



'Early Early Xmas Meet' (A/B Grade) 2018 – Licence No. NE181731
Saturday 24th & Sunday 25th November 2018
To be held at Shipley Swimming Pool
 (Under A.S.A. Rules and Technical Laws)

VENUE	Shipley Swimming Pool, Shipley Swimming Pool, Alexandra Road, Shipley, BD18 3ER.
FACILITIES	6 Lane 25m Pool with Back Wedge Starting Blocks. Anti-wave lane lines. Electronic Timing. Warm Up/Swim Down pool in operation.
ENTRY FEES	£5.00 per event, except 800 Free and 1500 Free - £7.50 per event.
COACHES PASSES	For qualified coaches/team managers - £20. This includes meals, drinks, programmes, start and result sheets.
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. Refunds for rejected entries to be collected on day of meet.
SPECTATORS PROGRAMMES	£5.00 per day. Child/OAP £3.00.
AGES	Ages as at 25 th November 2018
EVENTS	All Heats will be seeded according to entry times and the final heat will be 'spearheaded'. Events - 50m, 100m, 200m all strokes, 400 Free, 800 Free, 1500 Free and 200 IM. All events will be HDW. Age Groups – Boys & Girls ages 11,12, 13,14, 15 & Over for all events Boys & Girls ages 9, 10 All events except 800 Free and 1500 Free.
STARTS	A one start rule will apply and 'Over the Top' starts will be used as required.
AWARDS	All Events - Medals for 1 st , 2 nd & 3 rd respectively in each age group in each event - A grade and B Grade. Swimmers who swim faster than the B Grade cut-off times will be ranked automatically in the A grade result. Speeding Tickets - will be given to swimmers who swim faster than the A Grade cut off times by the following margins: - 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m.
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 preferred method. They can be downloaded from our website at www.cobsc.co.uk . If you have any problems please e-mail Meetentries@cobsc.co.uk . Any manual entries must be submitted on the standard entry form. No refunds will be given for withdrawals made after the Entries Closing Date. Please make cheques payable to the City of Bradford Swimming Club Manual entries should be sent to: Andy Buxton, 3 Wrose Avenue, Wrose, Shipley, West Yorkshire, BD18 1NS Any Manual Entries must reach the above address on or before the closing date. Entries may be limited to facilitate the efficient running of the meet. (Maximum 7:30 hrs per day)
CLOSING DATE	10th November 2018
OTHER INFO	Café, Tombola, etc, Swim Shop.
MEET DIRECTOR	Andy Buxton Tel: 07572 466993 email: meetdir@cobsc.co.uk

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



PROGRAMME OF EVENTS

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

Saturday 24th November 2018

Session 1			
Warm Up TBC			
101	Boys	200m	Breaststroke (HDW)
102	Girls	200m	Breaststroke (HDW)
103	Boys	50m	Freestyle (HDW)
104	Girls	50m	Freestyle (HDW)
105	Boys	100m	Butterfly (HDW)
106	Girls	100m	Butterfly (HDW)
107	Boys/Girls	800m	Freestyle (HDW)

Session 2			
Warm Up TBC			
201	Girls	200m	IM (HDW)
202	Boys	200m	IM (HDW)
203	Girls	100m	Backstroke (HDW)
204	Boys	100m	Backstroke (HDW)
205	Girls	50m	Butterfly (HDW)
206	Boys	50m	Butterfly (HDW)
207	Girls	400m	Freestyle (HDW)
208	Boys	400m	Freestyle (HDW)

Sunday 25th November 2018

Session 3			
Warm Up TBC			
301	Boys	200m	Backstroke (HDW)
302	Girls	200m	Backstroke (HDW)
303	Boys	50m	Breaststroke (HDW)
304	Girls	50m	Breaststroke (HDW)
305	Boys	100m	Freestyle (HDW)
306	Girls	100m	Freestyle (HDW)
307	Boys/Girls	1500m	Freestyle (HDW)

Session 4			
Warm Up TBC			
401	Girls	200m	Freestyle (HDW)
402	Boys	200m	Freestyle (HDW)
403	Girls	100m	Breaststroke (HDW)
404	Boys	100m	Breaststroke (HDW)
405	Girls	50m	Backstroke (HDW)
406	Boys	50m	Backstroke (HDW)
407	Girls	200m	Butterfly (HDW)
408	Boys	200m	Butterfly (HDW)



**CITY OF BRADFORD SWIMMING CLUB 'Early Early Xmas Meet' (A/B Grade) 2018
UPPER & LOWER LIMIT QUALIFYING TIMES**

Level 3 Licensed Meet – Upper & Lower Limit Times - Short Course Pool: **Swimmers must not have swum faster than the Upper Limit Time in the previous 12 months BUT must have swum faster than the Lower Limit Time in the same period.**

