

**YORKSHIRE SWIMMING ASSOCIATION
WINTER COMPETITION 2023 – UPPER AGE GROUPS
(Swim England Licensed 2NE230684)**

Saturday 7th & Sunday 8th October 2023

John Charles Centre for Sport, Leeds

Short Course – 25 metre.

Age at 15th October 2023

Saturday 7th October 2023

Session One – Warm Up 8am – Start 9am

Girls 13/14 years	50m Free
Boys 13/14 years	50m Free
Girls 15/16 & over	100m Breast
Boys 15-16 & over	100m Breast
Girls 13/14 years	200m I.M.
Boys 13/14 years	200m I.M.
Girls 15/16 & over	100m Back
Boys 15/16 & over	100m Back
Girls 13/14 years	50m Back
Boys 13/14 years	50m Back

Session Two – Warm Up 1pm – Start 2pm

Girls 13/14 years	100m Freestyle
Boys 13/14 years	100m Freestyle
Girls 15/16 & over	50m Free
Boys 15/16 & over	50m Free
Girls 13/14 years	100m Fly
Boys 13/14 years	100m Fly
Girls 15/16 & over	400m I.M.
Boys 15/16 & over	400m I.M.
Girls 13/14 years	50m Breast
Boys 13/14 years	50m Breast

Sunday 8th October 2023

Session Three – Warm Up 8am – Start 9am

Boys 15/16 & over	50m Back
Girls 15/16 & over	50m Back
Boys 13/14 years	50m Fly
Girls 13/14 years	50m Fly
Boys 15/16 & over	100m Free
Girls 15/16 & over	100m Free
Boys 13/14 years	100m Breaststroke
Girls 13/14 years	100m Breaststroke
Boys 15/16 & over	50m Fly
Girls 15/16 & over	50m Fly

Session Four – Warm Up 1pm – Start 2pm

Boys 15/16 & over	200m I.M.
Girls 15/16 & over	200m I.M.
Boys 13/14 years	100m Back
Girls 13/14 years	100m Back
Boys 15/16 & over	50m Breast
Girls 15/16 & over	50m Breast
Boys 15/16 & over	100m Fly
Girls 15/16 & over	100m Fly
Boys 13/14 years	400m I.M.
Girls 13/14 years	400m I.M.

All Events are Heat Declared Winner. Medals will be awarded to swimmers placed 1st, 2nd and 3rd in each of the Age Groups 13,14,15,16 & over

QUALIFYING TIMES FOR A 25 METRE POOL

LONG COURSE CONVERTED TIMES ACCEPTED

(ENTRY TIMES MUST BE RECORDED IN BRITISH SWIMMING RANKINGS SINCE 1ST SEPTEMBER 2021 AT ANY LEVEL)

BOYS				
EVENT	13	14	15	16 & over
50m Freestyle	30.3	29.0	28.4	25.4
100m Freestyle	1.08.4	1.04.6	1:01.9	55.3
50m Breaststroke	41.3	39.4	39.1	34.0
100m Breaststroke	1.31.8	1.26.3	1:25.1	1:14.5
50m Butterfly	35.0	33.2	32.3	28.1
100m Butterfly	1.21.1	1.17.7	1:15.6	1:03.0
50m Backstroke	36.5	35.0	34.2	30.5
100m Backstroke	1.19.4	1.15.5	1:14.1	1:06.8
200m Individual Medley	2.52.3	2.44.2	2:38.6	2:24.0
400m Individual Medley	5.43.1	5.23.0	5:15.0	4:55.5
GIRLS				
EVENT	13	14	15	16 & over
50m Freestyle	30.6	30.3	30.2	29.0
100m Freestyle	1.07.1	1.06.0	1:05.8	1:03.3
50m Breaststroke	40.9	40.5	40.4	38.5
100m Breaststroke	1.30.3	1.28.6	1:28.5	1:23.5
50m Butterfly	34.1	33.8	33.7	31.9
100m Butterfly	1.18.2	1.17.6	1:17.5	1:15.1
50m Backstroke	35.6	35.6	35.5	33.6
100m Backstroke	1.16.4	1.15.6	1:15.3	1:13.2
200m Individual Medley	2.45.9	2.45.5	2.43.0	2.41.3
400m Individual Medley	5.40.3	5.37.6	5:25.0	5.16.7

CLOSING DATE – 12 NOON - 22nd SEPTEMBER 2023