YORKSHIRE SWIMMING ASSOCIATION

WINTER COMPETITION 2017

(ASA Licensed at Level 2)

Saturday 21st & Sunday 22nd October 2017 Ponds Forge International Sports Centre, Sheffield Short Course – 25 metre. Age at 22nd October 2017

Saturday 21 st October 2017		Sunday 22 nd October 2017		
Session One – Warm Up 8am – Start 9am		Session Three – Warm Up 8am – Start 9am		
Girls 13/14 years	50m Free	Boys 15/16 & over	50m Back	
Boys 13/14 years	50m Free	Girls 15/16 & over	50m Back	
Girls 15/16 & over	100m Breast	Boys 13/14 years	50m Fly	
Boys 15-16 & over	100m Breast	Girls 13/14 years	50m Fly	
Girls 13/14 years	200m I.M.	Boys 15/16 & over	100m Free	
Boys 13/14 years	200m I.M.	Girls 15/16 & over	100m Free	
Girls 15/16 & over	100m Back	Boys 13/14 years	100m Breaststroke	
Boys 15/16 & over	100m Back	Girls 13/14 years	100m Breaststroke	
Girls 13/14 years	50m Back	Boys 15/16 & over	50m Fly	
Boys 13/14 years	50m Back	Girls 15/16 & over	50m Fly	
Session Two – Warm Up 1pm – Start 2pm		Session Four – Warm Up 1pm – Start 2pm		
Girls 13/14 years	50m Breast	Boys 15/16 & over	50m Breast	
Boys 13/14 years	50m Breast	Girls 15/16 & over	50m Breast	
Girls 15/16 & over	200m I.M.	Boys 13/14 years	100m Back	
Boys 15/16 & over	200m I.M.	Girls 13/14 years	100m Back	
Girls 13/14 years	100m Fly	Boys 15/16 & over	100m Fly	
Boys 13/14 years	100m Fly	Girls 15/16 & over	100m Fly	
Girls 15/16 & over	50m Free	Boys 13/14 years	100m Freestyle	
Boys 15/16 & over	50m Free	Girls 1314 years	100m Freestyle	

All Events are Heat Declared Winner. Medals will be awarded to swimmers placed 1st, 2nd and 3rd 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	29.8	28.6	28.0
100m Freestyle	1.10.2	1.05.6	1:01.9	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	32.9	31.0
100m Butterfly	1.22.0	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				
oom rioodiyio	31.2	31.0	30.6	30.0
100m Freestyle	31.2 1.08.4	31.0 1.06.6	30.6 1:06.3	30.0 1:06.0
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100m Freestyle	1.08.4	1.06.6	1:06.3	1:06.0
100m Freestyle 50m Breaststroke	1.08.4 42.0	1.06.6 41.5	1:06.3 41.2	1:06.0 41.0
100m Freestyle 50m Breaststroke 100m Breaststroke	1.08.4 42.0 1.29.6	1.06.6 41.5 1.29.3	1:06.3 41.2 1:28.6	1:06.0 41.0 1:28.2
100m Freestyle 50m Breaststroke 100m Breaststroke 50m Butterfly	1.08.4 42.0 1.29.6 34.7	1.06.6 41.5 1.29.3 34.4	1:06.3 41.2 1:28.6 34.2	1:06.0 41.0 1:28.2 34.0
100m Freestyle 50m Breaststroke 100m Breaststroke 50m Butterfly 100m Butterfly	1.08.4 42.0 1.29.6 34.7 1.19.9	1.06.6 41.5 1.29.3 34.4 1.18.9	1:06.3 41.2 1:28.6 34.2 1:17.9	1:06.0 41.0 1:28.2 34.0 1:17.5