



Bradford Grassroots Invitational Meet

Level 4 Meet Sunday 19 January 2020 @ Shipley Pool

This entry level meet provides club members the opportunity to compete in an electronically timed event and establish electronic times in order to compete in future meets. Swimmers must not have swum faster than the upper limit time in the previous twelve months. Please see the website for further information on competitions <https://www.skiptonsc.co.uk>

The entry fee is £4.00 per event plus admin fee 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 One

Warm Up 8am Start 9am

- 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 Two

Warm Up 1pm Start 2pm

- 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

Further information regarding this event is available on the website [skiptonsc.co.uk/meets/meets-2020/](https://www.skiptonsc.co.uk/meets/meets-2020/)

Bradford Grassroots Invitational Meet

19 January 2020

Closing Date: 6 January 2020

Name: _____

Age at 19 Jan 2020 _____

Events	Entry Time
<input type="checkbox"/> 50 Free	_____
<input type="checkbox"/> 100 Free	_____
<input type="checkbox"/> 200 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: £4.00 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**

Skipton SC
Account 17847808 Sort Code 05-09-09
Ref: *Swimmer* Grassroots

Contact Name :

Contact Number :

Cheques to be made payable to Skipton Swimming Club

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

If you have not swum the event before enter 'not swum' on the entry form

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	-	-	-	-	-