

## Winter Short Course Meet

Level 3 Licenced Meet - Licence No. 3NE220800

Saturday 26<sup>th</sup> & Sunday 27<sup>th</sup> November 2022

at John Charles Centre for Sport, Leeds

(Under Swim England Rules and Technical Laws)



### PROGRAMME OF EVENTS

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

#### Saturday 26<sup>th</sup> November 2022

#### Sunday 27<sup>th</sup> November 2022

##### Session 1

##### Warmup 8.00am, Events 9.00am

101	Boys 100m Breaststroke
102	Girls 100m Breaststroke
103	Boys 50m Freestyle
104	Girls 50m Freestyle
105	Boys 100m Butterfly
106	Girls 100m Butterfly
107	Boys 200m Individual Medley
108	Girls 100m Individual Medley

##### Session 3

##### Warmup 8.00am, Events 9.00am

301	Girls 100m Backstroke
302	Boys 100m Backstroke
303	Girls 50m Breaststroke
304	Boys 50m Breaststroke
305	Girls 100m Freestyle
306	Boys 100m Freestyle
307	Girls 200m Individual Medley
308	Boys 100m Individual Medley

##### Session 2

##### Warmup 1.00pm, Events 2.00pm

201	Boys 400m Individual Medley
202	Girls 400m Individual Medley
203	Boys 200m Freestyle
204	Girls 200m Freestyle
205	Boys 50m Backstroke
206	Girls 50m Backstroke
207	Boys 200m Butterfly
208	Girls 200m Butterfly

##### Session 4

##### Warmup 1.00pm, Events 2.00pm

401	Girls 400m Freestyle
402	Boys 400m Freestyle
403	Girls 200m Breaststroke
404	Boys 200m Breaststroke
405	Girls 50m Butterfly
406	Boys 50m Butterfly
407	Girls 200m Backstroke
408	Boys 200m Backstroke

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### SHORT COURSE (25m) QUALIFYING TIMES

Swimmers must not have swum faster than the Upper Limit Time in the previous 12 months.

#### BOYS - Upper Limit Times

Event	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15+
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
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
200m Breaststroke	3:35.4	3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:31.5
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
200m Butterfly	3:30.1	3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:13.8
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
200m Backstroke	3:06.5	2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:12.8
100m Individual Medley	1:31.6	1:24.3	1:19.2	1:15.1	1:11.3	1:07.9	1:06.3
200m Individual Medley	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1
400m Individual Medley	6:52.6	6:16.4	5:46.6	5:25.2	5:09.6	4:56.4	4:47.5

#### GIRLS - Upper Limit Times

Event	Age 9	Age 10	Age 11	Age 12	Age 13	Age 14	Age 15+
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
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
200m Breaststroke	3:37.5	3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:42.1
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
200m Butterfly	3:33.1	3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.9
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
200m Backstroke	3:08.4	2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:22.0
100m Individual Medley	1:33.2	1:24.3	1:19.4	1:15.3	1:13.7	1:12.1	1:11.3
200m Individual Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8
400m Individual Medley	6:50.1	6:15.5	5:44.3	5:25.6	5:15.3	5:09.7	5:06.0

#### Ages as of 27<sup>th</sup> November 2022

Entries faster than these times will be automatically rejected.

Submitted entry times will be checked against the Swim England database.

We reserve the right to reject entries in order to facilitate the efficient running of the meet.



## Winter Short Course Meet

<b>VENUE</b>	John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ
<b>FACILITIES</b>	10 Lane 25m Deck Level Pool, Back Wedge Starting Blocks, Anti-wave lane ropes, Electronic Timing, Warm Up/Swim Down pool in operation.
<b>ENTRY FEES</b>	£6.00 per event,
<b>POOLSIDE PASSES</b>	For qualified Coaches/Team Managers only - £15.00 for the full weekend. This includes printed programmes & start sheets <b>Poolside passes can only be issued to holders of a current DBS certificate.</b>
<b>ENTRY CARDS</b>	This will be a cardless 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.
<b>SPECTATORS</b>	Full Weekend: £10.00, OAP/Child £5.00 Single Day: £6.00, OAP/Child £3.00 Half Day: £4.00, OAP/Child £2.00
<b>PROGRAMMES</b>	£2.00
<b>AGES</b>	Ages as of 27 <sup>th</sup> November 2022
<b>EVENTS</b>	All Heats will be seeded according to entry times and heats will be 'spearheaded'. 50m, 100m, 200m & 400m events for all ages. All events will be HDW.
<b>AGE GROUPS</b>	Boys & Girls aged 9, 10, 11, 12, 13, 14, 15 & Over for all events
<b>STARTS</b>	A one start rule will apply and 'Over the Top' starts will be used as required.
<b>AWARDS</b>	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> respectively in each age group in each event. Speeding Tickets will be given to swimmers who swim faster than the relevant cut off times by the following margins: 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m
<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 only method of entry.</b> This can be downloaded from our website at <a href="https://cobsc.co.uk">https://cobsc.co.uk</a> . Please e-mail all entries detailing DBS details of all Coaches/Team Managers attending the meet and how many poolside passes you require to <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a> All entries will be acknowledged upon receipt of payment by e-mail. <b>Entries and poolside passes must be paid for in full before any entry is accepted. Entries must include at least 1 poolside pass.</b> We reserve the right to reject entries in order to facilitate the efficient running of the meet (Maximum 7:00 hours per day).
<b>PAYMENT</b>	Payment by Bank Transfer is preferred, details are: Sort Code: <b>05-03-28</b> Account No: <b>33635995</b> Reference: <b>Name of Entering Club</b>
<b>CLOSING DATE</b>	<b>Friday 5<sup>th</sup> November 2022 (or when meet is full)</b>
<b>OTHER INFO</b>	Café, Tombola, Online Live Results
<b>MEET DIRECTOR</b>	<b>Andy Buxton</b> E-mail: <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a> Tel: 07572 466993

Anything not covered in the above information will be at the discretion of the promoters, City of Bradford Swimming Club. We reserve the right to vary above conditions as necessary.



## Winter Short Course Meet

# Calling All Officials & Timekeepers

If you are an official or timekeeper and would be willing to help us out at the meet, please e-mail Andy Buxton on [meetdir@cobsc.co.uk](mailto:meetdir@cobsc.co.uk) with your details.

We offer lunch and travel expenses in exchange for your help. We are only a small club, so even one session would help us a great deal keeping the meet running smoothly.