

City of Bradford Swimming Club
 'Summer Sprint' with the Free
 at Shipley Pool, BD18 3ER - Sunday 21st July 2019

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: Wednesday 3rd July 2019 at 8.00pm.

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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Wednesday 3rd July 2019 at 8.00pm.

Name _____

D.O.B _____ Age at 21st July 2019 _____

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

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

Closing Date: Wednesday 3rd July 2019 at 8.00pm

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

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
50 Breaststroke	46.8	42.7	40.1	38.0	36.6	35.8	35.2
100 Breaststroke	1:45.0	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1
50 Butterfly	40.2	36.3	34.5	32.7	31.7	31.0	30.4
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50 Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8
100 Backstroke	1:32.0	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4
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

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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
100 Butterfly	2:08.8	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
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