BOYS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:35.8	00:33.2	00:31.5	00:29.5	00:28.0	00:26.8	00:26.4
100 Freestyle	01:21.0	01:11.5	01:07.5	01:03.0	01:00.5	00:58.2	00:56.4
200 Freestyle	02:47.9	02:32.5	02:24.4	02:15.8	02:08.9	02:03.8	02:00.4
400 Freestyle	06:06.0	05:20.6	05:00.2	04:44.5	04:30.9	04:21.9	04:15.2
800 Freestyle	N/A	N/A	11:30.0	10:21.0	09:44.5	09:38.1	09:24.0
1500 Freestyle	N/A	N/A	22:20.0	21:25.0	19:40.0	18:35.0	18:05.0
50 Breaststroke	00:46.0	00:42.5	00:40.0	00:37.6	00:35.1	00:33.7	00:32.6
100 Breaststroke	01:46.5	01:32.8	01:26.0	01:20.5	01:15.3	01:12.2	01:09.8
200 Breaststroke	03:35.4	03:18.1	03:04.7	02:53.6	02:43.2	02:36.1	02:31.5
50 Butterfly	00:39.7	00:36.4	00:34.0	00:32.3	00:30.6	00:29.3	00:28.3
100 Butterfly	01:38.2	01:22.6	01:15.5	01:10.4	01:06.2	01:03.3	01:00.1
200 Butterfly	03:30.1	03:00.8	02:44.7	02:35.1	02:26.3	02:19.9	02:13.8
50 Backstroke	00:40.6	00:37.4	00:35.5	00:33.6	00:31.6	00:30.5	00:29.4
100 Backstroke	01:31.5	01:21.4	01:15.3	01:10.9	01:06.7	01:03.8	01:01.7
200 Backstroke	03:06.5	02:50.8	02:40.1	02:31.2	02:22.9	02:16.9	02:12.8
200 Individual Medley	03:10.8	02:54.9	02:43.4	02:34.2	02:26.6	02:19.9	02:16.1

BOYS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:48.5	00:45.3	00:42.3	00:39.7	00:37.0	00:34.4	00:32.4
100 Freestyle	01:49.0	01:39.3	01:31.9	01:25.7	01:19.6	01:14.1	01:10.1
200 Freestyle	03:54.0	03:35.4	03:19.8	03:06.8	02:54.0	02:41.4	02:33.2
400 Freestyle	08:27.2	07:34.4	06:59.5	06:33.0	06:05.8	05:42.0	05:23.1
800 Freestyle	N/A	N/A	13:00.0	11:55.0	11:10.0	11:00.0	10:55.0
1500 Freestyle	N/A	N/A	23:20.0	23:40.0	21:58.0	21:49.5	21:40.0
50 Breaststroke	01:03.1	00:58.8	00:54.5	00:50.8	00:46.8	00:43.5	00:40.9
100 Breaststroke	02:21.3	02:08.5	01:57.5	01:49.4	01:40.7	01:33.5	01:28.0
200 Breaststroke	04:56.1	04:35.4	04:13.1	03:56.4	03:38.3	03:22.2	03:10.7
50 Butterfly	00:54.4	00:50.3	00:46.5	00:43.8	00:40.6	00:37.6	00:35.2
100 Butterfly	02:08.8	01:53.4	01:42.7	01:35.5	01:28.3	01:21.6	01:16.8
200 Butterfly	04:42.6	04:09.1	03:45.8	03:30.8	03:15.1	03:01.0	02:48.8
50 Backstroke	00:55.8	00:51.8	00:48.2	00:45.4	00:41.9	00:39.2	00:36.7
100 Backstroke	02:02.2	01:52.5	01:42.8	01:36.2	01:28.9	01:22.4	01:17.6
200 Backstroke	04:17.5	03:58.1	03:40.4	03:26.4	03:11.4	02:57.5	02:47.5
200 Individual Medley	04:24.0	04:04.7	03:45.8	03:31.4	03:16.8	03:02.0	02:51.9



