



Summer Sprint with the Free

Level 3 Licenced Meet - Licence No. TBC

Sunday 21st June 2020

To be held at John Charles Centre for Sport, Leeds

(Under Swim England Rules and Technical Laws)

VENUE	John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ
FACILITIES	10 Lane 25m Deck Level Pool with Back Wedge Starting Blocks, Anti-wave lane ropes, Electronic Timing, Warm Up/Swim Down pool in operation,
ENTRY FEES	£5.00 per event,
POOLSIDE PASSES	For qualified coaches/team managers - £20. This includes meals, drinks, programmes, start and results sheets (on request). Passes will only be issued to holders of a current DBS certificate.
ENTRY CARDS	This will be a card-less 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.
SPECTATORS	£5.00 per full day, Child/OAP £3.00 £3.00 per half day, Child/OAP £2.00
PROGRAMMES	£3.00.
AGES	Ages as at 21 st June 2020
EVENTS	All Heats will be seeded according to entry times and heats will be 'spearheaded'. Events - 50m & 100m all strokes, 200m Free, 400m Free, 100m IM & 200m IM. All events will be HDW. Age Groups – Boys & Girls ages 9, 10, 11, 12, 13, 14, 15 & Over for all events
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 - A Grade and B Grade. Swimmers who swim faster than the B Grade cut-off times will be ranked automatically in the A Grade results. Speeding Tickets will be given to swimmers who swim faster than the A Grade cut off times by the following margins: 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m.
WITHDRAWALS	Withdrawals after the closing date will not be eligible for a refund, however refunds may be given at the Meet Director's discretion.
ENTRIES	Sportsys File Entry is the only method of entry. This can be downloaded from our website at www.cobsc.co.uk . If you have any problems please e-mail meetentries@cobsc.co.uk . Late entries will be considered at the discretion of the Meet Director and will be charged at £7.50 per event. Please make cheques payable to the City of Bradford Swimming Club and send along with entry summary sheet to: Andy Buxton, 3 Wrose Avenue, Wrose, Shipley, West Yorkshire, BD18 1NS. Bank transfer details can be obtained on request. Entries must contain at least 2 events per swimmer to a maximum of 400 swims per club , this may be further limited to facilitate the efficient running of the meet. (Maximum 7:00 hours per day)
CLOSING DATE	Friday 29th May 2020 (or when meet is full)
OTHER INFO	Café, Tombola, Online Live Results
MEET DIRECTOR	Andy Buxton Tel: 07572 466993 email: meetentries@cobsc.co.uk
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.	

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PROGRAMME OF EVENTS

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

Session 1

Warm up 8.00am

Event No

- 101 Girls 400m Freestyle
- 102 Boys 200m Freestyle
- 103 Girls 50m Freestyle
- 104 Boys 100m Backstroke
- 105 Girls 100m Butterfly
- 106 Boys 50m Breaststroke
- 107 Girls 200m Individual Medley
- 108 Boys 100m Freestyle
- 109 Girls 50m Butterfly
- 110 Boys 100m Breaststroke
- 111 Girls 100m Individual Medley
- 112 Boys 50m Backstroke

Session 2

Warm up 1.00pm

Event No

- 201 Boys 400m Freestyle
- 202 Girls 200m Freestyle
- 203 Boys 50m Freestyle
- 204 Girls 100m Backstroke
- 205 Boys 100m Butterfly
- 206 Girls 50m Breaststroke
- 207 Boys 200m Individual Medley
- 208 Girls 100m Freestyle
- 209 Boys 50m Butterfly
- 210 Girls 100m Breaststroke
- 211 Boys 100m Individual Medley
- 212 Girls 50m Backstroke





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UPPER & LOWER LIMIT QUALIFYING TIMES

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

BOYS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	35.8	33.2	31.5	29.5	28.0	26.8	26.4
100 Freestyle	1:21.0	1:11.5	1:07.5	1:03.0	1:00.5	58.2	56.4
200 Freestyle	2:47.9	2:32.5	2:24.4	2:15.8	2:08.9	2:03.8	2:00.4
400 Freestyle	6:06.0	5:20.6	5:00.2	4:44.5	4:30.9	4:21.9	4:15.2
50 Breaststroke	46.0	42.5	40.0	37.6	35.1	33.7	32.6
100 Breaststroke	1:46.5	1:32.8	1:26.0	1:20.5	1:15.3	1:12.2	1:09.8
50 Butterfly	39.7	36.4	34.0	32.3	30.6	29.3	28.3
100 Butterfly	1:38.2	1:22.6	1:15.5	1:10.4	1:06.2	1:03.3	1:00.1
50 Backstroke	40.6	37.4	35.5	33.6	31.6	30.5	29.4
100 Backstroke	1:31.5	1:21.4	1:15.3	1:10.9	1:06.7	1:03.8	1:01.7
100 Individual Medley	1:29.9	1:22.8	1:18.6	1:14.2	1:10.0	1:06.7	1:04.8
200 Individual Medley	3:10.8	2:54.9	2:43.4	2:34.2	2:26.6	2:19.9	2:16.1

