



## Winter Sprint with the Free

**Level 3 Licenced Meet - Licence No. 3NE193128**

**Saturday 14<sup>th</sup> & Sunday 15<sup>th</sup> December 2019**

**To be held at Shipley Swimming Pool**

(Under Swim England Rules and Technical Laws)

<b>VENUE</b>	Shipley Swimming Pool, Alexandra Road, Shipley, BD18 3ER.
<b>FACILITIES</b>	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
<b>ENTRY FEES</b>	£7.50 per event (800m & 1500m Free) / £5.00 per event (All other events).
<b>COACHES PASSES</b>	For qualified coaches/team managers - £20. This includes meals, drinks, programmes, start and results sheets (on request).
<b>ENTRY CARDS</b>	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.
<b>SPECTATORS</b>	£5.00 per full day, Child/OAP £3.00 £3.00 per half day, Child/OAP £2.00
<b>PROGRAMMES</b>	£3.00.
<b>AGES</b>	Ages as at 15 <sup>th</sup> December 2019
<b>EVENTS</b>	All Heats will be seeded according to entry times and heats will be 'spearheaded'. <b>Events:</b> 50m & 100m all strokes, 200m Free, 400m Free, 800m Free, 1500m Free, 100m IM & 200m IM. All events will be HDW. <b>Age Groups:</b> Boys & Girls ages 11, 12, 13, 14, 15 & Over for 800m & 1500m Free Boys & Girls ages 9, 10, 11, 12, 13, 14, 15 & Over for all other events.
<b>STARTS</b>	A one start rule will apply and 'Over the Top' starts will be used as required.
<b>AWARDS</b>	<b>All Events</b> - Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> 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, 16 seconds on 800m, 30 seconds on 1500m.
<b>WITHDRAWALS</b>	Withdrawals after the closing date will not be eligible for a refund, however refunds may be given at the Meet Director's discretion.
<b>ENTRIES</b>	<b>Sportsys File Entry is the preferred method of entry.</b> This can be downloaded from our website at <a href="http://www.cobsc.co.uk">www.cobsc.co.uk</a> . If you have any problems please e-mail <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a> . 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 <b>City of Bradford Swimming Club</b> 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)
<b>CLOSING DATE</b>	<b>30<sup>th</sup> November 2019</b>
<b>OTHER INFO</b>	Café, Tombola, Online Live Results
<b>MEET DIRECTOR</b>	<b>Andy Buxton</b> Tel: 07572 466993 E-mail: <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a>

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 – Saturday 14<sup>th</sup> December

Warm up 5.00pm

##### Event No

- |     |                       |
|-----|-----------------------|
| 101 | Mixed 800m Freestyle  |
| 102 | Mixed 1500m Freestyle |

#### Session 2 – Sunday 15<sup>th</sup> December

Warm up 8.00am

##### Event No

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

#### Session 3 – Sunday 15<sup>th</sup> December

Warm up 1.00pm (TBC)

##### Event No

- |     |                             |
|-----|-----------------------------|
| 301 | Boys 400m Freestyle         |
| 302 | Girls 200m Freestyle        |
| 303 | Boys 50m Freestyle          |
| 304 | Girls 100m Backstroke       |
| 305 | Boys 100m Butterfly         |
| 306 | Girls 50m Breaststroke      |
| 307 | Boys 200m Individual Medley |
| 308 | Girls 100m Freestyle        |
| 309 | Boys 50m Butterfly          |
| 310 | Girls 100m Breaststroke     |
| 311 | Boys 100m Individual Medley |
| 312 | Girls 50m Backstroke        |



