.0	1.10.0	1.07.0	1.06.0
3.30.0	3.00.0	2.33.0	2.33.0	2.24.0	2.16.0	200m Butterfly	3.33.0	3.03.0	2.36.0	2.36.0	2.26.5	2.25.0
3.10.	2.54.0	2.32.0	2.32.0	2.23.0	2.17.0	200m IM.	3.10.0	2.54.0	2.33.0	2.33.0	2.26.5	2.25.0
No swim	6.40.00	6.15.00	5.44.00	5.28.00	5.00.00	400m IM.	No swim	6.45.00	6.10.00	5.48.00	5.36.00	5.00.00

NOTE:

Swimmers should not have swum faster than the upper limit times in any gala prior to the 26th August 2016.

Any submitted entries faster than the upper entry times will be rejected.