



# YORK CITY BATHS CLUB SPRING SWIM EXTRAVAGANZA



Sunday 3<sup>rd</sup> April 2022  
The Aquatics Centre, John Charles Centre for Sport, Leeds

## PROGRAMME OF EVENTS

All events are Heat Declared Winner

Please contact Daniel Ungar at [ycbc.galacoordinator@gmail.com](mailto:ycbc.galacoordinator@gmail.com) for further information

Session 1 Warm up 8am – Session starts at 9am		
101	Boys	100m IM
102	Girls	100m Backstroke
103	Boys	100m Butterfly
104	Girls	100m Freestyle
105	Boys	100m Breaststroke

Session 2 Warm up 1pm (TBC) – Session starts at 2pm (TBC)		
201	Girls	100m IM
202	Boys	100m Backstroke
203	Girls	100m Butterfly
204	Boys	100m Freestyle
205	Girls	100m Breaststroke

## UPPER LIMIT TIMES

EVENT	9	10	11	12	13	14/Over
	<b>BOYS</b>					
100m Freestyle	1.09.0	1.09.0	1.02.0	1.02.0	58.0	53.0
100m Backstroke	1.15.0	1.15.0	1.09.0	1.09.0	1.05.0	59.5
100m Breaststroke	1.29.0	1.29.0	1.20.0	1.20.0	1.15.0	1.04.0
100m Butterfly	1.13.0	1.13.0	1.09.0	1.09.0	1.04.0	57.5
100m IM.	1.32.5	1.25.0	1.21.0	1.16.5	1.12.0	1.00.0
<b>GIRLS</b>						
100m Freestyle	1.10.0	1.10.0	1.02.5	1.02.5	1.01.0	57.5
100m Backstroke	1.16.0	1.16.0	1.11.0	1.11.0	1.07.0	1.01.0
100m Breaststroke	1.29.0	1.29.0	1.20.0	1.20.0	1.16.5	1.12.0
100m Butterfly	1.15.0	1.15.0	1.10.0	1.10.0	1.06.0	1.02.0
100m IM.	1.33.5	1.23.5	1.20.5	1.17.0	1.14.0	1.05.0

Age as of 3<sup>rd</sup> April 2022.

Swimmers should not have swum faster than the upper limit times in any gala prior to the 4<sup>th</sup> February 2022. Any submitted entries faster than the upper limit times will be rejected.