



Winter Meet – Licence No. 3NE161613
Saturday 10th – Sunday 11th December 2016
To be held at Shipley Swimming Pool
(Under A.S.A. Rules and Technical Laws)

VENUE: Shipley Swimming Pool, Shipley Swimming Pool, Alexandra Road, Shipley, BD18 3ER.

FACILITIES:- 6 Lane 25m Pool. Anti wave lane lines. Electronic Timing. Warm Up/Swim Down pool in operation.

ENTRY FEES:- £5.00 per event.

COACHES PASSES:- For qualified coaches/team managers - £20. This includes meals, drinks, programmes, start and result sheets.

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. Refunds for rejected entries to be collected on day of meet.

SPECTATORS:- £5.00 per day. Child/OAP £3.00.

PROGRAMMES:- £3.00.

AGES:- Ages as at 11th December 2016

EVENTS:- All Heats will be seeded according to entry times and the final heat will be 'spearheaded'.

Events - 50m, 100m, 200m all strokes, 400 Free, 200 IM and 400 IM. All events will be HDW.

Age Groups – Boys & Girls ages **10, 11,12, 13,14, 15 & Over** for all events

Boys & Girls age **9** for all events except 100's.

STARTS:- A one start rule will apply and 'Over the Top' starts will be used as required.

AWARDS:- All Events - Medals for 1st, 2nd & 3rd respectively in each age group in each event.

WITHDRAWALS Withdrawals after the closing date will not be eligible for a refund – however refunds may be given at the Meet Director's discretion.

ENTRIES:- File Entry is the preferred method. They can be downloaded from our website at www.cobsc.co.uk. If you have any problems please e-mail Meetentries@cobsc.co.uk.

Any manual entries must be submitted on the standard entry form.

No refunds will be given for withdrawals made after the Entries Closing Date.

Please make cheques payable to the **City of Bradford Swimming Club**

Send entries to :- Jason Beaumont
33 Savile Park Road
Hunsworth Village
Cleckheaton
West Yorkshire
BD19 4DQ

Entries may be limited to facilitate the efficient running of the meet. (Maximum 7:30 hrs per day)

CLOSING DATE: - 19th November 2016

OTHER INFO:- Café, Tombola, etc., Swim Shop, Medley Skins

MEET DIRECTOR:- Jason Beaumont

Tel: 0776 475 4340

email: Meetdir@cobsc.co.uk / jasonbeaumont@btconnect.com

Anything not covered in the above information will be at the discretion of the promoters. City of Bradford Swimming Club reserve the right to vary above conditions as necessary.

PROGRAMME OF EVENTS

Session 1 Saturday 10th December 2016			
Warm Up 08.00 Start 9.00			
101	Boys	400m	Freestyle (HDW)
102	Girls	200m	IM (HDW)
103	Boys	100m	Butterfly (HDW)
104	Girls	100m	Backstroke (HDW)
105	Boys	200m	Backstroke (HDW)
106	Girls	50m	Freestyle (HDW)
107	Boys	50m	Freestyle (HDW)
Session 2 Saturday 10th December 2016			
Warm Up to be confirmed			
201	Girls	200m	Backstroke (HDW)
202	Boys	400m	IM (HDW)
203	Girls	100m	Breaststroke (HDW)
204	Boys	100m	Breaststroke (HDW)
205	Girls	50m	Backstroke (HDW)
206	Boys	200m	Freestyle (HDW)
207	Girls	200m	Butterfly (HDW)
208	Boys	50m	Butterfly (HDW)

Session 3 Sunday 11th December 2016			
Warm Up 08.00 Start 9.00			
301	Girls	400m	Freestyle (HDW)
302	Boys	200m	IM (HDW)
303	Girls	100m	Butterfly (HDW)
304	Boys	50m	Breaststroke (HDW)
305	Girls	50m	Breaststroke (HDW)
306	Boys	100m	Freestyle (HDW)
307	Girls	100m	Freestyle (HDW)
Session 4 Sunday 11th December 2016			
Warm Up to be confirmed			
401	Boys	200m	Breaststroke (HDW)
402	Girls	400m	IM (HDW)
403	Boys	100m	Backstroke (HDW)
404	Girls	200m	Breaststroke (HDW)
405	Boys	200m	Butterfly (HDW)
406	Girls	50m	Butterfly (HDW)
407	Boys	50m	Backstroke (HDW)
408	Girls	200m	Freestyle (HDW)

All events to be swum as consolidated heats graded by entry time

CITY OF BRADFORD SWIMMING CLUB WINTER MEET 2016 QUALIFYING TIMES

Level 3 Licensed Meet – Upper Limit Times - Short Course Pool: **You must be slower than these times.**

BOYS

EVENT		9	10	11	12	13	14	15 & Over
50m	Freestyle	34.9	32.4	30.8	29.1	27.7	26.6	25.8
100m	Freestyle		1:10.6	1:06.6	1:02.5	59.2	57.0	55.6
200m	Freestyle	2:47.9	2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	2:00.8
400m	Freestyle	6:06.0	5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:15.2
50m	Breaststroke	46.0	42.5	40.0	37.5	35.1	33.7	32.6
100m	Breaststroke		1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8
200m	Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5
50m	Butterfly	39.7	36.4	34.1	32.3	30.5	29.2	28.1
100m	Butterfly		1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.9
200m	Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8
50m	Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4
100m	Backstroke		1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7
200m	Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8
200m	Ind. Medley	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
400m	Ind. Medley	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5

GIRLS

EVENT		9	10	11	12	13	14	15 & Over
50m	Freestyle	35.3	32.8	31.3	29.9	29.0	28.5	28.1
100m	Freestyle		1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2
200m	Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0
400m	Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
50m	Breaststroke	46.8	42.7	40.1	38.0	36.6	35.8	35.2
100m	Breaststroke		1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1
200m	Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1
50m	Butterfly	40.2	36.3	34.5	32.7	31.7	31.0	30.4
100m	Butterfly		1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4
200m	Butterfly	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9
50m	Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8
100m	Backstroke		1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4
200m	Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0
200m	Ind. Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8
400m	Ind. Medley	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0

Please Note:

- **Ages at 11th December 2016**
- Swimmers **must** be slower than these times in order to enter.
- Entries faster than these times will be automatically rejected.
- Submitted entry times will be checked against the ASA database.
- If the meet is oversubscribed, we reserve the right to limit entries in order to facilitate the efficient running of the meet.

Please return this slip with your entry disc/ Paper Entries or e-mail with entry file by 19th November 2016. The preferred method of entry is by Sportsys Entry File which can be downloaded at our website www.cobsc.co.uk

Club		
Secretary		
Address		
Tel: Day		<i>Please indicate your preferred contact method/ time</i>
Evening		
Mobile		
Fax		
Email		

Boys/Men's Individual Entries	<input type="text"/>	x £5.00	<input type="text"/>	£
Girls/Women's Individual Entries	<input type="text"/>	x £5.00	<input type="text"/>	£
Coaches Passes	<input type="text"/>	x £20.00	<input type="text"/>	£
Total			<input type="text"/>	£

Entry Files e-mailed / Paper copies enclosed

Please make cheques payable to **CITY OF BRADFORD SWIMMING CLUB** and return entries to:

Jason Beaumont
33 Savile Park Road,
Hunsworth Village,
Cleckheaton,
West Yorkshire
BD19 4DQ

Email: meetentries@cobsc.co.uk or jasonbeaumont@btconnect.com

Enquires to Meet Director: Jason Beaumont - Tel: 0776 475 4340

Closing Date 19th November 2016

Please note; Coaches passes, programmes and refunds to be collected on the day of the meet