



YORK CITY BATHS CLUB WINTER SWIM EXTRAVAGANZA



Saturday / Sunday 9th / 10th December 2023
The Aquatics Centre, John Charles Centre for Sport, Leeds

UPPER LIMIT TIMES

Please contact Daniel Ungar at ycbc.galacoordinator@gmail.com for further information

OPEN/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	26.0	23.0	50m Freestyle	35.0	32.0	31.0	30.0	29.0	26.0
1.11.0	1.09.0	1.02.0	1.00.0	56.0	53.0	100m Freestyle	1.12.0	1.10.0	1.03.0	1.01.0	1.00.0	57.0
2.30.0	2.24.0	2.14.0	2.10.0	2.02.0	1.53.0	200m Freestyle	2.40.0	2.30.0	2.20.0	2.14.0	2.08.0	2.05.0
No swim	4.10.0	4.10.0	4.10.0	4.10.0	4.10.0	400m Freestyle	No swim	4.25.0	4.25.0	4.25.0	4.25.0	4.25.0
38.0	36.0	34.0	32.0	30.0	27.0	50m Backstroke	39.0	37.0	35.0	33.0	31.0	29.0
1.15.0	1.12.0	1.09.0	1.06.0	1.03.0	58.0	100m Backstroke	1.16.0	1.13.0	1.11.0	1.09.0	1.06.0	1.01.0
3.00.0	2.50.0	2.40.0	2.30.0	2.20.0	2.10.0	200m Backstroke	3.05.0	2.55.0	2.30.0	2.24.0	2.22.0	2.15.0
44.0	42.0	40.0	37.0	34.0	29.0	50m Breaststroke	44.0	41.0	39.0	37.0	35.0	33.0
1.29.0	1.26.0	1.22.0	1.18.0	1.16.0	1.04.0	100m Breaststroke	1.30.00	1.28.0	1.24.0	1.18.0	1.16.0	1.12.0
3.30.0	3.20.0	3.05.0	2.50.0	2.40.0	2.20.0	200m Breaststroke	3.35.0	3.22.00	3.05.0	2.52.0	2.44.0	2.32.0
38.0	36.0	33.0	31.0	28.0	25.0	50m Butterfly	38.0	36.0	33.0	31.0	30.0	28.0
1.20.0	1.12.0	1.10.0	1.05.0	1.02.0	56.0	100m Butterfly	1.22.0	1.15.0	1.12.0	1.09.0	1.06.0	1.02.0
3.20.0	3.00.0	2.45.0	2.30.0	2.20.0	2.05.0	200m Butterfly	3.20.0	3.05.0	2.48.0	2.33.0	2.26.0	2.18.0
1.30.0	1.25.0	1.15.0	1.12.0	1.08.0	58.0	100m IM.	1.32.0	1.26.0	1.20.0	1.15.0	1.10.0	1.05.0
3.10.0	2.55.0	2.32.0	2.28.0	2.20.0	2.08.0	200m IM.	3.10.0	2.56.0	2.33.0	2.30.0	2.26.0	2.22.0
No swim	4.35.00	4.35.00	4.35.00	4.35.00	4.35.00	400m IM.	No swim	4.55.00	4.55.00	4.55.00	4.55.00	4.55.00

NOTE:

Swimmers should not have swum faster than the upper limit times in any gala prior to the 1st November 2023.
Any submitted entries faster than the upper entry times will be rejected.