

**Bradford Swimming Club**  
**Winter Sprint with the Free**  
**Saturday 14th & Sunday 15th December 2019 at Shipley Swimming Pool**

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 send a bank transfer or make cheques payable to Skipton Swimming Club and place in the posting box at Craven pool.

**Event Schedule**

**Session 1 – Saturday 14th December**

Warm up 5.00pm

**Event No**

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

**Session 2 – Sunday 15th 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 15th 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

**Bradford Swimming Club**  
**14th & 15th December 2019**  
**Closing Date: Monday 25 November 2019 9.30 pm**

**Name:** \_\_\_\_\_

**Age on 15 Dec 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 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:** £5.00 per event  
**plus £3.00 admin per swimmer**

**Total payment £** \_\_\_\_\_

**Please tick**    **Cheque**     **Bank trans**

PLEASE ENSURE YOU SEND YOUR ENTRY MONEY  
 WHEN SUBMITTING YOUR FORM - **NO PAYMENT NO SWIM**

Account            Skipton SC  
 Account No:    17847808            Sort Code 05-09-09  
 Ref:                \*Swimmer\* Bradford

**Contact Name :** .....

**Contact Number :** .....

**Cheques to be made payable to Skipton Swimming Club**

## 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.**

<b>BOYS - Upper Limit Times</b> (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

<b>GIRLS - Upper Limit Times</b> (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

<b>BOYS - Lower Limit Times</b> (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

<b>GIRLS - Lower Limit Times</b> (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
100m Butterfly	2:08.8	1:52.6	1:42.1	1:34.6	1:29.3	1:25.2	1:23.3
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