



## Christmas Long Course Meet

Level 3 Licenced Meet - Licence No. TBC  
Saturday 12<sup>th</sup> & Sunday 13<sup>th</sup> December 2026  
at John Charles Centre for Sport, Leeds  
(Under Swim England Rules and Technical Laws)



### PROGRAMME OF EVENTS

All events to be swum as consolidated heats spearheaded by entry time.

#### Saturday 12<sup>th</sup> December 2026

##### Session 1 Warmup 8.00am Events 9.00am

|     |                             |
|-----|-----------------------------|
| 101 | Open/Male 200m Breaststroke |
| 102 | Female 200m Breaststroke    |
| 103 | Open/Male 50m Freestyle     |
| 104 | Female 50m Freestyle        |
| 105 | Open/Male 100m Backstroke   |
| 106 | Female 100m Backstroke      |
| 107 | Open/Male 200m IM           |

##### Session 2 Warmup 1.00pm Events 2.00pm

|     |                           |
|-----|---------------------------|
| 201 | Open/Male 400m IM         |
| 202 | Female 400m IM            |
| 203 | Open/Male 100m Freestyle  |
| 204 | Female 100m Freestyle     |
| 205 | Open/Male 50m Butterfly   |
| 206 | Female 50m Butterfly      |
| 207 | Open/Male 200m Backstroke |
| 208 | Female 200m Backstroke    |

#### Sunday 13<sup>th</sup> December 2026

##### Session 3 Warmup 8.00am Events 9.00am

|     |                            |
|-----|----------------------------|
| 301 | Female 200m Freestyle      |
| 302 | Open/Male 200m Freestyle   |
| 303 | Female 50m Breaststroke    |
| 304 | Open/Male 50m Breaststroke |
| 305 | Female 100m Butterfly      |
| 306 | Open/Male 100m Butterfly   |
| 307 | Female 200m IM             |

##### Session 4 Warmup 1.00pm Events 2.00pm

|     |                             |
|-----|-----------------------------|
| 401 | Female 400m Freestyle       |
| 402 | Open/Male 400m Freestyle    |
| 403 | Female 100m Breaststroke    |
| 404 | Open/Male 100m Breaststroke |
| 405 | Female 50m Backstroke       |
| 406 | Open/Male 50m Backstroke    |
| 407 | Female 200m Butterfly       |
| 408 | Open/Male 200m Butterfly    |

**PLEASE NOTE: Event Order Changed 15/4/25**



## Christmas Long Course Meet

### LONG COURSE (50m) QUALIFYING TIMES

Swimmers must not have swum faster than the Upper Limit Time in the previous 12 months.  
SHORT COURSE (25m) Converted Times will also be accepted for entry, whichever is quicker.

