

Bradford Grassroots Invitational Meet Level 4

Sunday 20th January 2019 at Shipley Pool BD18 3ER.

This meet is aimed at all club members who require electronic qualifying times in order to compete in future open meets. Your PERSONAL BEST time must be slower than the times on page two for entry. Stepping Stones swimmers at grade B and C are eligible for entry.

Entry Fee: £4.00 per event plus £3.00 admin per swimmer.

Swimmers age at 20th January 2019.

All events will be heat declared winners. i.e., no finals. Meet is one day only.

Closing Date: Thursday 20th December 2018 at 8.30pm. All entry applications with right hand of this form and payment - Cheques to be made payable to Skipton Swimming Club. Please could all entries be submitted to the posting box at Craven Pool, Skipton please.

Session 1 Sunday 20 th January			
Warm Up 08:00 Start 9:00			
1	Girls	50m	Freestyle
2	Boys	100m	Butterfly
3	Girls	50m	Backstroke
4	Boys	200m	IM
5	Girls	100m	Breaststroke
6	Boys	50m	Freestyle
7	Girls	50m	Butterfly
8	Boys	100m	Backstroke
9	Girls	100m	IM
10	Boys	50m	Breaststroke
11	Girls	100m	Freestyle
			Blind date 4x50m relay

Session 2 Sunday 20 th January			
Warm Up 13:00, start 14:00			
12	Boys	200m	Freestyle
13	Girls	100m	Butterfly
14	Boys	50m	Backstroke
15	Girls	200m	IM
16	Boys	100m	Breaststroke
17	Girls	200m	Freestyle
18	Boys	50m	Butterfly
19	Girls	100m	Backstroke
20	Boys	100m	IM
21	Girls	50m	Breaststroke
22	Boys	100m	Freestyle

Bradford Development Grassroots Meet 2019

Closing Date: Thursday 20th December 2018 at 8.30pm

Name _____

Swimmers Age at 20th January 2019 _____

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

Entry Fee: £4.00 per event plus £3.00 admin per swimmer.

Closing Date: Thursday 20th December 2018 at 8:30pm



Bradford Grassroots Level 4 Invitational Meet 2018 - CONSIDERATION TIMES

Upper Permitted Times - Short Course 25m Pool

Your Personal Best time must be SLOWER than these times to enter this meet.

If you are not sure of your times please ask your coach to check and sign off your entry.

BOYS

Event	9	10	11	12	13	14	15+
50 Freestyle	00:40.1	00:40.1	00:35.1	00:32.9	00:31.4	00:29.7	00:28.5
100 Freestyle	NOTIME	01:29.1	01:16.9	01:11.3	01:05.7	01:02.2	00:59.8
200 Freestyle	NOTIME	NOTIME	02:43.9	02:33.2	02:24.1	02:10.0	02:12.9
50 Breaststroke	00:47.3	00:47.3	00:47.3	00:46.0	00:42.8	00:42.1	00:42.0
100 Breaststroke	NOTIME	01:53.9	01:41.8	01:34.2	01:28.1	01:27.6	01:24.0
50 Butterfly	00:46.7	00:46.7	00:41.8	00:38.3	00:35.1	00:32.9	00:32.8
100 Butterfly	NOTIME	01:51.3	01:31.2	01:24.6	01:19.0	01:12.0	01:07.9
50 Backstroke	00:47.3	00:47.3	00:42.1	00:39.3	00:36.5	00:35.9	00:35.3
100 Backstroke	NOTIME	01:40.2	01:29.1	01:22.5	01:16.4	01:12.9	01:10.7
200 Individual Medley	NOTIME	NOTIME	03:03.4	02:56.8	02:46.6	02:38.5	02:31.4
100 Individual Medley	01:48.5	01:39.7	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME

GIRLS

Event	9	10	11	12	13	14	15+
50 Freestyle	00:39.3	00:39.3	00:34.5	00:33.3	00:31.9	00:30.5	00:30.4
100 Freestyle	NOTIME	01:25.0	01:12.9	01:09.8	01:06.8	01:04.7	01:04.2
200 Freestyle	NOTIME	NOTIME	02:42.9	02:31.2	02:25.6	02:21.1	02:17.5
50 Breaststroke	00:47.3	00:47.3	00:46.1	00:43.0	00:40.9	00:40.8	00:40.7
100 Breaststroke	NOTIME	01:47.8	01:38.2	01:31.6	01:28.6	01:25.0	01:24.0
50 Butterfly	00:45.9	00:45.9	00:39.5	00:37.1	00:35.1	00:33.9	00:33.8
100 Butterfly	NOTIME	01:37.2	01:28.1	01:20.1	01:16.0	01:14.5	01:13.0
50 Backstroke	00:46.6	00:46.6	00:40.5	00:39.3	00:37.7	00:36.1	00:35.5
100 Backstroke	NOTIME	01:36.1	01:25.0	01:21.0	01:17.9	01:16.4	01:14.9
200 Individual Medley	NOTIME	NOTIME	03:23.1	02:53.2	02:46.6	02:39.5	02:38.5
100 Individual Medley	01:49.1	01:40.2	NOTIME	NOTIME	NOTIME	NOTIME	NOTIME

Please Note:

- **Ages at 20th January 2019**
- Swimmers **must** be **slower** than these times in order to enter.
- Entries with electronic times faster than these times will be automatically rejected.
- Submitted entry times must be signed off by your coach.
- If the meet is oversubscribed, we reserve the right to limit entries within these times in order to facilitate the efficient running of the meet.
- No upper age limit for 15 and over category.