

New Year Long Course Meet

Level 3 Licenced Meet - Licence No. 3NE220086

Saturday 15th & Sunday 16th January 2022

at John Charles Centre for Sport, Leeds

(Under Swim England Rules and Technical Laws)



PROGRAMME OF EVENTS

All events to be swum as consolidated heats spearheaded by entry time

Saturday 15th January 2022

Sunday 16th January 2022

Session 1

Mixed Warmup 8.00am, Event 8.20am

101 Mixed 1500m Freestyle

Session 2

Warmup 9.00am, Events 10.00am

201 Boys 100m Breaststroke
202 Girls 100m Breaststroke
203 Boys 50m Freestyle
204 Girls 50m Freestyle
205 Boys 100m Butterfly
206 Girls 100m Butterfly
207 Boys 200m Individual Medley

Session 3

Warmup 1.00pm, Events 2.00pm

301 Boys 400m Individual Medley
302 Girls 400m Individual Medley
303 Boys 200m Freestyle
304 Girls 200m Freestyle
305 Boys 50m Backstroke
306 Girls 50m Backstroke
307 Boys 200m Butterfly
308 Girls 200m Butterfly

Session 4

Mixed Warmup 8.00am, Event 8.20am

401 Mixed 800m Freestyle

Session 5

Warmup 9.00am, Events 10.00am

501 Girls 100m Backstroke
502 Boys 100m Backstroke
503 Girls 50m Breaststroke
504 Boys 50m Breaststroke
505 Girls 100m Freestyle
506 Boys 100m Freestyle
507 Girls 200m Individual Medley

Session 6

Warmup 1.00pm, Events 2.00pm

601 Girls 400m Freestyle
602 Boys 400m Freestyle
603 Girls 200m Breaststroke
604 Boys 200m Breaststroke
605 Girls 50m Butterfly
606 Boys 50m Butterfly
607 Girls 200m Backstroke
608 Boys 200m Backstroke

New Year Long Course Meet

LONG COURSE (50m) QUALIFYING TIMES

Swimmers must not have swum faster than the Upper Limit Time in the previous 12 months.

BOYS - Upper Limit Times

| Event | Age 9 | Age 10 | Age 11 | Age 12 | Age 13 | Age 14 | Age 15+ |
|------------------------|--------|--------|---------|---------|---------|---------|---------|
| 50m Freestyle | 35.8 | 33.2 | 31.5 | 29.5 | 28.0 | 26.8 | 26.4 |
| 100m Freestyle | 1:21.0 | 1:11.5 | 1:07.5 | 1:03.0 | 1:00.5 | 58.2 | 56.4 |
| 200m Freestyle | 2:47.9 | 2:32.5 | 2:24.4 | 2:15.8 | 2:08.9 | 2:03.8 | 2:00.4 |
| 400m Freestyle | 6:06.0 | 5:20.6 | 5:00.2 | 4:44.5 | 4:30.9 | 4:21.9 | 4:15.2 |
| 800m Freestyle | N/A | N/A | 11:30.0 | 10:21.0 | 9:44.5 | 9:38.1 | 9:24.0 |
| 1500m Freestyle | N/A | N/A | 22:20.0 | 21:25.0 | 19:40.0 | 18:35.0 | 18:05.0 |
| 50m Breaststroke | 46.0 | 42.5 | 40.0 | 37.6 | 35.1 | 33.7 | 32.6 |
| 100m Breaststroke | 1:46.5 | 1:32.8 | 1:26.0 | 1:20.5 | 1:15.3 | 1:12.2 | 1:09.8 |
| 200m Breaststroke | 3:35.4 | 3:18.1 | 3:04.7 | 2:53.6 | 2:43.2 | 2:36.1 | 2:31.5 |
| 50m Butterfly | 39.7 | 36.4 | 34.0 | 32.3 | 30.6 | 29.3 | 28.3 |
| 100m Butterfly | 1:38.2 | 1:22.6 | 1:15.5 | 1:10.4 | 1:06.2 | 1:03.3 | 1:00.1 |
| 200m Butterfly | 3:30.1 | 3:00.8 | 2:44.7 | 2:35.1 | 2:26.3 | 2:19.9 | 2:13.8 |
| 50m Backstroke | 40.6 | 37.4 | 35.5 | 33.6 | 31.6 | 30.5 | 29.4 |
| 100m Backstroke | 1:31.5 | 1:21.4 | 1:15.3 | 1:10.9 | 1:06.7 | 1:03.8 | 1:01.7 |
| 200m Backstroke | 3:06.5 | 2:50.8 | 2:40.1 | 2:31.2 | 2:22.9 | 2:16.9 | 2:12.8 |
| 200m Individual Medley | 3:10.8 | 2:54.9 | 2:43.4 | 2:34.2 | 2:26.6 | 2:19.9 | 2:16.1 |
| 400m Individual Medley | 6:52.6 | 6:16.4 | 5:46.6 | 5:25.2 | 5:09.6 | 4:56.4 | 4:47.5 |