#### OPEN/MALE - Upper Limit Times

| Event                  | Age 9  | Age 10 | Age 11 | Age 12 | Age 13 | Age 14 | Age 15+ |
|------------------------|--------|--------|--------|--------|--------|--------|---------|
| 50m Freestyle          | 35.8   | 33.2   | 31.5   | 29.5   | 28.0   | 26.8   | 26.4    |
| 100m Freestyle         | 1:21.0 | 1:11.5 | 1:07.5 | 1:03.0 | 1:00.5 | 58.2   | 56.4    |
| 200m Freestyle         | 2:47.9 | 2:32.5 | 2:24.4 | 2:15.8 | 2:08.9 | 2:03.8 | 2:00.4  |
| 400m Freestyle         | 6:06.0 | 5:20.6 | 5:00.2 | 4:44.5 | 4:30.9 | 4:21.9 | 4:15.2  |
| 50m Breaststroke       | 46.0   | 42.5   | 40.0   | 37.6   | 35.1   | 33.7   | 32.6    |
| 100m Breaststroke      | 1:46.5 | 1:32.8 | 1:26.0 | 1:20.5 | 1:15.3 | 1:12.2 | 1:09.8  |
| 200m Breaststroke      | 3:35.4 | 3:18.1 | 3:04.7 | 2:53.6 | 2:43.2 | 2:36.1 | 2:31.5  |
| 50m Butterfly          | 39.7   | 36.4   | 34.0   | 32.3   | 30.6   | 29.3   | 28.3    |
| 100m Butterfly         | 1:38.2 | 1:22.6 | 1:15.5 | 1:10.4 | 1:06.2 | 1:03.3 | 1:00.1  |
| 200m Butterfly         | 3:30.1 | 3:00.8 | 2:44.7 | 2:35.1 | 2:26.3 | 2:19.9 | 2:13.8  |
| 50m Backstroke         | 40.6   | 37.4   | 35.5   | 33.6   | 31.6   | 30.5   | 29.4    |
| 100m Backstroke        | 1:31.5 | 1:21.4 | 1:15.3 | 1:10.9 | 1:06.7 | 1:03.8 | 1:01.7  |
| 200m Backstroke        | 3:06.5 | 2:50.8 | 2:40.1 | 2:31.2 | 2:22.9 | 2:16.9 | 2:12.8  |
| 200m Individual Medley | 3:10.8 | 2:54.9 | 2:43.4 | 2:34.2 | 2:26.6 | 2:19.9 | 2:16.1  |
| 400m Individual Medley | 6:52.6 | 6:16.4 | 5:46.6 | 5:25.2 | 5:09.6 | 4:56.4 | 4:47.5  |

#### FEMALE - Upper Limit Times

| Event                  | Age 9  | Age 10 | Age 11 | Age 12 | Age 13 | Age 14 | Age 15+ |
|------------------------|--------|--------|--------|--------|--------|--------|---------|
| 50m Freestyle          | 35.3   | 32.8   | 31.3   | 29.9   | 29.0   | 28.5   | 28.1    |
| 100m Freestyle         | 1:21.0 | 1:12.1 | 1:07.2 | 1:03.7 | 1:02.0 | 1:00.9 | 1:00.2  |
| 200m Freestyle         | 2:49.7 | 2:33.1 | 2:24.5 | 2:16.9 | 2:12.9 | 2:10.9 | 2:09.0  |
| 400m Freestyle         | 6:12.5 | 5:24.9 | 5:00.1 | 4:44.6 | 4:37.2 | 4:33.1 | 4:29.3  |
| 50m Breaststroke       | 46.8   | 42.7   | 40.1   | 38.0   | 36.6   | 35.8   | 35.2    |
| 100m Breaststroke      | 1:45.0 | 1:33.3 | 1:25.9 | 1:21.3 | 1:18.1 | 1:15.8 | 1:15.1  |
| 200m Breaststroke      | 3:37.5 | 3:18.3 | 3:04.4 | 2:54.3 | 2:47.5 | 2:43.7 | 2:42.1  |
| 50m Butterfly          | 40.2   | 36.3   | 34.5   | 32.7   | 31.7   | 31.0   | 30.4    |
| 100m Butterfly         | 1:39.0 | 1:22.5 | 1:15.7 | 1:11.0 | 1:08.8 | 1:07.0 | 1:06.4  |
| 200m Butterfly         | 3:33.1 | 3:03.1 | 2:46.5 | 2:35.8 | 2:30.2 | 2:26.4 | 2:23.9  |
| 50m Backstroke         | 40.7   | 37.4   | 35.5   | 33.9   | 32.8   | 32.1   | 31.8    |
| 100m Backstroke        | 1:32.0 | 1:21.4 | 1:15.4 | 1:11.2 | 1:08.8 | 1:07.6 | 1:06.4  |
| 200m Backstroke        | 3:08.4 | 2:52.2 | 2:39.1 | 2:31.3 | 2:27.3 | 2:24.6 | 2:22.0  |
| 200m Individual Medley | 3:12.5 | 2:54.8 | 2:43.2 | 2:34.7 | 2:30.7 | 2:27.7 | 2:25.8  |
| 400m Individual Medley | 6:50.1 | 6:15.5 | 5:44.3 | 5:25.6 | 5:15.3 | 5:09.7 | 5:06.0  |

Ages as at 13<sup>th</sup> December 2026

Entries faster than these times will be automatically rejected. Time Only entries are available on request at the Meet Director's discretion only. Submitted entry times will be checked against the Swim England database.

