



Summer Sprint with the Free

Level 3 Licenced Meet - Licence No. NE191973

Sunday 21st July 2019

To be held at Shipley Swimming Pool

(Under Swim England Rules and Technical Laws)

VENUE	Shipley Swimming Pool, Alexandra Road, Shipley, BD18 3ER.
FACILITIES	6 Lane 25m Pool with Back Wedge Starting Blocks. Anti-wave lane lines. Electronic Timing. Warm Up/Swim Down pool in operation. Online Live Results
ENTRY FEES	£5.00 per event,
COACHES PASSES	For qualified coaches/team managers - £20. This includes meals, drinks, programmes, start and results sheets (on request).
ENTRY CARDS	This will be a card-less meet. Entry is automatic on acceptance to the meet. If there are any withdrawals from events, coaches are asked to do so no later than 60 minutes prior to the start of that session. Refunds for rejected entries to be collected on day of meet.
SPECTATORS	£5.00 per full day, Child/OAP £3.00 £3.00 per half day, Child/OAP £2.00
PROGRAMMES	£3.00.
AGES	Ages as at 21 st July 2019
EVENTS	All Heats will be seeded according to entry times and heats will be 'spearheaded'. Events - 50m & 100m all strokes, 200m Free, 400m Free, 100m IM & 200m IM. All events will be HDW. Age Groups – Boys & Girls ages 9, 10, 11, 12, 13, 14, 15 & Over for all events
STARTS	A one start rule will apply and 'Over the Top' starts will be used as required.
AWARDS	All Events - Medals for 1st, 2nd & 3rd respectively in each age group in each event - A Grade and B Grade. Swimmers who swim faster than the B Grade cut-off times will be ranked automatically in the A Grade results. Speeding Tickets will be given to swimmers who swim faster than the A Grade cut off times by the following margins: - 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m.
WITHDRAWALS	Withdrawals after the closing date will not be eligible for a refund, however refunds may be given at the Meet Director's discretion.
ENTRIES	Sportsys File Entry is the preferred method of entry. This can be downloaded from our website at www.cobsc.co.uk . If you have any problems please e-mail meetentries@cobsc.co.uk . Any manual entries must be submitted on the standard entry form. No refunds will be given for withdrawals made after the closing date. Please make cheques payable to the City of Bradford Swimming Club Manual entries should be sent to: Andy Buxton, 3 Wrose Avenue, Wrose, Shipley, West Yorkshire, BD18 1NS Any manual entries must reach the above address on or before the closing date. Entries may be limited to facilitate the efficient running of the meet. (Maximum 7:30 hrs per day)
CLOSING DATE	5th July 2019
OTHER INFO	Café, Tombola, Online Live Results
MEET DIRECTOR	Andy Buxton Tel: 07572 466993 email: meetentries@cobsc.co.uk
Anything not covered in the above information will be at the discretion of the promoters. City of Bradford Swimming Club reserve the right to vary above conditions as necessary.	



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PROGRAMME OF EVENTS

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

Session 1

Warm up 8.00am

Event No

101	Girls 400 Freestyle
102	Boys 200 Freestyle
103	Girls 200 Individual Medley
104	Boys 100 Backstroke
105	Girls 100 Butterfly
106	Boys 50 Breaststroke
107	Girls 50 Freestyle
108	Boys 100 Freestyle
109	Girls 100 Individual Medley
110	Boys 100 Breaststroke
111	Girls 50 Butterfly
112	Boys 50 Backstroke

Session 2

Warm up 1.00pm (TBC)

Event No

201	Boys 400 Freestyle
202	Girls 200 Freestyle
203	Boys 200 Individual Medley
204	Girls 100 Backstroke
205	Boys 100 Butterfly
206	Girls 50 Breaststroke
207	Boys 50 Freestyle
208	Girls 100 Freestyle
209	Boys 100 Individual Medley
210	Girls 100 Breaststroke
211	Boys 50 Butterfly
212	Girls 50 Backstroke



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UPPER & LOWER LIMIT QUALIFYING TIMES

Swimmers must not have swum faster than the Upper Limit Time in the previous 12 months
BUT must have swum faster than the Lower Limit Time in the same period.

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	35.8	33.2	31.5	29.5	28.0	26.8	26.4
100 Freestyle	1:21.0	1:11.5	1:07.5	1:03.0	1:00.5	58.2	56.4
200 Freestyle	2:47.9	2:32.5	2:24.4	2:15.8	2:08.9	2:03.8	2:00.4
400 Freestyle	6:06.0	5:20.6	5:00.2	4:44.5	4:30.9	4:21.9	4:15.2
50 Breaststroke	46.0	42.5	40.0	37.6	35.1	33.7	32.6
100 Breaststroke	1:46.5	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8
50 Butterfly	39.7	36.4	34.0	32.3	30.6	29.3	28.3
100 Butterfly	1:38.2	1:22.6	1:15.5	1:10.4	1:06.2	1:03.3	1:00.1
50 Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4
100 Backstroke	1:31.5	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7
100 Individual Medley	1:29.9	1:22.8	1:18.6	1:14.2	1:10.0	1:06.7	1:04.8
200 Individual Medley	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1

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	48.5	45.3	42.3	39.7	37.0	34.4	32.4
100 Freestyle	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
200 Freestyle	3:54.0	3:35.4	3:19.8	3:06.8	2:54.0	2:41.4	2:33.2
400 Freestyle	8:27.2	7:34.4	6:59.5	6:33.0	6:05.8	5:42.0	5:23.1
50 Breaststroke	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9
100 Breaststroke	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
50 Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2
100 Butterfly	2:08.8	1:53.4	1:42.7	1:35.5	1:28.3	1:21.6	1:16.8
50 Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7
100 Backstroke	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
100 Individual Medley	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
200 Individual Medley	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9



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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	35.3	32.8	31.3	29.9	29.0	28.5	28.1
100 Freestyle	1:21.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2
200 Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0
400 Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
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100 Individual Medley	1:31.0	1:21.1	1:18.4	1:14.7	1:12.0	1:11.0	1:10.1
200 Individual Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8

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

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200 Freestyle	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
400 Freestyle	8:25.6	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
50 Breaststroke	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
100 Breaststroke	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
50 Butterfly	54.3	49.9	46.5	43.5	41.0	39.3	38.1
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200 Individual Medley	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0

Please Note:

Ages as at 21st July 2019

Entries faster than these times will be automatically rejected.

Submitted entry times will be checked against the Swim England database.

If the meet is oversubscribed, we reserve the right to limit entries in order to facilitate the efficient running of the meet.