



Bradford Grassroots Invitational Meet Level 4 Sunday 19th January 2020

To be held at Shipley Swimming Pool

(Under Swim England Rules and Technical Laws)

This event is licensed by Swim England – Licence No. TBA

SESSION TIMES:

	Morning	Afternoon
Warm Up	8.00am	1.00pm
Start	9.00am	2.00pm

Bradford Grassroots Swimming Development Group – which provides an amalgamation of the five swimming clubs in the Bradford District, stages this Level 4 Invitational Meet specifically to give an opportunity to club swimmers from the district to compete in an electronically timed meet and establish Swim England ranked times for future Open Meet competition.

We welcome your entries for the 8th competition this January.

Invited Clubs

Aireborough SC	Brighouse SC
Bingley SC	Halifax SC
Bradford Dolphin SC	Ilkley SC
Bradford SC	Skipton SC



PROGRAMME OF EVENTS

Session 1 Sunday 19th January			
Warm Up 8:00am Start 9:00am			
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

Session 2 Sunday 19th January			
Warm Up 1:00pm, Start 2:00pm			
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

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



Bradford Grassroots Level 4 Invitational Meet 2020 – 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+
50m Freestyle	00:40.1	00:40.1	00:35.1	00:32.9	00:31.4	00:29.7	00:28.5
100m Freestyle	-	01:29.1	01:16.9	01:11.3	01:05.7	01:02.2	00:59.8
200m Freestyle	-	-	02:43.9	02:33.2	02:24.1	02:10.0	02:12.9
50m Breaststroke	00:47.3	00:47.3	00:47.3	00:46.0	00:42.8	00:42.1	00:42.0
100m Breaststroke	-	01:53.9	01:41.8	01:34.2	01:28.1	01:27.6	01:24.0
50m Butterfly	00:46.7	00:46.7	00:41.8	00:38.3	00:35.1	00:32.9	00:32.8
100m Butterfly	-	01:51.3	01:31.2	01:24.6	01:19.0	01:12.0	01:07.9
50m Backstroke	00:47.3	00:47.3	00:42.1	00:39.3	00:36.5	00:35.9	00:35.3
100m Backstroke	-	01:40.2	01:29.1	01:22.5	01:16.4	01:12.9	01:10.7
200m Individual Medley	-	-	03:03.4	02:56.8	02:46.6	02:38.5	02:31.4
100m Individual Medley	01:48.5	01:39.7	-	-	-	-	-

GIRLS

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

Please Note:

- **Ages at 19th January 2020**
- 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.