GIRLS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:35.3	00:32.8	00:31.3	00:29.9	00:29.0	00:28.5	00:28.1
100 Freestyle	01:21.0	01:12.1	01:07.2	01:03.7	01:02.0	01:00.9	01:00.2
200 Freestyle	02:49.7	02:33.1	02:24.5	02:16.9	02:12.9	02:10.9	02:09.0
400 Freestyle	06:12.5	05:24.9	05:00.1	04:44.6	04:37.2	04:33.1	04:29.3
800 Freestyle	N/A	N/A	11:32.0	10:24.2	09:47.0	09:42.0	09:32.1
1500 Freestyle	N/A	N/A	22:40.0	21:40.0	19:49.5	18:48.2	18:18.8
50 Breaststroke	00:46.8	00:42.7	00:40.1	00:38.0	00:36.6	00:35.8	00:35.2
100 Breaststroke	01:45.0	01:33.3	01:25.9	01:21.3	01:18.1	01:15.8	01:15.1
200 Breaststroke	03:37.5	03:18.3	03:04.4	02:54.3	02:47.5	02:43.7	02:42.1
50 Butterfly	00:40.2	00:36.3	00:34.5	00:32.7	00:31.7	00:31.0	00:30.4
100 Butterfly	01:39.0	01:22.5	01:15.7	01:11.0	01:08.8	01:07.0	01:06.4
200 Butterfly	03:33.1	03:03.1	02:46.5	02:35.8	02:30.2	02:26.4	02:23.9
50 Backstroke	00:40.7	00:37.4	00:35.5	00:33.9	00:32.8	00:32.1	00:31.8
100 Backstroke	01:32.0	01:21.4	01:15.4	01:11.2	01:08.8	01:07.6	01:06.4
200 Backstroke	03:08.4	02:52.2	02:39.1	02:31.3	02:27.3	02:24.6	02:22.0
200 Individual Medley	03:12.5	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:25.8

GIRLS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

Event	9	10	11	12	13	14	15/OV
50 Freestyle	00:48.5	00:45.5	00:42.5	00:39.9	00:37.7	00:36.2	00:35.2
100 Freestyle	01:49.1	01:40.1	01:31.8	01:25.7	01:21.1	01:17.8	01:15.9
200 Freestyle	03:52.8	03:34.0	03:18.2	03:04.7	02:54.3	02:47.6	02:43.2
400 Freestyle	08:25.6	07:33.2	06:52.9	06:25.1	06:04.3	05:50.4	05:40.9
800 Freestyle	N/A	N/A	13:00.0	12:01.0	11:25.0	11:10.0	11:01.0
1500 Freestyle	N/A	N/A	23:58.5	23:51.0	22:10.0	22:00.0	21:54.0
50 Breaststroke	01:03.4	00:58.8	00:54.3	00:50.6	00:47.6	00:45.5	00:44.2
100 Breaststroke	02:20.3	02:08.0	01:56.4	01:48.5	01:41.6	01:36.7	01:34.5
200 Breaststroke	04:54.9	04:32.7	04:09.8	03:52.9	03:38.2	03:28.8	03:23.7
50 Butterfly	00:54.3	00:49.9	00:46.5	00:43.5	00:41.0	00:39.3	00:38.1
100 Butterfly	02:08.8	01:52.6	01:42.1	01:34.6	01:29.3	01:25.2	01:23.3
200 Butterfly	04:41.5	04:09.3	03:45.0	03:27.8	03:15.1	03:06.4	03:01.0
50 Backstroke	00:55.5	00:51.7	00:48.1	00:45.1	00:42.6	00:40.8	00:39.9
100 Backstroke	02:02.9	01:52.3	01:42.5	01:35.2	01:29.7	01:26.1	01:23.6
200 Backstroke	04:16.6	03:58.3	03:37.2	03:23.0	03:12.2	03:04.5	02:58.9
200 Individual Medley	04:23.5	04:03.1	03:43.7	03:28.3	03:17.1	03:08.9	03:04.0

Please Note:

- **Ages at 25th November 2018**
- *Entries faster than these times will be automatically rejected.*
- *Submitted entry times will be checked against the ASA database.*
- *If the meet is oversubscribed, we reserve the right to limit entries in order to facilitate the efficient running of the meet.*



Please return this slip with your entry disc/ Paper Entries or e-mail with entry file by 10th November 2018. The preferred method of entry is by Sportsys Entry File which can be downloaded at our website www.cobsc.co.uk

Club		
Secretary		
Address		
Tel: Day		<i>Please indicate your preferred contact method/ time</i>
Evening		
Mobile		
Fax		
Email		
Boys/Men's Individual Entries	x £5.00	£
Girls/Women's Individual Entries	x £5.00	£
Coaches Passes	x £20.00	£
Total		£

Entry Files e-mailed / Paper copies enclosed

Please make cheques payable to **CITY OF BRADFORD SWIMMING CLUB** and return entries to:
 Andy Buxton, 3 Wrose Avenue, Wrose, Shipley, West Yorkshire, BD18 1NS
 Email: meetentries@cobsc.co.uk
 Enquires to Meet Director: Andy Buxton, Tel: 07572 466993

Closing Date: 10th November 2018

Please note; Coaches passes, programmes and refunds to be collected on the day of the meet