

**YORKSHIRE SWIMMING ASSOCIATION
WINTER COMPETITION 2024 – UPPER AGE GROUPS
(Swim England Licensed 2NE24)**

Saturday 12th & Sunday 13th October 2024

John Charles Centre for Sport, Leeds

Short Course – 25 metre.

Age at 20th October 2024

Saturday 12th October 2024

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 13th October 2024

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 2022 AT ANY LEVEL)

BOYS				
EVENT	13	14	15	16 & over
50m Freestyle	31.0	29.0	28.2	26.0
100m Freestyle	1.09.0	1.04.5	1:01.9	56.0
50m Breaststroke	41.5	39.0	38.7	34.0
100m Breaststroke	1.32.5	1.26.3	1:25.1	1:15.0
50m Butterfly	35.0	32.9	31.8	28.1
100m Butterfly	1.21.5	1.17.7	1:15.6	1:03.0
50m Backstroke	35.5	34.8	34.2	30.5
100m Backstroke	1.20.0	1.15.5	1:14.1	1:06.8
200m Individual Medley	2.52.3	2.42.9	2:38.6	2:24.5
400m Individual Medley	5.43.1	5.23.0	5:13.5	4:55.5
GIRLS				
EVENT	13	14	15	16 & over
50m Freestyle	31.0	30.3	30.2	29.5
100m Freestyle	1.07.5	1.05.6	1:05.4	1:03.3
50m Breaststroke	40.6	40.3	40.2	38.5
100m Breaststroke	1.30.1	1.28.3	1:28.2	1:24.0
50m Butterfly	34.5	33.4	33.3	31.8
100m Butterfly	1.19.0	1.17.6	1:17.5	1:13.8
50m Backstroke	36.0	35.3	35.0	34.0
100m Backstroke	1.17.0	1.15.3	1:15.2	1:14.0
200m Individual Medley	2.46.0	2.45.5	2.43.0	2.40.7
400m Individual Medley	5.40.3	5.37.6	5:25.0	5.16.7

CLOSING DATE – 12 NOON – 27th SEPTEMBER 2024