GIRLS - Upper Limit Times

| Event | Age 9 | Age 10 | Age 11 | Age 12 | Age 13 | Age 14 | Age 15+ |
|------------------------|--------|--------|---------|---------|---------|---------|---------|
| 50m Freestyle | 35.3 | 32.8 | 31.3 | 29.9 | 29.0 | 28.5 | 28.1 |
| 100m Freestyle | 1:21.0 | 1:12.1 | 1:07.2 | 1:03.7 | 1:02.0 | 1:00.9 | 1:00.2 |
| 200m Freestyle | 2:49.7 | 2:33.1 | 2:24.5 | 2:16.9 | 2:12.9 | 2:10.9 | 2:09.0 |
| 400m Freestyle | 6:12.5 | 5:24.9 | 5:00.1 | 4:44.6 | 4:37.2 | 4:33.1 | 4:29.3 |
| 800m Freestyle | N/A | N/A | 11:32.0 | 10:24.2 | 9:47.0 | 9:42.0 | 9:32.1 |
| 1500m Freestyle | N/A | N/A | 22:40.0 | 21:40.0 | 19:49.5 | 18:48.2 | 18:18.8 |
| 50m Breaststroke | 46.8 | 42.7 | 40.1 | 38.0 | 36.6 | 35.8 | 35.2 |
| 100m Breaststroke | 1:45.0 | 1:33.3 | 1:25.9 | 1:21.3 | 1:18.1 | 1:15.8 | 1:15.1 |
| 200m Breaststroke | 3:37.5 | 3:18.3 | 3:04.4 | 2:54.3 | 2:47.5 | 2:43.7 | 2:42.1 |
| 50m Butterfly | 40.2 | 36.3 | 34.5 | 32.7 | 31.7 | 31.0 | 30.4 |
| 100m Butterfly | 1:39.0 | 1:22.5 | 1:15.7 | 1:11.0 | 1:08.8 | 1:07.0 | 1:06.4 |
| 200m Butterfly | 3:33.1 | 3:03.1 | 2:46.5 | 2:35.8 | 2:30.2 | 2:26.4 | 2:23.9 |
| 50m Backstroke | 40.7 | 37.4 | 35.5 | 33.9 | 32.8 | 32.1 | 31.8 |
| 100m Backstroke | 1:32.0 | 1:21.4 | 1:15.4 | 1:11.2 | 1:08.8 | 1:07.6 | 1:06.4 |
| 200m Backstroke | 3:08.4 | 2:52.2 | 2:39.1 | 2:31.3 | 2:27.3 | 2:24.6 | 2:22.0 |
| 200m Individual Medley | 3:12.5 | 2:54.8 | 2:43.2 | 2:34.7 | 2:30.7 | 2:27.7 | 2:25.8 |
| 400m Individual Medley | 6:50.1 | 6:15.5 | 5:44.3 | 5:25.6 | 5:15.3 | 5:09.7 | 5:06.0 |

Ages as at 16th January 2022

Entries faster than these times will be automatically rejected.

