

**YORKSHIRE SWIMMING ASSOCIATION
WINTER COMPETITION 2022 – UPPER AGE GROUPS
(Swim England Licensed 2NE221235)**

Saturday 8th & Sunday 9th October 2022

John Charles Centre for Sport, Leeds

Short Course – 25 metre.

Age at 23rd October 2022

Saturday 8th October 2022

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 9th October 2022

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 2020 AT ANY LEVEL)

BOYS				
EVENT	13	14	15	16 & over
50m Freestyle	30.5	29.5	28.6	25.6
100m Freestyle	1.10.2	1.05.6	1:01.9	55.8
50m Breaststroke	42.3	40.6	39.4	34.7
100m Breaststroke	1.34.3	1.28.2	1:25.1	1:15.7
50m Butterfly	35.6	34.2	32.9	28.3
100m Butterfly	1.22.0	1.19.2	1:15.6	1:04.0
50m Backstroke	37.3	35.7	34.6	30.7
100m Backstroke	1.20.2	1.16.2	1:14.8	1:07.5
200m Individual Medley	2.54.6	2.46.4	2:38.6	2:24.0
400m Individual Medley	5.50.0	5.25.0	5:15.0	5:00.0
GIRLS				
EVENT	13	14	15	16 & over
50m Freestyle	30.9	30.5	30.3	29.0
100m Freestyle	1.07.9	1.06.6	1:06.3	1:03.3
50m Breaststroke	40.9	40.8	40.8	38.3
100m Breaststroke	1.31.5	1.29.3	1:29.0	1:23.5
50m Butterfly	34.7	34.3	34.2	32.1
100m Butterfly	1.19.9	1.18.9	1:17.9	1:16.5
50m Backstroke	35.8	35.7	35.6	33.6
100m Backstroke	1.17.3	1.15.6	1:15.3	1:13.2
200m Individual Medley	2.47.1	2.46.6	2.43.0	2.42.7
400m Individual Medley	5.45.0	5.40.0	5:25.0	5.20.0

CLOSING DATE – 23rd SEPTEMBER 2022