

SPORTSAID UNISON OPEN MEET
SATURDAY & SUNDAY 10th & 11th MAY 2008
JOHN CHARLES AQUATIC CENTRE, Middleton Grove, Leeds

Entry to this meet is open to any Swimmers who are **10 or over on the 11th of May 2008** and are members of the City of Bradford Swimming Club. Qualifying times below. Any questions about this gala or need any help with your entry, then please ask 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)

BOYS		10 & 11 yrs	12 & 13 yrs	14 & 15 yrs	16yrs +	SESSION 1 (10th May - WU 08.00 - start 09.00)
50m	Freestyle	42.2	35.9	31.6	29.7	101 Girls 10/13 200m Breaststroke
100m	Freestyle	1.32.8	1.16.8	1.07.8	1.04.6	102 Boys 10/13 200m Breaststroke
200m	Freestyle	3.20.4	2.48.3	2.27.9	2.20.7	103 Girls 14 & over 200m Breaststroke
50m	Breaststroke	55.5	45.7	39.9	37.9	104 Boys 14 & over 200m Breaststroke
100m	Breaststroke	2.00.6	1.38.0	1.25.6	1.21.6	105 Girls 10/13 50m Freestyle
200m	Breaststroke	4.19.2	3.33.4	3.05.0	2.56.4	106 Boys 10/13 50m Freestyle
50m	Butterfly	46.7	39.3	34.3	32.3	107 Girls 14 & over 100m Freestyle
100m	Butterfly	1.44.3	1.25.3	1.14.0	1.10.0	108 Boys 14 & over 100m Freestyle
200m	Butterfly	3.59.3	3.09.3	2.43.4	2.34.5	109 Girls 10/13 100m Butterfly
50m	Backstroke	49.4	41.8	36.5	34.5	110 Boys 10/13 100m Butterfly
100m	Backstroke	1.46.4	1.27.3	1.16.3	1.12.6	111 Girls 14 & over 50m Freestyle
200m	Backstroke	3.47.0	3.07.9	2.44.5	2.36.4	112 Boys 14 & over 50m Freestyle
200m	I.M.	3.48.5	3.09.6	2.46.9	2.38.8	SESSION 2 (10th May - WU 13.00 - start 14.00)
GIRLS		10 & 11 yrs	12 & 13 yrs	14 & 15 yrs	16yrs +	201 Girls 10/13 200m Backstroke
50m	Freestyle	41.4	35.8	33.3	32.7	202 Boys 10/13 200m Backstroke
100m	Freestyle	1.30.8	1.16.5	1.11.5	1.10.5	203 Girls 14 & over 200m Backstroke
200m	Freestyle	3.14.8	2.45.5	2.33.9	2.30.9	204 Boys 14 & over 200m Backstroke
50m	Breaststroke	53.1	45.2	41.7	41	205 Girls 10/13 50m Butterfly
100m	Breaststroke	1.56.0	1.36.5	1.29.8	1.28.6	206 Boys 10/13 50m Butterfly
200m	Breaststroke	4.07.6	3.29.1	3.12.0	3.10.8	207 Girls 14 & over 100m Breaststroke
50m	Butterfly	45.6	39	35.8	35.1	208 Boys 14 & over 100m Breaststroke
100m	Butterfly	1.43.2	1.24.3	1.17.8	1.17.1	209 Girls 10/13 200m Butterfly
200m	Butterfly	3.49.9	3.06.8	2.51.3	2.48.2	210 Boys 10/13 200m Butterfly
50m	Backstroke	47.9	41.3	38.4	37.4	211 Girls 14 & over 200m Butterfly
100m	Backstroke	1.43.2	1.26.4	1.20.2	1.19.0	212 Boys 14 & over 200m Butterfly
200m	Backstroke	3.36.1	3.04.2	2.51.3	2.47.8	213 Girls 10/13 100m Breaststroke
200m	I.M.	3.40.4	3.06.7	2.53.7	2.51.3	214 Boys 10/13 100m Breaststroke
						215 Girls 14 & over 50m Backstroke

Entry times will be based on the swimmers age on the day - 11/05/08. All entries must reach me by 25th March 2008. Minimum entry times - you must be at least as fast. 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! Please note that the City of Bradford Swimming Club does not pay the entry fees for individual events at these galas. The pool is 50m in length with anti-wave lane ropes and electronic timing. All events are heat declared winners. Awards will be made to the top 8 swimmers in each combined age group, 10/11, 12/13, 14/15, 16 & over. Formal presentations to first three only. Cardless meet.

SESSION 3 (11th May - WU 08.00 - start 09.00)
301 Girls 10/13 200m Freestyle
302 Boys 10/13 200m Freestyle
303 Girls 14 & over 200m Freestyle
304 Boys 14 & over 200m Freestyle
305 Girls 10/13 50m Breaststroke
306 Boys 10/13 50m Breaststroke
307 Girls 14 & over 100m Backstroke
308 Boys 14 & over 100m Backstroke
309 Girls 10/13 100m Freestyle
310 Boys 10/13 100m Freestyle
311 Girls 14 & over 50m Butterfly
312 Boys 14 & over 50m Butterfly

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Name:	
Date of birth:	
Age at 11th 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			50m Fly		
100m Free			100m Fly		
200m Free			200m Fly		
50m Breast			50m Back		
100m Breast			100m Back		
200m Breast			200m Back		
			200m IM		

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. Use the ASA tables.
Please try and input long course times.

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 **25th March 2008 AT THE LATEST!**
The entry fee per event is £4.00. Please make cheques
payable to "City of Bradford SC" and put your address and
the swimmers name on the back of the cheque.

SESSION 4 (11th May - WU 13.00 - start 14.00)
401 Girls 10/13 200m I.M.
402 Boys 10/13 200m I.M.
403 Girls 14 & over 200m I.M.
404 Boys 14 & over 200m I.M.
405 Girls 10/13 50m Backstroke
406 Boys 10/13 50m Backstroke
407 Girls 14 & over 100m Butterfly
408 Boys 14 & over 100m Butterfly
409 Girls 10/13 100m Backstroke
410 Boys 10/13 100m Backstroke
411 Girls 14 & over 50m Breaststroke
412 Boys 14 & over 50m Breaststroke