

**Welshpool Sharks Swimming Club**

**Entry Form:** Swim Wales North Regional Championships 2018

**Dates:** 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> February & 9<sup>th</sup>, 10<sup>th</sup>, 11<sup>th</sup> February 2018

**Swimmers Name:** .....

**Date of Birth:** .....

**WASA / ASA Number:** .....

Please Tick your Age Group Below (the 'Age At Date' for this Meet is the 31st December 2018)											
Boys	11yrs		12yrs		13yrs		14yrs		15&16yrs		17&Over
Girls	11yrs		12yrs		13yrs		14yrs		15&16yrs		17&Over

**Facilities:** 25 meter, 8 lanes, constant 2m depth, deck level pool, anti-wave ropes, electronic timing

**Events:** (Please tick the events you wish to enter and provide your entry times – entry times must be faster than the Qualifying Times to be eligible automatically. Entry times faster than Consideration Times may be accepted subject to number of entries received. The QT's & CT's are on page 3)

**Awards:** First 3 in each age group and event determined on performance in finals or Heat Declared Winner Events + Best Male/Female

**Day 1 – Friday 2<sup>nd</sup> February 2018**

DAY 1: Fri – Eve (Session 1)				Tick	Time
Heats	1	Boys 11+	1500 Free		

**Spectators:** Admission fees £6 per day. Senior Citizen fees £4 per day

**Day 2 – Saturday 3<sup>rd</sup> February 2018**

DAY 2: Sat – AM (Session 2)				Tick	Time
Heats	2	Girls 13+	50 Back		
Heats	3	Boys 11/12	50 Fly		
Heats	4	Boys 13+	100 Back		
HDW	5	Girls 13+	400 IM		
HDW	6	Boys 11/12	400 IM		
HDW	7	Girls 11/12	200 Free		
Finals	Finals for events 2-4 in each age group				

DAY 2: Sat – PM (Session 3)				Tick	Time
Heats	8	Girls 11/12	50 Fly		
Heats	9	Boys 11/12	100 Free		
Heats	10	Girls 13+	100 Fly		
HDW	11	Girls 11/12	400 IM		
HDW	12	Boys 13+	200 Breast		
Finals	Finals for events 8-10 in each age group				

DAY 2: Sat – Eve (Session 4)				Tick	Time
Heats	13	Boys 13+	50 Fly		
Heats	14	Girls 11/12	100 Breast		
HDW	15	Boys 11/12	200 Back		
HDW	16	Boys 13+	400 Free		
HDW	17	Girls 13+	200 Free		
Finals	Finals for events 13-14 in each age group				

**Day 3 – Sunday 4<sup>th</sup> February 2018**

DAY 3: Sun – AM (Session 5)				Tick	Time
Heats	18	Girls 11/12	50 Free		
Heats	19	Boys 11/12	100 Breast		
Heats	20	Girls 13+	100 Free		
HDW	21	Girls 11/12	200 IM		
HDW	22	Boys 13+	200 BACK		
Finals	Finals for events 18-20 in each age group				

DAY 3: Sun – PM (Session 6)				Tick	Time
Heats	23	Boys 11/12	50 Back		
Heats	24	Girls 11/12	100 Fly		
Heats	25	Boys 13+	100 Breast		
HDW	26	Boys 11/12	200 IM		
HDW	27	Girls 13+	200 Back		
Finals	Finals for events 23-25 in each age group				

DAY 3: Sun – Eve (Session 7)				Tick	Time
Heats	28	Boys 13+	50 Free		
Heats	29	Girls 13+	50 Breast		
HDW	30	Boys 11/12	200 Free		
HDW	31	Boys 13+	200 Fly		
HDW	32	Girls 13+	200 Fly		
HDW	33	Girls 11/12	200 Back		
Finals	Finals for events 28-29 in each age group				

**Relays:** Relay teams will depend on who's competing on the final Sunday. Age groups are 11-12 / 14&under / 16&under. Tick the box in Session 14 interested so that your swimmer can be considered for relay selection.

**Day 4 – Friday 9<sup>th</sup> February 2018**

DAY 4: Fri – Eve (Session 8)				Tick	Time
Heats	34	Girls 11+	800 Free		

**Heats:** All competitors seeded according to submitted times. All heats swum fastest to slowest & spearheaded  
**Finals:** No finals for HDW events. Fastest 8 from all other events go forward to the finals

**Day 5 – Saturday 10<sup>th</sup> February 2018**

DAY 5: Sat – AM (Session 9)				Tick	Time
Heats	35	Girls 11/12	50 Breast		
Heats	36	Boys 11/12	100 Back		
Heats	37	Boys 13+	100 Fly		
HDW	38	Girls 11/12	400 Free		
HDW	39	Boys 11/12	200 Breast		
Finals	Finals for events 35-37 in each age group				

