

THE PAW SWIMWEAR YORKSHIRE S.A. SENIOR & JUNIOR LONG COURSE CHAMPIONSHIPS

2010

Programme of Events					
John Charles Centre for Sport, Leeds					
Saturday 6th & Sunday 7th February 2010					
Saturday 6th February 2010			Sunday 7th February 2010		
Heats: 09:00 Finals: TBC			Heats: 09:00 Finals: TBC		
Men	100m	Freestyle	Women	100m	Freestyle
Women	200m	Freestyle	Men	200m	Freestyle
Men	50m	Breaststroke	Women	50m	Breaststroke
Women	100m	Breaststroke	Men	100m	Breaststroke
Men	400m	Ind.Medley	Women	400m	Ind.Medley
Women	100m	Butterfly	Men	100m	Butterfly
Men	100m	Backstroke	Women	100m	Backstroke
Women	50m	Backstroke	Men	50m	Backstroke
Men	200m	Butterfly	Women	200m	Butterfly
Women	200m	Ind.Medley	Men	200m	Ind.Medley
Men	400m	Freestyle	Women	400m	Freestyle
Women	50m	Freestyle	Men	50m	Freestyle
Men	200m	Breaststroke	Women	200m	Breaststroke
Mens/Women	800m	Freestyle HDW	Men/Womens	1500m	Freestyle HDW
Men	50m	Butterfly	Women	50m	Butterfly
Women	200m	Backstroke	Men	200m	Backstroke
Men	4x100m	Free Team	Women	4x100m	Free Team
Women	4x100m	Medley Team	Men	4x100m	Medley Team

Entry Times for 50m pool				
Entry closing date:				
10th January 2010				
Men		Event	Women	
Junior	Senior		Junior	Senior
28.3	26.9	50m Freestyle	31.0	30.5
1:01.4	58.5	100m Freestyle	1:06.3	1:04.7
2:15.9	2:09.9	200m Freestyle	2:26.3	2:20.1
4:52.0	4:40.5	400m Freestyle	5:12.4	4:59.6
Via 1500	Via 1500	800m Freestyle	10:14.4	10:00.2
19:16.5	18:40.3	1500m Freestyle	Via 800	Via 800
34.0	31.9	50m Backstroke	37.3	35.4
1:11.3	1:08.5	100m Backstroke	1:18.0	1:14.9
2:33.5	2:28.3	200m Backstroke	2:46.5	2:39.6
37.0	35.0	50m Breaststroke	40.6	38.6
1:20.2	1:16.5	100m Breaststroke	1:26.7	1:23.3
2:52.7	2:45.5	200m Breaststroke	3:05.7	2:58.8
31.8	29.9	50m Butterfly	35.0	32.6
1:08.9	1:05.7	100m Butterfly	1:15.7	1:11.6
2:40.9	2:26.3	200m Butterfly	2:45.8	2:37.3
2:36.3	2:30.9	200m Ind.Medley	2:47.3	2:38.8
5:31.9	5:20.5	400m Ind.Medley	5:54.6	5:42.7

- ☞ THE TEAM EVENTS WILL BE HEAT DECLARED WINNER.
- ☞ THERE ARE NO QUALIFYING TIMES FOR THE TEAM EVENTS.
- ☞ SWIMMERS WHO QUALIFY FOR THE WOMENS 800 & MENS 1500 FREESTYLE MAY ALSO ENTER THE REVERSE EVENT.
- ☞ MEDALS TO THE TOP THREE SWIMMERS IN EACH EVENT IN MENS/WOMENS AND JUNIOR BOYS/GIRLS.
- ☞ A JUNIOR IS A SWIMMER UNDER THE AGE OF 16 ON 7th FEBRUARY 2010