



**BRADFORD GRASSROOTS
INVITATIONAL MEET
LEVEL 4
SUNDAY 22ND MARCH 2015**



Bingley Swimming Club have been invited to compete in Bradford Grassroots Level 4 Meet taking place on Sunday 22nd March 2015 at Shipley Swimming Pool. It is an excellent opportunity for swimmers to compete in an electronically timed meet and establish ASA recorded times for future competitions.

Meet Entry Qualification Times should be checked prior to entering as entries will not be accepted with electronic times faster than the Cut Off times.

This meet will be very popular and as such we need to get entries in quickly. Please complete the form below and return to Heather Basaraba with cheques payable to "Bingley Swimming Club" by **Wednesday 4th March 2015** at the latest. Payment should be by cheque only, NO CASH.

Entry fees are £4.00 per event.

Swimmers Name:
ASA Membership No:
Date of Birth:
Age on 22 nd March 2015:
Telephone number:

Session 1 – Warm Up 08:00 / Start 09:00

Event	Time	Event	Time
1: Girls 50m Freestyle		7: Girls 50m Butterfly	
2: Boys 100m Butterfly		8: Boys 100m Backstroke	
3: Girls 50m Backstroke		9: Girls 100m IM	
4: Boys 200m IM		10: Boys 50m Breaststroke	
5: Girls 100m Breaststroke		11: Girls 100m Freestyle	
6: Boys 50m Freestyle		Blind Date 4x50m Relay	n/a

Session 2 – Warm Up 13:00 / Start 14:00

Event	Time	Event	Time
12: Boys 200m Freestyle		18: Boys 50m Butterfly	
13: Girls 100m Butterfly		19: Girls 100m Backstroke	
14: Boys 50m Backstroke		20: Boys 100m IM	
15: Girls 200m IM		21: Girls 50m Breaststroke	
16: Boys 100m Breaststroke		22: Boys 100m Freestyle	
17: Girls 200m Freestyle			

Bradford Grassroots Level 4 Invitational Meet 2015 - CONSIDERATION TIMES

Upper Permitted Times - Short Course 25m Pool

Your Personal Best time must be SLOWER than these times to enter this meet.

If you are not sure of your times please ask your coach to check and sign off your entry.

BOYS

EVENT		9	10	11	12	13	14	15 & Over
50m	Freestyle	43.7	39.8	37.5	35.6	33.3	31.4	29.3
100m	Freestyle		1:27.0	1:21.3	1:16.3	1:11.6	1:07.6	1:04.9
200m	Freestyle			3:06.6	2:56.2	2:36.1	2:27.3	2:21.2
50m	Breaststroke	56.0	51.9	48.5	45.5	42.2	39.8	37.8
100m	Breaststroke		1:56.2	1:44.5	1:33.7	1:30.07	1:25.4	1:21.3
50m	Butterfly	48.0	44.4	41.3	39.1	36.6	34.4	32.6
100m	Butterfly		1:40.3	1:31.4	1:25.4	1:19.6	1:14.7	1:10.9
50m	Backstroke	49.1	45.7	43.0	40.6	37.9	35.9	34.00
100m	Backstroke		1:39.2	1:31.4	1:25.9	1:20.2	1:15.4	1:11.8
100m	Ind.Medley	1:48.5	1:39.7					
200m	Ind. Medley			3:19.7	3:07.2	2:57.8	2:46.7	2:40.12

GIRLS

EVENT		9	10	11	12	13	14	15 & Over
50m	Freestyle	43.9	40.3	38.0	36.0	34.4	33.4	32.6
100m	Freestyle		1:28.5	1:22.0	1:17.2	1:13.9	1:11.6	1:10.2
200m	Freestyle			3:06.8	2:56.1	2:38.8	2:34.1	2:30.8
50m	Breaststroke	56.5	52.2	48.6	45.7	43.5	42.0	40.9
100m	Breaststroke		1:53.8	1:44.3	1:37.9	1:32.8	1:29.1	1:27.5
50m	Butterfly	48.5	44.3	41.7	39.3	38.3	36.2	35.3
100m	Butterfly		1:40.2	1:31.5	1:25.5	1:21.6	1:18.5	1:17.2
50m	Backstroke	49.4	45.8	43.1	40.8	38.9	37.6	36.9
100m	Backstroke		1:39.5	1:31.7	1:25.8	1:21.8	1:19.3	1:17.4
100m	Ind.Medley	1:49.1	1:40.2					
200m	Ind. Medley			3:19.7	3:07.4	2:59.5	2:53.8	2:50.4

Please Note:

- **Ages at 22nd March 2015**
- Swimmers **must** be **slower** than these times in order to enter.
- Entries with electronic times faster than these times will be automatically rejected.
- Submitted entry times must be signed off by your coach.
- If the meet is oversubscribed, we reserve the right to limit entries within these times in order to facilitate the efficient running of the meet. No upper age limit for 15 and over category