

# YORKSHIRE SWIMMING ASSOCIATION WINTER COMPETITION 2024 – LOWER AGE GROUPS (Licensed by Swim England 2NE24)

**Saturday 19<sup>th</sup> & Sunday 20<sup>th</sup> October 2024**

Ponds Forge International Sports Centre, Sheffield - Short Course – 25 metre.

**Age at 20<sup>th</sup> October 2024**

## **Saturday 19<sup>th</sup> October 2024**

Session One – Warm Up 8am – Start 9am

Girls 9/10 years	50m Free
Boys 9/10 years	50m Free
Girls 11-12 years	100m Breast
Boys 11-12 years	100m Breast
Girls 9/10 years	100m I.M.
Boys 9/10 years	100m I.M.
Girls 11-12 years	100m Back
Boys 11-12 years	100m Back
Girls 9/10 years	50m Back
Boys 9/10 years	50m Back

Session Two – Warm Up 1pm – Start 2pm

Girls 11/12 years	200m I.M.
Boys 11/12 years	200m I.M.
Girls 9/10 years	50m Breast
Boys 9/10 years	50m Breast
Girls 11/12 years	50m Free
Boys 11/12 years	50m Free
Girls 9/10 years	100m Fly
Boys 9/10 years	100m Fly
Girls 11-12 years	100m Fly

## **Sunday 20<sup>th</sup> October 2024**

Session Three Warm Up 8-30am–Start 9-30am

Boys 11/12 years	50m Back
Girls 11/12 years	50m Back
Boys 9/10 years	50m Fly
Girls 9/10 years	50m Fly
Boys 11/12 years	100m Free
Girls 11/12 years	100m Free
Boys 9/10 years	100m Breaststroke
Girls 9/10 years	100m Breaststroke
Boys 11/12 years	50m Fly
Girls 11/12 years	50m Fly

Session Four – Warm Up 1pm – Start 2pm

Boys 11/12 years	50m Breast
Girls 11/12 years	50m Breast
Boys 9/10 years	100m Back
Girls 9/10 years	100m Back
Boys 11-12 years	100m Fly
Girls 9/10 years	100m Freestyle
Boys 9/10 years	100m Freestyle
Girls 11/12 years	400m I.M.
Boys 11/12 years	400m I.M.

**All Events Heat Declared Winner. Medals will be awarded to swimmers placed 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each of the Age Groups 9,10,11 & 12 years.**

### **QUALIFYING TIMES FOR A 25 METRE POOL**

(LONG COURSE CONVERTED TIMES ACCEPTED)

(ENTRY TIMES MUST BE RECORDED IN BRITISH SWIMMING RANKINGS SINCE 1<sup>ST</sup> SEPTEMBER 2022 AT ANY LEVEL)

BOYS				
EVENT	9	10	11	12
50m Freestyle	52.0	40.9	36.8	33.6
100m Freestyle	1.53.0	1.37.5	1:24.6	1:16.6
50m Breaststroke	1.10.2	55.9	50.1	46.6
100m Breaststroke	2.32.3	2.09.0	1:50.5	1:42.3
50m Butterfly	1.12.0	55.0	45.8	38.0
100m Butterfly	2.40.0	2.25.0	1:45.0	1:35.0
50m Backstroke	1.00.8	48.7	43.8	40.2
100m Backstroke	2.15.0	1.51.8	1:35.6	1:29.5
100m Individual Medley	2.18.0	1.52.6		
200m Individual Medley			3:33.0	3:13.0
400m Individual Medley			7:20.0	6:28.0
GIRLS				
EVENT	9	10	11	12
50m Freestyle	47.8	40.3	36.0	33.5
100m Freestyle	1.52.0	1.33.2	1:20.5	1:12.0
50m Breaststroke	1.04.2	53.8	48.0	44.0
100m Breaststroke	2.24.7	1.59.6	1:44.5	1:34.5
50m Butterfly	1.08.2	50.3	43.3	38.0
100m Butterfly	2.30.0	2.05.0	1:43.5	1:30.0
50m Backstroke	56.1	47.1	42.0	39.0
100m Backstroke	2.10.2	1.44.6	1:33.8	1:24.0
100m Individual Medley	2.07.0	1.46.7		
200m Individual Medley			3:25.4	2:58.0
400m Individual Medley			7.03.5	6.10.0

**CLOSING DATE – 12 NOON – 27<sup>th</sup> SEPTEMBER 2024**