Submitted entry times will be checked against the Swim England database.

We reserve the right to reject entries in order to facilitate the efficient running of the meet.



New Year Long Course Meet

| | |
|------------------------|--|
| VENUE | John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ |
| FACILITIES | 10 Lane 50m Deck Level Pool, Back Wedge Starting Blocks, Anti-wave lane ropes, Electronic Timing, Warm Up/Swim Down pool in operation. |
| ENTRY FEES | £6.00 per event, |
| POOLSIDE PASSES | For qualified Coaches/Team Managers only - £20.00 for the full weekend. This includes meals, drinks, programmes & start sheets Poolside passes can only be issued to holders of a current DBS certificate. |
| ENTRY CARDS | This will be a cardless meet. Entry is automatic on acceptance to the meet. If there are any withdrawals from events, coaches are asked to do so no later than 60 minutes prior to the start of that session. |
| SPECTATORS | Full Weekend: £8.00, OAP/Child £5.00 Single Day: £5.00, OAP/Child £3.00 Half Day: £3.00, OAP/Child £2.00 |
| PROGRAMMES | £2.00 |
| AGES | Ages as of 16 th January 2022 |
| EVENTS | All Heats will be seeded according to entry times and heats will be 'spearheaded'. 50m, 100m, 200m & 400m events for all ages. 800m & 1500m events for swimmers aged 11 & Over. 800m & 1500m events will be limited in entries to meet time constraints: 800m Freestyle, 3 heats maximum (30 swims) 1500m Freestyle, 2 heats maximum (20 swims) All events will be HDW. |
| AGE GROUPS | Boys & Girls aged 9, 10, 11, 12, 13, 14, 15 & Over for all events |
| STARTS | A one start rule will apply and 'Over the Top' starts will be used as required. |
| AWARDS | Medals for 1st, 2nd & 3rd respectively in each age group in each event. Speeding Tickets will be given to swimmers who swim faster than the relevant cut off times by the following margins: 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m, 16 seconds on 800m or 1500m |
| WITHDRAWALS | Withdrawals after the closing date will not be eligible for a refund, however refunds may be given at the Meet Director's discretion. |
| ENTRIES | Sportsys File Entry is the only method of entry. This can be downloaded from our website at https://cobsc.co.uk . Please e-mail all entries detailing DBS details of all Coaches/Team Managers attending the meet and how many poolside passes you require to meetdir@cobsc.co.uk All entries will be acknowledged upon receipt of payment by e-mail. Entries and poolside passes must be paid for in full before any entry is accepted. Entries must include at least 1 poolside pass. We reserve the right to reject entries in order to facilitate the efficient running of the meet (Maximum 7:00 hours per day). |
| PAYMENT | Payment by Bank Transfer is preferred, details are: Sort Code: 05-03-28 Account No: 33635995 Reference: Name of Entering Club |
| CLOSING DATE | Friday 17th December 2021 (or when meet is full) |
| OTHER INFO | Café, Tombola, Online Live Results |
| MEET DIRECTOR | Andy Buxton E-mail: meetdir@cobsc.co.uk Tel: 07572 466993 |

Anything not covered in the above information will be at the discretion of the promoters, City of Bradford Swimming Club. We reserve the right to vary above conditions as necessary.



New Year Long Course Meet

Calling All Officials & Timekeepers

If you are an official or timekeeper and would be willing to help us out at the meet, please e-mail Andy Buxton on meetdir@cobsc.co.uk with your details.

We offer lunch and travel expenses in exchange for your help. We are only a small club, so even one session would help us a great deal keeping the meet running smoothly.