

# 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	1:28.6	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**