## Winter Sprint with the Free

### 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
50m Freestyle	35.8	33.2	31.5	29.5	28.0	26.8	26.4
100m Freestyle	1:21.0	1:11.5	1:07.5	1:03.0	1:00.5	58.2	56.4
200m Freestyle	2:47.9	2:32.5	2:24.4	2:15.8	2:08.9	2:03.8	2:00.4
400m Freestyle	6:06.0	5:20.6	5:00.2	4:44.5	4:30.9	4:21.9	4:15.2
800m Freestyle	N/A	N/A	11:30.0	10:21.0	9:44.5	9:38.1	9:24.0
1500m Freestyle	N/A	N/A	22:20.0	21:25.0	19:40.0	18:35.0	18:05.0
50m Breaststroke	46.0	42.5	40.0	37.6	35.1	33.7	32.6
100m Breaststroke	1:46.5	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8
50m Butterfly	39.7	36.4	34.0	32.3	30.6	29.3	28.3
100m Butterfly	1:38.2	1:22.6	1:15.5	1:10.4	1:06.2	1:03.3	1:00.1
50m Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4
100m Backstroke	1:31.5	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7
100m Individual Medley	1:29.9	1:22.8	1:18.6	1:14.2	1:10.0	1:06.7	1:04.8
200m 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
50m Freestyle	48.5	45.3	42.3	39.7	37.0	34.4	32.4
100m Freestyle	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
200m Freestyle	3:54.0	3:35.4	3:19.8	3:06.8	2:54.0	2:41.4	2:33.2
400m Freestyle	8:27.2	7:34.4	6:59.5	6:33.0	6:05.8	5:42.0	5:23.1
800m Freestyle	N/A	N/A	13:00.0	11:55.0	11:10.0	11:00.0	10:55.0
1500m Freestyle	N/A	N/A	23:40.0	22:20.0	21:58.0	21:49.5	21:40.0
50m Breaststroke	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9
100m Breaststroke	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
50m Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2
100m Butterfly	2:08.8	1:53.4	1:42.7	1:35.5	1:28.3	1:21.6	1:16.8
50m Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7
100m Backstroke	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
100m Individual Medley	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
200m 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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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.

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

Event	9	10	11	12	13	14	15/OV
50m Freestyle	35.3	32.8	31.3	29.9	29.0	28.5	28.1
100m Freestyle	1:21.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2
200m Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0
400m Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
800m Freestyle	N/A	N/A	11:32.0	10:24.2	9:47.0	9:42.0	9:32.1
1500m Freestyle	N/A	N/A	22:40.0	21:40.0	19:49.5	18:48.2	18:18.8
50m Breaststroke	46.8	42.7	40.1	38.0	36.6	35.8	35.2
100m Breaststroke	1:45.0	1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:15.1
50m Butterfly	40.2	36.3	34.5	32.7	31.7	31.0	30.4
100m Butterfly	1:39.0	1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.4
50m Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8
100m Backstroke	1:32.0	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4
100m Individual Medley	1:31.0	1:21.1	1:18.4	1:14.7	1:12.0	1:11.0	1:10.1
200m 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)

Event	9	10	11	12	13	14	15/OV
50m Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2
100m Freestyle	1:49.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
200m Freestyle	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
400m Freestyle	8:25.6	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
800m Freestyle	N/A	N/A	13:00.0	12:01.0	11:25.0	11:10.0	11:01.0
1500m Freestyle	N/A	N/A	23:58.5	23:51.0	22:10.0	22:00.0	21:54.0
50m Breaststroke	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
100m Breaststroke	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
50m Butterfly	54.3	49.9	46.5	43.5	41.0	39.3	38.1
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50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.9
100m Backstroke	2:02.9	1:52.3	1:42.5	1:35.2	1:29.7	1:26.1	1:23.6
100m Individual Medley	2:03.7	1:52.7	1:46.2	1:39.4	1:33.4	1:30.1	1:27.7
200m 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 15<sup>th</sup> December 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.



## Winter Sprint with the Free

Please return this slip with your paper entries or e-mail with entry file by **30<sup>th</sup> November 2019**. The preferred method of entry is by **Sportsys Entry File**, which can be downloaded at our website [www.cobsc.co.uk](http://www.cobsc.co.uk)

Club			
Secretary			
Address			
Telephone / Mobile			<i>Please indicate your preferred contact method</i>
E-mail Address			
Boys Individual Entries		x £5.00	£
Girls Individual Entries		x £5.00	£
Coaches Passes		x £20.00	£
<b>Total</b>			£

Entry files e-mailed / Paper copies enclosed

Please make cheques payable to **CITY OF BRADFORD SWIMMING CLUB** and return entries to:  
 Andy Buxton, 3 Wrose Avenue, Wrose, Shipley, West Yorkshire, BD18 1NS  
 Email: [meetdir@cobsc.co.uk](mailto:meetdir@cobsc.co.uk)  
 Enquires to Meet Director: Andy Buxton, Tel: 07572 466993

**Closing Date: 30<sup>th</sup> November 2019**

Please note; Coaches passes, programmes and refunds to be collected on the day of the meet.