

City of Bradford Swimming Club
 'Summer Sun' - A/B Grade Meet - 7th & 8th July 2018
 at Shipley Pool, BD18 3ER

This meet is aimed at all club members who require electronic qualifying times in order to compete in future county and regional meets. Swimmers must not have swum faster than the upper limit time in the previous twelve months but must have swum faster than the lower limit time in the same period. The entry fee is £5.00 per event plus admin of £3.00 per swimmer. Please make cheques payable to Skipton Swimming Club and place in the posting box at Craven Pool.

Closing Date: Thursday 21st June 2018 at 8.30pm.

PROGRAMME OF EVENTS

Session 1 Saturday 7 th July 2018			
Warm Up 08.00 Start TBC			
101	Girls	400m	Freestyle (HDW)
102	Boys	400m	Freestyle (HDW)
103	Girls	50m	Breaststroke (HDW)
104	Boys	50m	Breaststroke (HDW)
105	Girls	200m	Butterfly (HDW)
106	Boys	100m	Backstroke (HDW)
107	Girls	100m	Backstroke (HDW)
Session 2 Saturday 7 th July 2018			
Warm Up to be confirmed			
201	Boys	50m	Freestyle (HDW)
202	Girls	50m	Freestyle (HDW)
203	Boys	100m	IM (HDW)
204	Girls	100m	IM (HDW)
205	Boys	100m	Breaststroke (HDW)
206	Girls	100m	Breaststroke (HDW)
207	Boys	200m	Backstroke (HDW)
208	Girls	200m	Backstroke (HDW)

Session 3 Sunday 8 th July 2018			
Warm Up 08.00 Start TBC			
301	Boys	200m	IM (HDW)
302	Girls	200m	IM (HDW)
303	Boys	50m	Backstroke (HDW)
304	Girls	50m	Backstroke (HDW)
305	Boys	200m	Butterfly (HDW)
306	Girls	100m	Freestyle (HDW)
307	Boys	100m	Freestyle (HDW)
Session 4 Sunday 8 th July 2018			
Warm Up to be confirmed			
401	Girls	50m	Butterfly (HDW)
402	Boys	50m	Butterfly (HDW)
403	Girls	200m	Freestyle (HDW)
404	Boys	200m	Freestyle (HDW)
405	Girls	200m	Breaststroke (HDW)
406	Boys	200m	Breaststroke (HDW)
407	Girls	100m	Butterfly (HDW)
408	Boys	100m	Butterfly (HDW)

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

Please see back of sheet for entry time guidelines

City of Bradford Swimming Club
 'Summer Sun' - A/B Grade Meet - 7th & 8th July 2018
 At Shipley Pool, BD18 3ER.

Closing Date: Thursday 19th June 2018 at 8.30pm

Name _____

D.O.B _____ Age at 8th July 2018 _____

- | Events | Entry Time |
|-------------------------------------|------------|
| <input type="checkbox"/> 50 Free | _____ |
| <input type="checkbox"/> 100 Free | _____ |
| <input type="checkbox"/> 200 Free | _____ |
| <input type="checkbox"/> 400 Free | _____ |
| <input type="checkbox"/> 50 Back | _____ |
| <input type="checkbox"/> 100 Back | _____ |
| <input type="checkbox"/> 200 Back | _____ |
| <input type="checkbox"/> 50 Breast | _____ |
| <input type="checkbox"/> 100 Breast | _____ |
| <input type="checkbox"/> 200 Breast | _____ |
| <input type="checkbox"/> 50 Fly | _____ |
| <input type="checkbox"/> 100 Fly | _____ |
| <input type="checkbox"/> 200 Fly | _____ |
| <input type="checkbox"/> 100 IM | _____ |
| <input type="checkbox"/> 200 IM | _____ |

Entry Fee: £5.00 per event plus £3.00 admin per swimmer.

Closing Date: Thursday 19th June 2018 at 8.30pm.

BOYS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:35.8	00:33.2	00:31.5	00:29.5	00:28.0	00:26.8	00:26.4
100 Freestyle	01:21.0	01:11.5	01:07.5	01:03.0	01:00.5	00:58.2	00:56.4
200 Freestyle	02:47.9	02:32.5	02:24.4	02:15.8	02:08.9	02:03.8	02:00.4
400 Freestyle		05:20.6	05:00.2	04:44.5	04:30.9	04:21.9	04:15.2
50 Breaststroke	00:46.0	00:42.5	00:40.0	00:37.6	00:35.1	00:33.7	00:32.6
100 Breaststroke	01:46.5	01:32.8	01:26.0	01:20.5	01:15.3	01:12.2	01:09.8
200 Breaststroke	03:35.4	03:18.1	03:04.7	02:53.6	02:43.2	02:36.1	02:31.5
50 Butterfly	00:39.7	00:36.4	00:34.0	00:32.3	00:30.6	00:29.3	00:28.3
100 Butterfly	01:38.2	01:22.6	01:15.5	01:10.4	01:06.2	01:03.3	01:00.1
200 Butterfly	03:30.1	03:00.8	02:44.7	02:35.1	02:26.3	02:19.9	02:13.8
50 Backstroke	00:40.6	00:37.4	00:35.5	00:33.6	00:31.6	00:30.5	00:29.4
100 Backstroke	01:31.5	01:21.4	01:15.3	01:10.9	01:06.7	01:03.8	01:01.7
200 Backstroke	03:06.5	02:50.8	02:40.1	02:31.2	02:22.9	02:16.9	02:12.8
100 Individual Medley	01:29.9	01:22.8	01:18.6	01:14.2	01:10.0	01:06.7	01:04.8
200 Individual Medley	03:10.8	02:54.9	02:43.4	02:34.2	02:26.6	02:19.9	02:16.1