We reserve the right to reject entries where the meet is over capacity.



## Christmas Long Course Meet

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>VENUE</b>           | John Charles Centre for Sport, Middleton Grove, Leeds, LS11 5DJ                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>FACILITIES</b>      | 10 Lane 50m Deck Level Pool, Back Wedge Starting Blocks, Anti-wave lane ropes, Electronic Timing, Warm Up/Swim Down pool in operation.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>ENTRY FEES</b>      | £8.00 per event.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>POOLSIDE PASSES</b> | For qualified Coaches/Team Managers only - £20.00 for the full weekend.<br>This includes printed programmes & start sheets<br><b>Poolside passes can only be issued to holders of a current DBS certificate.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>ENTRY CARDS</b>     | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>SPECTATORS</b>      | Full Weekend: £15.00, OAP/Child £7.50<br>Single Day: £8.00, OAP/Child £4.00<br>Half Day: £5.00, OAP/Child £2.50                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>AGES</b>            | Ages as of 13 <sup>th</sup> December 2026                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>EVENTS</b>          | All Heats will be seeded according to entry times and heats will be 'spearheaded'.<br>50m, 100m, 200m & 400m events for all ages.<br>All events will be HDW.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>AGE GROUPS</b>      | Open & Female aged 9, 10, 11, 12, 13, 14, 15 & Over for all events                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>STARTS</b>          | A one start rule will apply and 'Over the Top' starts will be used as required.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>AWARDS</b>          | Medals for 1st, 2nd & 3rd respectively in each age group in each event. Speeding Tickets will be given to swimmers who swim faster than the relevant cut off times by the following margins: 1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>WITHDRAWALS</b>     | Withdrawals after the closing date will not be eligible for a refund, however refunds may be given at the Meet Director's discretion.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>ENTRIES</b>         | <b>Sportsys File Entry is the only method of entry.</b> This can be downloaded from our website at <a href="https://cobsc.co.uk">https://cobsc.co.uk</a> . Please e-mail all entries detailing DBS details of all Coaches/Team Managers attending the meet and how many poolside passes you require to <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a> All entries will be acknowledged upon receipt of payment by e-mail.<br><b>Entries and poolside passes must be paid for in full before any entry is accepted. Entries must include at least 1 poolside pass.</b><br>We reserve the right to reject entries in order to facilitate the efficient running of the meet (Maximum 7:00 hours per day). |
| <b>PAYMENT</b>         | Payment by Bank Transfer is preferred, details are:<br><b>Virgin Money</b> (Formally Yorkshire Bank)<br>Sort Code: <b>05-03-28</b><br>Account No: <b>33635995</b><br>Account Name: <b>City of Bradford A.S.C.</b><br>Reference: <b>Name of Entering Club</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>CLOSING DATE</b>    | <b>Friday 28<sup>th</sup> November 2026 (or when meet is full)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>OTHER INFO</b>      | Café, Tombola, Online Live Results                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>MEET DIRECTOR</b>   | <b>Andy Buxton</b><br>E-mail: <a href="mailto:meetdir@cobsc.co.uk">meetdir@cobsc.co.uk</a><br>Tel: 07572 466993                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |

Anything not covered in the above information will be at the discretion of the promoters, City of Bradford Swimming Club. We reserve the right to vary above conditions as necessary.



## **Christmas Long Course Meet**

# **Calling All Officials & Timekeepers**

**If you are an official or timekeeper and would be willing to help us out at the meet, please e-mail Andy Buxton on [meetdir@cobsc.co.uk](mailto:meetdir@cobsc.co.uk) with your details. We are also happy to take a number of trainee officials to help them get required sections signed off.**

**We offer lunch and travel expenses in exchange for your help. We are only a small club, so even one session would help us a great deal keeping the meet running smoothly.**