



# YORK CITY BATHS CLUB WINTER SWIM EXTRAVAGANZA



Saturday / Sunday 7<sup>th</sup> / 8<sup>th</sup> March 2020  
The Aquatics Centre, John Charles Centre for Sport, Leeds

## UPPER LIMIT TIMES

Please contact Daniel Ungar at [ycbc.galacoordinator@gmail.com](mailto:ycbc.galacoordinator@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	24.0	50m Freestyle	35.0	32.0	31.0	30.0	29.0	26.5
1.09.0	1.09.0	1.02.0	1.02.0	58.0	53.0	100m Freestyle	1.10.0	1.10.0	1.02.5	1.02.5	1.01.0	57.5
2.47.0	2.32.0	2.14.0	2.14.0	2.05.0	1.55.0	200m Freestyle	2.49.0	2.33.0	2.14.0	2.14.0	2.10.0	2.06.0
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	28.0	50m Backstroke	40.0	37.0	35.0	34.0	32.0	30.0
1.15.0	1.15.0	1.09.0	1.09.0	1.05.0	59.5	100m Backstroke	1.16.0	1.16.0	1.11.0	1.11.0	1.07.0	1.03.0
3.09.0	2.50.0	2.29.0	2.29.0	2.20.0	2.10.0	200m Backstroke	3.08.0	3.08.0	2.29.0	2.29.0	2.24.0	2.15.0
46.0	42.0	40.0	38.0	36.0	29.0	50m Breaststroke	45.0	42.0	39.0	38.0	36.0	33.0
1.29.0	1.29.0	1.20.0	1.20.0	1.15.0	1.04.0	100m Breaststroke	1.29.0	1.29.0	1.20.0	1.20.0	1.16.5	1.12.0
3.35.0	3.19.0	2.51.0	2.51.0	2.41.0	2.20.0	200m Breaststroke	3.37.0	3.18.0	2.52.0	2.52.0	2.43.0	2.32.0
39.0	36.0	34.0	33.0	31.0	25.5	50m Butterfly	40.0	36.0	34.0	33.0	32.0	28.0
1.13.0	1.13.0	1.09.0	1.09.0	1.04.0	57.5	100m Butterfly	1.15.0	1.15.0	1.10.0	1.10.0	1.06.0	1.02.0
3.30.0	3.00.0	2.33.0	2.33.0	2.24.0	2.10.0	200m Butterfly	3.33.0	3.03.0	2.36.0	2.36.0	2.26.5	2.18.0
1.32.5	1.25.0	1.21.0	1.16.5	1.12.0	1.00.0	100m IM.	1.33.5	1.23.5	1.20.5	1.17.0	1.14.0	1.05.0
3.10.	2.54.0	2.32.0	2.32.0	2.23.0	2.10.00	200m IM.	3.10.0	2.54.0	2.33.0	2.33.0	2.26.5	2.25.0
No swim	4.35.00	4.35.00	4.35.00	4.35.00	4.35.00	400m IM.	No swim	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00

### NOTE:

Swimmers should not have swum faster than the upper limit times in any gala prior to the 1<sup>st</sup> February 2020.

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