



YORK CITY BATHS CLUB WINTER SWIM EXTRAVAGANZA



Saturday / Sunday 10th / 11th December 2022
The Aquatics Centre, John Charles Centre for Sport, Leeds

PROGRAMME OF EVENTS

All events are Heat Declared Winner

Please contact Daniel Ungar at ycbc.galacoordinator@gmail.com for further information

Saturday 10th December 2022

Session 1		
Warm up 8am – Session starts at 9am		
101	Girls	200m IM
102	Boys	200m Breaststroke
103	Girls	100m Butterfly
104	Boys 10 and over	400m IM
105	Girls	50m Breaststroke
106	Boys	50m Backstroke
107	Girls	200m Backstroke
108	Boys	100m Freestyle

Session 2		
Warm up 1pm (TBC) – Session starts at 2pm (TBC)		
201	Girls	200m Butterfly
202	Boys	200m Freestyle
203	Girls	100m IM
204	Boys	50m Butterfly
205	Girls 10 and over	400m Freestyle
206	Boys	100m IM
207	Girls	50m Freestyle
208	Boys	100m Breaststroke

Sunday 11th December 2022

Session 3		
Warm up 8am – Session starts at 9am		
301	Boys	200m IM
302	Girls	200m Freestyle
303	Boys	100m Backstroke
304	Girls	50m Backstroke
305	Boys	200m Butterfly
306	Girls 10 and over	400m IM
307	Boys	50m Freestyle
308	Girls	100m Breaststroke

Session 4		
Warm up 1pm (TBC) – Session starts at 2pm (TBC)		
401	Boys	200m Backstroke
402	Girls	100m Backstroke
403	Boys 10 and over	400m Freestyle
404	Girls	200m Breaststroke
405	Boys	100m Butterfly
406	Girls	50m Butterfly
407	Boys	50m Breaststroke
408	Girls	100m Freestyle



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UPPER LIMIT TIMES

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BOYS						EVENT	GIRLS					
9	10	11	12	13	14/Over		9	10	11	12	13	14/Over
34.0	32.0	30.0	28.0	27.0	24.0	50m Freestyle	35.0	32.0	31.0	30.0	29.0	26.5
1.09.0	1.09.0	1.02.0	1.02.0	58.0	53.0	100m Freestyle	1.10.0	1.10.0	1.02.5	1.02.5	1.01.0	57.5
2.47.0	2.32.0	2.14.0	2.14.0	2.05.0	1.55.0	200m Freestyle	2.49.0	2.33.0	2.14.0	2.14.0	2.10.0	2.06.0
No swim	4.15.0	4.15.0	4.15.0	4.15.0	4.15.0	400m Freestyle	No swim	4.27.0	4.27.0	4.27.0	4.27.0	4.27.0
40.0	37.0	35.0	34.0	32.0	28.0	50m Backstroke	40.0	37.0	35.0	34.0	32.0	29.0
1.15.0	1.15.0	1.09.0	1.09.0	1.05.0	59.5	100m Backstroke	1.16.0	1.16.0	1.11.0	1.11.0	1.07.0	1.01.0
3.09.0	2.50.0	2.29.0	2.29.0	2.20.0	2.10.0	200m Backstroke	3.08.0	3.08.0	2.29.0	2.29.0	2.24.0	2.15.0
46.0	42.0	40.0	38.0	36.0	29.0	50m Breaststroke	45.0	42.0	39.0	38.0	36.0	33.0
1.29.0	1.29.0	1.20.0	1.20.0	1.15.0	1.04.0	100m Breaststroke	1.29.0	1.29.0	1.20.0	1.20.0	1.16.5	1.12.0
3.35.0	3.19.0	2.51.0	2.51.0	2.41.0	2.20.0	200m Breaststroke	3.37.0	3.18.0	2.52.0	2.52.0	2.43.0	2.32.0
39.0	36.0	34.0	33.0	31.0	25.5	50m Butterfly	40.0	36.0	34.0	33.0	32.0	28.0
1.13.0	1.13.0	1.09.0	1.09.0	1.04.0	57.5	100m Butterfly	1.15.0	1.15.0	1.10.0	1.10.0	1.06.0	1.02.0
3.30.0	3.00.0	2.33.0	2.33.0	2.24.0	2.10.0	200m Butterfly	3.33.0	3.03.0	2.36.0	2.36.0	2.26.5	2.18.0
1.32.5	1.25.0	1.21.0	1.16.5	1.12.0	1.00.0	100m IM.	1.33.5	1.23.5	1.20.5	1.17.0	1.14.0	1.05.0
3.10.	2.54.0	2.32.0	2.32.0	2.23.0	2.10.00	200m IM.	3.10.0	2.54.0	2.33.0	2.33.0	2.26.5	2.25.0
No swim	4.35.00	4.35.00	4.35.00	4.35.00	4.35.00	400m IM.	No swim	5.00.00	5.00.00	5.00.00	5.00.00	4.55.00

NOTE:

Swimmers should not have swum faster than the upper limit times in any gala prior to the 1st November 2022.
Any submitted entries faster than the upper entry times will be rejected.