Spenborough Swimming Club
All Grades Bonfire Bash
Sunday $6^{\text {th }}$ November 2016

Bingley Swimming Club are entering a squad at Spenborough Swimming Club's All Grades Bonfire Bash gala at the John Charles Centre for Sport in Leeds. With A, B and C grade meets running concurrently this is an opportunity for swimmers of all abilities to compete. The details of the session times, events available and cut off times are shown below, swimmers must not have recorded an electronic time faster than the A grade cut off time to be eligible to enter. Please note only swimmers aged 15 and over on $6{ }^{\text {th }}$ November can enter the 100 m events as well as the 50 m events.

Please complete the form below and return to Simon Mettrick with cheques payable to "Bingley Swimming Club" by Friday 30th September 2016 at the latest. Payment should be by cheque only, NO CASH.

Entry fees are $£ 5.00$ per event - minimum 2 events per swimmer.
Please note that swimmers will need Level 2 ASA Category registration to compete.

Swimmers Name:
ASA Membership No:
Date of Birth:
Age on $6^{\text {th }}$ November 2016:
Telephone number:

| Event | Time | Event | Time |
| :---: | :---: | :---: | :---: |
| 50 m Free |  | 50 m Breast |  |
| 50 m Back |  | 50 m Fly |  |
| 100 m IM |  |  |  |
| Swimmers aged 15+ on 6 November can also enter: |  |  |  |
| 100m Free |  | 100 m Breast |  |
| 100 m Back |  | 100 m Fly |  |

## SUNDAY 6th NOVEMBER 2016

John Charles Centre for Sport, Leeds In 2015 we hosted our $125^{\text {th }}$ Anniversary Gala with some great feedback.... "Thank you for a great day - all together a fantastic event"

"Friendly and welcoming"<br>"Great organisation, very efficiently run"<br>"Medals and trophies were excellent"

End the year with a BANG and see your swimmers
ROCKET!!!