DAY 5: Sat – PM (Session 10)				Tick	Time
Heats	40	Girls 13+	50 Free		
Heats	41	Boys 13+	50 Breast		
Heats	42	Boys 11/12	100 Back		
HDW	43	Girls 13+	200 IM		
HDW	44	Boys 13+	200 IM		
HDW	45	Girls 11/12	200 Breast		
Finals	Finals for events 40-42 in each age group				

DAY 5: Sat – Eve (Session 11)				Tick	Time
Heats	46	Boys 11/12	50 Free		
Heats	47	Girls 13+	100 Back		
HDW	48	Boys 13+	200 Free		
HDW	49	Boys 11/12	200 Fly		
HDW	50	Girls 13+	200 Breast		
Finals	Finals for events 46-48 in each age group				

**Day 6 – Sunday 11<sup>th</sup> February 2018**

DAY 6: Sun – AM (Session 12)				Tick	Time
HDW	51	Boys 13+	50 Back		
Heats	52	Girls 13+	50 Fly		
Heats	53	Boys 11/12	100 Fly		
Heats	54	Girls 11/12	100 Free		
HDW	55	Boys 13+	400 IM		
HDW	56	Girls 13+	400 Free		
Finals	Finals for events 51-54 in each age group				

DAY 6: Sun – PM (Session 13)				Tick	Time
Heats	57	Boys 11/12	50 Breast		
Heats	58	Girls 11/12	50 Back		
Heats	59	Boys 13+	100 Free		
Heats	60	Girls 13+	100 Breast		
HDW	61	Boys 11/12	400 Free		
HDW	62	Girls 11/12	200 Fly		
Finals	Finals for events 57-60 in each age group				

DAY 6: Sun – Eve (Session 14)			Tick
Medley Relays	4 x 50		
Free Relays	4 x 50		

**Entry Fees: £5 per event**  
**Club will pay for any relay entries**

<b>Payment</b> (Please circle)	Cheque / BACS	<b>Amount</b>	£	<b>Parent Signature</b>	
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Cheques payable to 'Welshpool Sharks' or to pay by BACS please contact us for our bank account details

If paying by BACS you can complete entry form electronically and email direct to [kevin.owen@nfu.org.uk](mailto:kevin.owen@nfu.org.uk) and I'll acknowledge receipt by return email

