



End of Season Meet – Licence No. TBC
Saturday 16th – Sunday 17th July 2016
To be held at Shipley Swimming Pool
(Under A.S.A. Rules and Technical Laws)

VENUE: Shipley Swimming Pool, Shipley Swimming Pool, Alexandra Road, Shipley, BD18 3ER.

FACILITIES:- 6 Lane 25m Pool. Anti wave lane lines. Electronic Timing. Warm Up/Swim Down pool in operation.

ENTRY FEES:- £5.00 per event.

COACHES PASSES:- For qualified coaches/team managers - £20. This includes meals, drinks, programmes, start and result sheets.

ENTRY CARDS:- 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. Refunds for rejected entries to be collected on day of meet.

SPECTATORS:- £5.00 per day. Child/OAP £3.00.

PROGRAMMES:- £3.00.

AGES:- Ages as at **31st December 2016**

EVENTS:- All Heats will be seeded according to entry times and the final heat will be 'spearheaded'.

Events - 50m, 100m, 200m all strokes, 400 Free and 200 IM. All events will be HDW.

Age Groups – Boys & Girls ages **10, 11,12, 13,14, 15 & Over** for all events

Note – Age at 31 December so 9 year olds who will be 10 on that date may participate.

STARTS:- A one start rule will apply and 'Over the Top' starts will be used as required.

AWARDS:- All Events - Medals for 1st, 2nd & 3rd respectively in each age group in each event.

WITHDRAWALS Withdrawals after the closing date will not be eligible for a refund – however refunds may be given at the Meet Director's discretion.

CLOSING DATE:- FRIDAY 17th JUNE 2016

OTHER INFO:- Café, Tombola, etc., Swim Shop

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

PROGRAMME OF EVENTS

Session 1 Saturday 16 July 2016			
Warm Up 08.00 Start 9.00			
101	Girls	400m	Freestyle (HDW)
102	Boys	200m	IM (HDW)
103	Girls	100m	Butterfly (HDW)
104	Boys	50m	Breaststroke (HDW)
105	Girls	50m	Breaststroke (HDW)
106	Boys	100m	Backstroke (HDW)
107	Girls	100m	Backstroke (HDW)
Session 2 Saturday 16 July 2016			
Warm Up to be confirmed			
201	Boys	200m	Breaststroke (HDW)
202	Girls	200m	Breaststroke (HDW)
203	Boys	50m	Backstroke (HDW)
204	Girls	50m	Butterfly (HDW)
205	Boys	200m	Butterfly (HDW)
206	Girls	200m	Freestyle (HDW)
207	Boys	100m	Freestyle (HDW)

Session 3 Sunday 17 July 2016			
Warm Up 08.00 Start 9.00			
301	Boys	400m	Freestyle (HDW)
302	Girls	200m	IM (HDW)
303	Boys	100m	Butterfly (HDW)
304	Girls	100m	Freestyle (HDW)
305	Boys	200m	Backstroke (HDW)
306	Girls	50m	Backstroke (HDW)
307	Boys	50m	Freestyle (HDW)
Session 4 Sunday 17 July 2016			
Warm Up to be confirmed			
401	Girls	200m	Backstroke (HDW)
402	Boys	100m	Breaststroke (HDW)
403	Girls	50m	Freestyle (HDW)
404	Boys	200m	Freestyle (HDW)
405	Girls	200m	Butterfly (HDW)
406	Boys	50m	Butterfly (HDW)
407	Girls	100m	Breaststroke (HDW)

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

CITY OF BRADFORD SWIMMING CLUB END OF SEASON MEET QUALIFYING TIMES

Level 3 Licensed Meet – Upper Limit Times - Short Course Pool: **You must be slower than these times.**

BOYS

EVENT			10	11	12	13	14	15 & Over	EVENT
50m	Freestyle		32.4	30.8	29.1	27.7	26.6	25.3	50m
100m	Freestyle		1:10.6	1:06.6	1:02.5	59.2	57.0	54.4	100m
200m	Freestyle		2:32.3	2:24.0	2:15.6	2:08.7	2:03.8	1:58.3	200m
400m	Freestyle		5:20.5	5:00.4	4:44.0	4:30.9	4:21.9	4:10.5	400m
50m	Breaststroke		42.5	40.0	37.5	35.1	33.7	31.7	50m
100m	Breaststroke		1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:08.2	100m
200m	Breaststroke		3:18.1	3:04.7	2:53.6	2:43.2	2:36.1	2:28.7	200m
50m	Butterfly		36.4	34.1	32.3	30.5	29.2	27.6	50m
100m	Butterfly		1:22.6	1:15.4	1:10.4	1:06.2	1:03.2	1:00.0	100m
200m	Butterfly		3:00.8	2:44.7	2:35.1	2:26.3	2:19.9	2:12.1	200m
50m	Backstroke		37.4	35.5	33.6	31.6	30.5	28.5	50m
100m	Backstroke		1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:00.5	100m
200m	Backstroke		2:50.8	2:40.1	2:31.2	2:22.9	2:16.9	2:10.4	200m
200m	Ind. Medley		2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:13.7	200m

GIRLS

EVENT			10	11	12	13	14	15 & Over	EVENT
50m	Freestyle		32.8	31.3	29.9	29.0	28.5	27.9	50m
100m	Freestyle		1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	59.5	100m
200m	Freestyle		2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:08.0	200m
400m	Freestyle		5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:28.3	400m
50m	Breaststroke		42.7	40.1	38.0	36.6	35.8	35.0	50m
100m	Breaststroke		1:33.3	1:25.9	1:21.3	1:18.1	1:15.8	1:14.8	100m
200m	Breaststroke		3:18.3	3:04.4	2:54.3	2:47.5	2:43.7	2:41.4	200m
50m	Butterfly		36.3	34.5	32.7	31.7	31.0	30.3	50m
100m	Butterfly		1:22.5	1:15.7	1:11.0	1:08.8	1:07.0	1:06.0	100m
200m	Butterfly		3:03.1	2:46.5	2:35.8	2:30.2	2:26.4	2:23.1	200m
50m	Backstroke		37.4	35.5	33.9	32.8	32.1	31.4	50m
100m	Backstroke		1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.1	100m
200m	Backstroke		2:52.2	2:39.1	2:31.3	2:27.3	2:24.6	2:20.8	200m
200m	Ind. Medley		2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:24.9	200m

Please Note:

- **Ages at 31st December 2016**
- Swimmers **must** be slower than these times in order to enter.
- Entries faster than these times will be automatically rejected.
- Submitted entry times will be checked against the ASA database.
- If the meet is oversubscribed, we reserve the right to limit entries in order to facilitate the efficient running of the meet.