| BOYS - CUT OFF TIMES (NO FASTER THAN) |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| AGE | GRADE | $\begin{aligned} & 50 \mathrm{M} \\ & \text { FREE } \\ & \hline \end{aligned}$ | $100 \mathrm{M}$ <br> FREE | $\begin{aligned} & 50 \mathrm{M} \\ & \mathrm{FLY} \end{aligned}$ | $\begin{gathered} \text { 100M } \\ \text { FLY } \end{gathered}$ | $\begin{gathered} 50 \mathrm{M} \\ \text { BACK } \end{gathered}$ | 100M BACK | 50M BREAST | $100 \mathrm{M}$ <br> BREAST | $\begin{gathered} 100 \mathrm{M} \\ \mathrm{IM} \end{gathered}$ |
| 9 yrs | A | 35.00 |  | 39.00 |  | 41.50 |  | 46.00 |  | 1.31 .00 |
|  | B | 41.00 |  | 46.00 |  | 45.00 |  | 52.00 |  | 1.41 .00 |
|  | C | 47.50 |  | 52.00 |  | 52.00 |  | 59.50 |  | 1.51 .00 |
| 10 yrs | A | 33.00 |  | 37.00 |  | 38.00 |  | 43.00 |  | 1.24 .00 |
|  | B | 38.00 |  | 42.00 |  | 44.50 |  | 49.00 |  | 1.33 .50 |
|  | C | 43.50 |  | 48.50 |  | 51.00 |  | 56.00 |  | 1.42 .00 |
| 11 yrs | A | 30.50 |  | 34.00 |  | 35.00 |  | 39.50 |  | 1.19 .00 |
|  | B | 35.00 |  | 39.50 |  | 40.50 |  | 45.50 |  | 1.29 .00 |
|  | C | 40.00 |  | 45.00 |  | 46.00 |  | 51.50 |  | 1.38 .00 |
| 12 yrs | A | 29.50 |  | 33.00 |  | 34.00 |  | 36.50 |  | 1.14 .50 |
|  | B | 33.50 |  | 37.50 |  | 39.00 |  | 43.00 |  | 1.23 .00 |
|  | C | 38.00 |  | 43.00 |  | 44.00 |  | 49.00 |  | 1.32 .00 |
| 13 yrs | A | 28.00 |  | 30.50 |  | 32.00 |  | 35.00 |  | 1.10 .00 |
|  | B | 31.00 |  | 35.00 |  | 36.00 |  | 40.00 |  | 1.18 .50 |
|  | C | 36.00 |  | 39.50 |  | 40.50 |  | 45.00 |  | 1.27.50 |
| 14 yrs | A | 27.00 |  | 29.50 |  | 31.00 |  | 34.00 |  | 1.06.50 |
|  | B | 30.00 |  | 33.50 |  | 35.00 |  | 38.50 |  | 1.15 .00 |
|  | C | 34.50 |  | 38.00 |  | 40.00 |  | 43.00 |  | 1.23 .00 |
| 15+yrs | A | 25.50 | 57.50 | 28.00 | 1.05.00 | 29.00 | 1.07 .00 | 32.00 | 1.19 .00 | 1.02.50 |
|  | B | 29.50 | 1.05.00 | 32.00 | 1.11 .50 | 33.00 | 1.14 .00 | 37.00 | 1.25 .00 | 1.10.50 |
|  | C | 33.50 | 1.12.50 | 36.50 | 1.17.50 | 37.00 | 1.21 .00 | 41.50 | 1.33.00 | 1.19.50 |
| GIRLS - CUT OFF TIMES (NO FASTER THAN) |  |  |  |  |  |  |  |  |  |  |
| AGE | GRADE | $\begin{gathered} \hline 50 \mathrm{M} \\ \text { FREE } \end{gathered}$ | $\begin{aligned} & \text { 100M } \\ & \text { FREE } \end{aligned}$ | $\begin{aligned} & \text { 50M } \\ & \text { FLY } \end{aligned}$ | $\begin{aligned} & \text { 100M } \\ & \text { FLY } \end{aligned}$ | $\begin{gathered} 50 \mathrm{M} \\ \mathrm{BACK} \end{gathered}$ | 100M BACK | 50M BREAST | 100M BREAST | $\begin{gathered} 100 \mathrm{M} \\ \mathrm{IM} \end{gathered}$ |
| 9 yrs | A | 35.00 |  | 39.00 |  | 42.00 |  | 46.00 |  | 1.31 .00 |
|  | B | 40.00 |  | 45.50 |  | 48.00 |  | 53.00 |  | 1.41 .00 |
|  | C | 46.50 |  | 52.50 |  | 55.50 |  | 59.50 |  | 1.51 .00 |
| 10 yrs | A | 33.50 |  | 37.00 |  | 38.00 |  | 43.50 |  | 1.25 .00 |
|  | B | 38.50 |  | 42.50 |  | 44.00 |  | 50.00 |  | 1.35 .00 |
|  | C | 44.00 |  | 48.00 |  | 50.00 |  | 57.00 |  | 1.45 .00 |
| 11 yrs | A | 31.00 |  | 34.50 |  | 37.00 |  | 41.00 |  | 1.18 .00 |
|  | B | 35.50 |  | 39.50 |  | 42.00 |  | 46.00 |  | 1.28 .00 |
|  | C | 41.00 |  | 45.00 |  | 48.00 |  | 52.00 |  | 1.38 .00 |
| 12 yrs | A | 30.00 |  | 33.50 |  | 34.00 |  | 38.00 |  | 1.16 .00 |
|  | B | 34.00 |  | 38.50 |  | 39.00 |  | 44.00 |  | 1.24 .00 |
|  | C | 39.50 |  | 43.50 |  | 44.50 |  | 50.00 |  | 1.34 .00 |
| 13 yrs | A | 28.50 |  | 32.00 |  | 33.00 |  | 36.50 |  | 1.13 .00 |
|  | B | 33.00 |  | 36.00 |  | 37.00 |  | 42.00 |  | 1.21 .50 |
|  | C | 37.50 |  | 41.00 |  | 42.50 |  | 47.50 |  | 1.30 .00 |
| 14 yrs | A | 28.00 |  | 31.00 |  | 32.50 |  | 36.00 |  | 1.11 .00 |
|  | B | 32.00 |  | 35.50 |  | 36.50 |  | 41.00 |  | 1.18 .00 |
|  | C | 36.00 |  | 40.00 |  | 41.50 |  | 45.50 |  | 1.27 .00 |
| 15+yrs | A | 27.50 | 1.04.00 | 30.50 | 1.11.50 | 32.00 | 1.13 .50 | 35.50 | 1.24 .00 | 1.09.50 |
|  | B | 31.50 | 1.11.50 | 34.50 | 1.20 .00 | 36.00 | 1.21 .50 | 40.00 | 1.31 .50 | 1.17.50 |
|  | C | 35.00 | 1.18.00 | 39.00 | 1.28.50 | 41.00 | 1.29 .50 | 44.50 | 1.38.00 | 1.25.50 |




|  |  |
| :---: | :---: |
|  | Session 2 Afternoon |
|  | Warm Up <br>  <br>  <br>  <br>  <br> 201 |
| 202 | Girls 1.00pm to 1.25pm Boys 1.25pm to 1.50 pm |
| First Heat 2.00pm |  |