BOYS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	48.5	45.3	42.3	39.7	37.0	34.4	32.4
100 Freestyle	1:49.0	1:39.3	1:31.9	1:25.7	1:19.6	1:14.1	1:10.1
200 Freestyle	3:54.0	3:35.4	3:19.8	3:06.8	2:54.0	2:41.4	2:33.2
400 Freestyle	8:27.2	7:34.4	6:59.5	6:33.0	6:05.8	5:42.0	5:23.1
50 Breaststroke	1:03.1	58.8	54.5	50.8	46.8	43.5	40.9
100 Breaststroke	2:21.3	2:08.5	1:57.5	1:49.4	1:40.7	1:33.5	1:28.0
50 Butterfly	54.4	50.3	46.5	43.8	40.6	37.6	35.2
100 Butterfly	2:08.8	1:53.4	1:42.7	1:35.5	1:28.3	1:21.6	1:16.8
50 Backstroke	55.8	51.8	48.2	45.4	41.9	39.2	36.7
100 Backstroke	2:02.2	1:52.5	1:42.8	1:36.2	1:28.9	1:22.4	1:17.6
100 Individual Medley	2:03.1	1:54.6	1:46.8	1:40.1	1:32.7	1:25.8	1:20.9
200 Individual Medley	4:24.0	4:04.7	3:45.8	3:31.4	3:16.8	3:02.0	2:51.9



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UPPER & LOWER LIMIT QUALIFYING TIMES

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

GIRLS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	35.3	32.8	31.3	29.9	29.0	28.5	28.1
100 Freestyle	1:21.0	1:12.1	1:07.2	1:03.7	1:02.0	1:00.9	1:00.2
200 Freestyle	2:49.7	2:33.1	2:24.5	2:16.9	2:12.9	2:10.9	2:09.0
400 Freestyle	6:12.5	5:24.9	5:00.1	4:44.6	4:37.2	4:33.1	4:29.3
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50 Backstroke	40.7	37.4	35.5	33.9	32.8	32.1	31.8
100 Backstroke	1:32.0	1:21.4	1:15.4	1:11.2	1:08.8	1:07.6	1:06.4
100 Individual Medley	1:31.0	1:21.1	1:18.4	1:14.7	1:12.0	1:11.0	1:10.1
200 Individual Medley	3:12.5	2:54.8	2:43.2	2:34.7	2:30.7	2:27.7	2:25.8

GIRLS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2
100 Freestyle	1:49.1	1:40.1	1:31.8	1:25.7	1:21.1	1:17.8	1:15.9
200 Freestyle	3:52.8	3:34.0	3:18.2	3:04.7	2:54.3	2:47.6	2:43.2
400 Freestyle	8:25.6	7:33.2	6:52.9	6:25.1	6:04.3	5:50.4	5:40.9
50 Breaststroke	1:03.4	58.8	54.3	50.6	47.6	45.5	44.2
100 Breaststroke	2:20.3	2:08.0	1:56.4	1:48.5	1:41.6	1:36.7	1:34.5
50 Butterfly	54.3	49.9	46.5	43.5	41.0	39.3	38.1
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200 Individual Medley	4:23.5	4:03.1	3:43.7	3:28.3	3:17.1	3:08.9	3:04.0

Please Note:

Ages as at 21st June 2020

Entries faster than these times will be automatically rejected.

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

If the meet is oversubscribed, we reserve the right to limit entries in order to facilitate the efficient running of the meet.



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Please return this slip with your entries or e-mail with entry file by **29th May 2020**. The only method of entry is by **Sportsys Entry File**, which can be downloaded at our website www.cobsc.co.uk

Club			
Secretary			
Address			
Telephone / Mobile			<i>Please indicate your preferred contact method</i>
E-mail Address			
Boys Individual Entries		x £5.00	£
Girls Individual Entries		x £5.00	£
Coaches Passes		x £20.00	£
Total			£

Please make cheques payable to **CITY OF BRADFORD SWIMMING CLUB** and return to:
 Andy Buxton, 3 Wrose Avenue, Wrose, Shipley, West Yorkshire, BD18 1NS
 Bank Transfer details can be supplied on request..

Email: meetentries@cobsc.co.uk

Enquires to Meet Director: Andy Buxton, Tel: 07572 466993

Closing Date: 29th May 2020

Please note; Coaches passes, programmes and refunds to be collected on the day of the meet.