GIRLS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:35.3	00:32.8	00:31.3	00:29.9	00:29.0	00:28.5	00:28.1
100 Freestyle	01:21.0	01:12.1	01:07.2	01:03.7	01:02.0	01:00.9	01:00.2
200 Freestyle	02:49.7	02:33.1	02:24.5	02:16.9	02:12.9	02:10.9	02:09.0
400 Freestyle		05:24.9	05:00.1	04:44.6	04:37.2	04:33.1	04:29.3
50 Breaststroke	00:46.8	00:42.7	00:40.1	00:38.0	00:36.6	00:35.8	00:35.2
100 Breaststroke	01:45.0	01:33.3	01:25.9	01:21.3	01:18.1	01:15.8	01:15.1
200 Breaststroke	03:37.5	03:18.3	03:04.4	02:54.3	02:47.5	02:43.7	02:42.1
50 Butterfly	00:40.2	00:36.3	00:34.5	00:32.7	00:31.7	00:31.0	00:30.4
100 Butterfly	01:39.0	01:22.5	01:15.7	01:11.0	01:08.8	01:07.0	01:06.4
200 Butterfly	03:33.1	03:03.1	02:46.5	02:35.8	02:30.2	02:26.4	02:23.9
50 Backstroke	00:40.7	00:37.4	00:35.5	00:33.9	00:32.8	00:32.1	00:31.8
100 Backstroke	01:32.0	01:21.4	01:15.4	01:11.2	01:08.8	01:07.6	01:06.4
200 Backstroke	03:08.4	02:52.2	02:39.1	02:31.3	02:27.3	02:24.6	02:22.0
100 Individual Medley	01:31.0	01:21.1	01:18.4	01:14.7	01:12.0	01:11.0	01:10.1
200 Individual Medley	03:12.5	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:25.8

BOYS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:48.5	00:45.3	00:42.3	00:39.7	00:37.0	00:34.4	00:32.4
100 Freestyle	01:49.0	01:39.3	01:31.9	01:25.7	01:19.6	01:14.1	01:10.1
200 Freestyle	03:54.0	03:35.4	03:19.8	03:06.8	02:54.0	02:41.4	02:33.2
400 Freestyle		07:34.4	06:59.5	06:33.0	06:05.8	05:42.0	05:23.1
50 Breaststroke	01:03.1	00:58.8	00:54.5	00:50.8	00:46.8	00:43.5	00:40.9
100 Breaststroke	02:21.3	02:08.5	01:57.5	01:49.4	01:40.7	01:33.5	01:28.0
200 Breaststroke	04:56.1	04:35.4	04:13.1	03:56.4	03:38.3	03:22.2	03:10.7
50 Butterfly	00:54.4	00:50.3	00:46.5	00:43.8	00:40.6	00:37.6	00:35.2
100 Butterfly	02:08.8	01:53.4	01:42.7	01:35.5	01:28.3	01:21.6	01:16.8
200 Butterfly	04:42.6	04:09.1	03:45.8	03:30.8	03:15.1	03:01.0	02:48.8
50 Backstroke	00:55.8	00:51.8	00:48.2	00:45.4	00:41.9	00:39.2	00:36.7
100 Backstroke							
200 Backstroke							
100 Individual Medley							
200 Individual Medley	04:24.0	04:04.7	03:45.8	03:31.4	03:16.8	03:02.0	02:51.9

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400 Freestyle		07:33.2	06:52.9	06:25.1	06:04.3	05:50.4	05:40.9
50 Breaststroke	01:03.4	00:58.8	00:54.3	00:50.6	00:47.6	00:45.5	00:44.2
100 Breaststroke	02:20.3	02:08.0	01:56.4	01:48.5	01:41.6	01:36.7	01:34.5
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100 Butterfly	02:08.8	01:52.6	01:42.1	01:34.6	01:29.3	01:25.2	01:23.3
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50 Backstroke	00:55.5	00:51.7	00:48.1	00:45.1	00:42.6	00:40.8	00:39.9
100 Backstroke	02:02.9	01:52.3	01:42.5	01:35.2	01:29.7	01:26.1	01:23.6
200 Backstroke	04:16.6	03:58.3	03:37.2	03:23.0	03:12.2	03:04.5	02:58.9
100 Individual Medley	02:03.7	01:52.7	01:46.2	01:39.4	01:33.4	01:30.1	01:27.7
200 Individual Medley	04:23.5	04:03.1	03:43.7	03:28.3	03:17.1	03:08.9	03:04.0