

**ROTHERHAM LEVEL 1 LONG COURSE OPEN MEET**

**SATURDAY & SUNDAY 17th & 18th MAY 2008**

**PONDS FORGE INTERNATIONAL SPORTS CENTRE SHEFFIELD**

**ROTHERHAM LEVEL 1 LONG COURSE OPEN MEET**

Entry to this meet is open to any Swimmers who are **9 or over on the 18th of May 2008**, are members of the City of Bradford Swimming Club, who have achieved the qualifying times for the events as shown below. If you have any questions about this gala or need any help completing your entry, then please ask either your Squad Entry Co-ordinator, Coaches or other parents. Good Luck to all City of Bradford swimmers.

John Preston, Competition Secretary, 14 Hollin Park Drive, Calverley, Leeds, LS28 5PN. 01132571466 or 07712340770 (jpreston64@btopenworld.com)

MENS		9/10yrs	11yrs	12yrs	13/14yrs	15/16yrs	Open
50m	Freestyle	41	38	35	32.5	31	30
100m	Freestyle	1.25.00	1.19.00	1.14.00	1.10.00	1.06.60	1.04.00
200m	Freestyle	2.56.40	2.42.90	2.31.00	2.20.00	2.12.00	2.06.00
400m	Freestyle	4.50.00	4.50.00	4.50.00	4.50.00	4.50.00	4.50.00
50m	Butterfly	46.4	42.9	38.9	36.6	34.3	33
100m	Butterfly	1.36.00	1.28.00	1.23.00	1.18.00	1.15.00	1.13.00
200m	Butterfly	3.47.10	3.24.60	3.02.30	2.49.30	2.39.50	2.35.00
50m	Breaststroke	55	51	47.5	44.5	42	40
100m	Breaststroke	1.50.00	1.43.00	1.37.00	1.32.00	1.28.00	1.25.00
200m	Breaststroke	3.55.00	3.34.00	3.18.00	3.06.00	2.56.00	2.50.00
50m	Backstroke	47.8	44.1	40.5	37.5	35.4	34.6
100m	Backstroke	1.40.00	1.33.00	1.27.00	1.22.00	1.18.00	1.15.00
200m	Backstroke	3.12.00	3.02.00	2.54.00	2.48.00	2.43.00	2.39.00
200m	IM	3.20.00	3.08.00	2.58.00	2.50.00	2.44.00	2.38.00
400m	IM	5.56.00	5.56.00	5.56.00	5.56.00	5.56.00	5.56.00

LADIES		9/10yrs	11yrs	12yrs	13/14yrs	15/16yrs	Open
50m	Freestyle	40.7	37.2	35	33.4	32.8	32.2
100m	Freestyle	1.26.00	1.19.50	1.14.50	1.11.50	1.10.00	1.08.50
200m	Freestyle	2.54.00	2.45.00	2.38.00	2.33.00	2.30.00	2.28.00
400m	Freestyle	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00	5.00.00
50m	Butterfly	45	42	39.5	37.5	36	35
100m	Butterfly	1.42.00	1.34.00	1.28.00	1.24.00	1.21.50	1.20.00
200m	Butterfly	3.42.80	3.17.20	3.01.70	2.51.20	2.47.70	2.44.70
50m	Breaststroke	52	48.5	45.5	43.5	42	41
100m	Breaststroke	1.45.00	1.40.00	1.36.00	1.33.00	1.31.00	1.30.00
200m	Breaststroke	3.38.00	3.28.00	3.18.00	3.10.00	3.04.00	3.00.00
50m	Backstroke	48.7	44.2	41	38.5	37.8	37.3
100m	Backstroke	1.37.70	1.30.70	1.24.70	1.20.00	1.17.00	1.15.00
200m	Backstroke	3.28.00	3.12.00	3.00.00	2.52.00	2.48.00	2.46.00
200m	IM	3.20.00	3.08.00	2.58.00	2.51.00	2.46.00	2.43.00
400m	IM	6.00.00	6.00.00	6.00.00	6.00.00	6.00.00	6.00.00

