



'Summer Sun' – (A/B Grade) Meet – Licence No. 3NE181395
Saturday 7th – Sunday 8th July 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. Anti wave lane lines. Electronic Timing. Warm Up/Swim Down pool in operation.

ENTRY FEES:- £5.00 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:- £5.00 per day. Child/OAP £3.00.

PROGRAMMES:- £3.00.

AGES:- Ages as at 8th July 2018

EVENTS:- All Heats will be seeded according to entry times and the final heat will be 'spearheaded'.

Events - 50m, 100m, 200m all strokes, 400m Free, 100m IM and 200m IM.

All events will be HDW.

Age Groups – Boys & Girls ages **10,11,12, 13,14, 15 & Over** for all events

Boys & Girls ages **9, All events except 400m Free**

STARTS:- A one start rule will apply and 'Over the Top' starts will be used as required.

AWARDS:- All Events - Medals for 1st, 2nd & 3rd 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:- 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**

Send entries to :- Jason Beaumont
33 Savile Park Road
Hunsworth, Cleckheaton
West Yorkshire
BD19 4DQ

Entries may be limited to facilitate the efficient running of the meet. (Maximum 7:30 hrs per day)

CLOSING DATE: - 28th June 2018

OTHER INFO:- Café, Tombola, etc., Swim Shop, Medley Skins

MEET DIRECTOR:- Jason Beaumont

Tel: 0776 475 4340

email: Meetdir@cobsc.co.uk / jasonbeaumont@btconnect.com

PROGRAMME OF EVENTS

Session 1 Saturday 7th July 2018			
Warm Up 08.00 Start TBC			
101	Girls	400m	Freestyle (HDW)
102	Boys	400m	Freestyle (HDW)
103	Girls	50m	Breaststroke (HDW)
104	Boys	50m	Breaststroke (HDW)
105	Girls	200m	Butterfly (HDW)
106	Boys	100m	Backstroke (HDW)
107	Girls	100m	Backstroke (HDW)
Session 2 Saturday 7th July 2018			
Warm Up to be confirmed			
201	Boys	50m	Freestyle (HDW)
202	Girls	50m	Freestyle (HDW)
203	Boys	100m	IM (HDW)
204	Girls	100m	IM (HDW)
205	Boys	100m	Breaststroke (HDW)
206	Girls	100m	Breaststroke (HDW)
207	Boys	200m	Backstroke (HDW)
208	Girls	200m	Backstroke (HDW)

Session 3 Sunday 8th July 2018			
Warm Up 08.00 Start TBC			
301	Boys	200m	IM (HDW)
302	Girls	200m	IM (HDW)
303	Boys	50m	Backstroke (HDW)
304	Girls	50m	Backstroke (HDW)
305	Boys	200m	Butterfly (HDW)
306	Girls	100m	Freestyle (HDW)
307	Boys	100m	Freestyle (HDW)
Session 4 Sunday 8th July 2018			
Warm Up to be confirmed			
401	Girls	50m	Butterfly (HDW)
402	Boys	50m	Butterfly (HDW)
403	Girls	200m	Freestyle (HDW)
404	Boys	200m	Freestyle (HDW)
405	Girls	200m	Breaststroke (HDW)
406	Boys	200m	Breaststroke (HDW)
407	Girls	100m	Butterfly (HDW)
408	Boys	100m	Butterfly (HDW)

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

CITY OF BRADFORD SWIMMING CLUB 'SUMMER SUN' (A/B) GRADE MEET 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		05:20.6	05:00.2	04:44.5	04:30.9	04:21.9	04:15.2
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
100 Individual Medley	01:29.9	01:22.8	01:18.6	01:14.2	01:10.0	01:06.7	01:04.8
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		07:34.4	06:59.5	06:33.0	06:05.8	05:42.0	05:23.1
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
100 Individual Medley	02:03.1	01:54.6	01:46.8	01:40.1	01:32.7	01:25.8	01:20.9
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
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200 Backstroke	03:08.4	02:52.2	02:39.1	02:31.3	02:27.3	02:24.6	02:22.0
100 Individual Medley	01:31.0	01:21.1	01:18.4	01:14.7	01:12.0	01:11.0	01:10.1
200 Individual Medley	03:12.5	02:54.8	02:43.2	02:34.7	02:30.7	02:27.7	02:25.8

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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
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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 8th July 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 28th June 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	<input type="text"/>	x £5.00	<input type="text"/>	£
Girls/Women's Individual Entries	<input type="text"/>	x £5.00	<input type="text"/>	£
Coaches Passes	<input type="text"/>	x £20.00	<input type="text"/>	£
		Total	<input type="text"/>	£

Entry Files e-mailed / Paper copies enclosed

Please make cheques payable to **CITY OF BRADFORD SWIMMING CLUB** and return entries to:

Jason Beaumont
33 Savile Park Road,
Hunsworth Village,
Cleckheaton,
West Yorkshire
BD19 4DQ

Email: meetentries@cobsc.co.uk or jasonbeaumont@btconnect.com

Enquires to Meet Director: Jason Beaumont - Tel: 0776 475 4340

Closing Date 28th June 2018

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