



YORK CITY BATHS CLUB



JORVIK GRADED MEET 2010

Sunday 6th June 2010

Programme of Events

Session One- Warm up 8.00am

Session starts at 8.45am

Session Two- Warm up 1.00pm approx.

(to be confirmed on the day)

Session starts 1.45pm approx.

101	Boys 9-12 50m free	201	Girls 9-12 200m free
102	Girls 9-12 50m free	202	Boys 9-12 200m free
103	Boys 13 & over 50m breast	203	Girls 13 & over 200m free
104	Girls 13 & over 50m breast	204	Boys 13 & over 200m free
105	Boys 9-12 50m breast	205	Girls 9-12 50m back
106	Girls 9-12 50m breast	206	Boys 9-12 50m back
107	Boys 13 & over 100m IM	207	Girls 13 & over 50m back
108	Girls 13 & over 100m IM	208	Boys 13 & over 50m back
109	Boys 9-12 100m IM	209	Girls 9-12 50m fly
110	Girls 9-12 100m IM	210	Boys 9-12 50m fly
111	Boys 13 & over 50m free	211	Girls 13 & over 50m fly
112	Girls 13 & over 50m free	212	Boys 13 & over 50m fly

Entry Times

NOTE:

This meet is for graded swimmers, including youngsters just starting serious training and competition. Swimmers should not have swum faster than the entry times in any gala prior to the 30th April 2008. Any submitted entries faster than the entry times will be rejected.

GIRLS:				
Age group	9/10	11/12	13/14	15+
50m Fly	42.40	37.90	35.20	34.40
50m Back	44.00	39.30	36.50	35.90
50m Breast	50.00	44.00	40.80	39.80
50m Free	38.60	34.70	32.40	31.70
200m Free	3:04.1	2:38.50	2:28.00	2:25.80
100m IM	1:35.10	1:26.40	1:20.60	1:19.10
BOYS:				
50m Fly	42.40	37.50	33.40	31.70
50m Back	44.70	39.00	34.80	33.10
50m Breast	49.60	43.70	38.60	36.80
50m Free	38.80	33.90	30.40	29.10
200m Free	3:07.40	2:39.20	2:21.00	2:15.80
100m IM	1:36.20	1:26.00	1:16.00	1:12.90