**SATURDAY - Session 1 W/up 8.30am, Start 9.30am**

- 1 Ladies 200m Ind. Medley (9-12 years)
- 2 Mens 50m Backstroke
- 3 Ladies 50m Breaststroke
- 4 Mens 100m Butterfly
- 5 Ladies 100m Freestyle
- 6 Mens 200m Backstroke
- 7 Ladies 200m Breaststroke
- 8 Mens 400m Ind. Medley

**SATURDAY - Session 2 W/up 1.30pm, Start 2.30pm**

- 9 Mens 200m Ind. Medley (9-12 years)
- 10 Ladies 50m Butterfly
- 11 Mens 50m Freestyle
- 12 Ladies 100m Backstroke
- 13 Mens 100m Breaststroke
- 14 Ladies 200m Butterfly
- 15 Mens 200m Freestyle
- 16 Ladies 400m Ind. Medley

**SUNDAY - Session 1 W/up 8.30am, Start 9.30am**

- 17 Mens 200m Ind. Medley (13 and over)
- 18 Ladies 50m Backstroke
- 19 Mens 50m Breaststroke
- 20 Ladies 100m Butterfly
- 21 Mens 100m Freestyle
- 22 Ladies 200m Backstroke
- 23 Mens 200m Breaststroke
- 24 Ladies 400m Freestyle

**SUNDAY - Session 2 W/up 1.30pm, Start 2.30pm**

- 25 Ladies 200m Ind. Medley (13 and over)
- 26 Mens 50m Butterfly
- 27 Ladies 50m Freestyle
- 28 Mens 100m Backstroke
- 29 Ladies 100m Breaststroke
- 30 Mens 200m Butterfly
- 31 Ladies 200m Freestyle
- 32 Mens 400m Freestyle

Entry times will be based on the swimmers age on the day - 18/05/08. All entries must reach me by 2nd April 2008. Any entries that do not reach the Competition Secretary by their closing date will not be accepted and will 'miss the boat'. You can only enter through your club. If you wish to check that I have received your entry then call me on the number above or e-mail me on jpreston64@btopenworld.com. It is your responsibility to check your entries but there should be time to correct genuine mistakes if you let me know soon enough!

ALL EVENTS WILL BE HEAT DECLARED WINNER. Competition Pool - 50m - 10 lanes with anti-wave ropes. Awards will be given to the top 3 Swimmers in each age group in each event, please note, the 400m events are open and only open awards will be given. Other special awards are: Top Club - P. J. Burke Trophy. Top Open Male (15 years and over) and Open Female (14 years and over) Swimmers (decided on GB Comparative Points). Top 3 overall BAGCAT swimmers in each age group.

Name:	
Date of birth:	
Age at 18th May 2008:	
ASA Registration No.	
Squad:	
Coach:	
Coaches signature:	
Parental contact:	
Tel: Day/Eve:	

Please indicate which events you wish to enter

Event	Time#	S/L*	Event	Time#	S/L*
50m Free			200m Breast		
100m Free			50m Back		
200m Free			100m Back		
400m Free			200m Back		
50m Fly			200m IM		
100m Fly			400m IM		
200m Fly					
50m Breast					
100m Breast					

# Time = personal best time achieved to date in this event/ distance - ask your coach for advice if needed  
 \* S = time achieved in a 25m pool, L = time achieved in a 50m pool - please indicate which. Please enter the correct type of time if at all possible.  
 A good website for converting your times is:  
[www.pullbuoy.co.uk/time.shtml](http://www.pullbuoy.co.uk/time.shtml). Use the ASA tables.

Complete this part of the form, get it checked and signed by your squad coach and then return just this part to the entry co-ordinator for your squad or direct to John Preston by **2nd April 2008 AT THE LATEST!**  
 The entry fee per event is £4.50. Please make cheques payable to "City of Bradford SC" and put your address and the swimmers name on the back of the cheque.