**DEADLINE: Please return to Kevin Owen by 8pm on Friday 15<sup>th</sup> December 2017**

	GIRLS 11	G 12	G 13	G 14	G15&16	G17&O	Dist/Stroke	BOYS 11	B 12	B 13	B14	B 15/16	B 17&O
QT	36.50	34.7	33.30	32.40	31.30	31.3	50Free	35.90	33.90	32.10	30.40	28.30	27.80
CT	<b>48.00</b>	<b>45.00</b>	<b>42.00</b>	<b>38.00</b>	<b>35.00</b>	<b>34.00</b>		<b>47.00</b>	<b>43.00</b>	<b>40.00</b>	<b>38.00</b>	<b>36.00</b>	<b>34.00</b>
QT	1:18.70	1:14.30	1:11.50	1:09.05	1:07.10	1:06.90	100Free	1:17.80	1:08.90	1:05.40	1:03.10	1:01.20	1:00.10
CT	<b>1:38.00</b>	<b>1:34.00</b>	<b>1:30.00</b>	<b>1:25.00</b>	<b>1:24.00</b>	<b>1:23.00</b>		<b>1:30.00</b>	<b>1:27.00</b>	<b>1:25.00</b>	<b>1:23.00</b>	<b>1:15.00</b>	<b>1:10.00</b>
QT	2:49.60	2:39.90	2:33.60	2:26.6	2:24.60	2:23.2	200Free	2:48.80	2:39.10	2:30.10	2:22.50	2:13.2	2:11.10
CT	<b>3:22.00</b>	<b>3:13.00</b>	<b>3:06.00</b>	<b>3:02.00</b>	<b>2:58.00</b>	<b>2:57.00</b>		<b>3:22.00</b>	<b>3:11.00</b>	<b>3:01.00</b>	<b>2:58.00</b>	<b>2:40.00</b>	<b>2:36.00</b>
QT	5:52.90	5:33.00	5:20.50	5:12.50	5:03.10	5:00.5	400Free	5:53.30	5:34.00	5:16.40	5:01.50	4:42.10	4:36.70
CT	<b>7:02.00</b>	<b>6:41.00</b>	<b>6:28.00</b>	<b>6:17.00</b>	<b>6:13.00</b>	<b>6:09.00</b>		<b>6:53.00</b>	<b>6:35.00</b>	<b>6:20.00</b>	<b>6:00.00</b>	<b>5:30.00</b>	<b>5:00.00</b>
QT	12:09.50	11:29.30	10:58.30	10:40.80	10:23.50	10:20.70	800Free						
CT	<b>14:12.00</b>	<b>13:44.00</b>	<b>13:10.00</b>	<b>12:50.00</b>	<b>12:44.00</b>	<b>12:40.00</b>							
QT							1500Free	23:50.50	22:01.70	20:52.80	19:55.50	18:40.60	18:21.9
CT								<b>28.30.00</b>	<b>27.30.00</b>	<b>25.00.00</b>	<b>24.00.00</b>	<b>23.00.00</b>	<b>22.30.00</b>
QT	41.40	39.30	37.70	36.50	35.30	35.10	50Back	41.20	39.00	36.50	34.80	31.90	31.50
CT	<b>56.00</b>	<b>52.00</b>	<b>51.00</b>	<b>49.00</b>	<b>46.00</b>	<b>44.00</b>		<b>53.00</b>	<b>50.00</b>	<b>46.00</b>	<b>44.00</b>	<b>43.00</b>	<b>40.00</b>
QT	1:28.10	1:22.70	1:19.20	1:17.00	1:14.40	1:14.0	100Back	1:27.60	1:22.50	1:17.30	1:13.00	1:07.80	1:06.30
CT	<b>1:52.00</b>	<b>1:45.00</b>	<b>1:39.00</b>	<b>1:35.00</b>	<b>1:33.00</b>	<b>1:32.00</b>		<b>1:49.00</b>	<b>1:45.00</b>	<b>1:41.00</b>	<b>1:37.00</b>	<b>1:30.00</b>	<b>1:20.00</b>
QT	3:06.30	2:56.30	2:49.60	2:44.80	2:38.70	2:37.20	200Back	3:06.90	2:56.50	2:45.90	2:37.00	2:26.50	2:40.00
CT	<b>3:42.00</b>	<b>3:33.00</b>	<b>3:26.00</b>	<b>3:19.00</b>	<b>3:17.00</b>	<b>3:15.00</b>		<b>3:42.00</b>	<b>3:38.00</b>	<b>3:30.00</b>	<b>3:10.00</b>	<b>3:00.00</b>	<b>2:50.00</b>
QT	46.70	44.00	42.10	40.80	39.40	39.10	50Breast	46.50	43.70	40.70	38.60	35.60	35.00
CT	<b>1:06.00</b>	<b>1:02.00</b>	<b>1:01.30</b>	<b>59.00</b>	<b>55.00</b>	<b>53.00</b>		<b>1:08.00</b>	<b>1:04.00</b>	<b>1:00.00</b>	<b>55.00</b>	<b>50.00</b>	<b>48.00</b>
QT	1:40.20	1:34.40	1:29.80	1:26.50	1:24.30	1:23.10	100Breast	1:40.10	1:33.80	1:27.40	1:22.70	1:16.60	1:15.10
CT	<b>2:02.00</b>	<b>2:00.00</b>	<b>1:53.00</b>	<b>1:50.00</b>	<b>1:48.00</b>	<b>1:45.00</b>		<b>2:07.00</b>	<b>2:00.00</b>	<b>1:55.00</b>	<b>1:50.00</b>	<b>1:40.00</b>	<b>1:33.00</b>
QT	3:34.90	3:22.40	3:12.80	3:06.70	3:01.60	3:00.2	200Breast	3:35.10	3:22.50	3:09.50	2:58.90	2:47.00	2:43.00
CT	<b>4:16.00</b>	<b>4:05.00</b>	<b>3:56.00</b>	<b>3:47.00</b>	<b>3:46.00</b>	<b>3:44.00</b>		<b>4:25.00</b>	<b>4:14.00</b>	<b>3:48.00</b>	<b>3:31.00</b>	<b>3:12.00</b>	<b>3:05.00</b>
QT	40.10	37.90	36.40	35.20	34.00	33.90	50Fly	39.60	37.50	35.30	33.40	30.90	30.10
CT	<b>1:02.00</b>	<b>58.00</b>	<b>55.00</b>	<b>50.00</b>	<b>46.00</b>	<b>45.00</b>		<b>48.00</b>	<b>47.00</b>	<b>45.00</b>	<b>43.00</b>	<b>39.00</b>	<b>38.00</b>
QT	1:28.00	1:22.40	1:19.00	1:16.30	1:14.10	1:13.30	100Fly	1:27.60	1:22.00	1:16.70	1:12.30	1:07.30	1:05.60
CT	<b>1:48.00</b>	<b>1:43.00</b>	<b>1:40.00</b>	<b>1:37.00</b>	<b>1:35.00</b>	<b>1:33.00</b>		<b>1:51.00</b>	<b>1:44.00</b>	<b>1:36.00</b>	<b>1:26.00</b>	<b>1:21.00</b>	<b>1:18.00</b>
QT	3:11.40	3:00.70	2:52.60	2:46.70	2:41.20	2:39.30	200Fly	3:11.70	3:00.80	2:49.50	2:40.10	2:28.30	2:23.90
CT	<b>3:53.00</b>	<b>3:44.00</b>	<b>3:38.00</b>	<b>3:32.00</b>	<b>3:28.00</b>	<b>2:24.00</b>		<b>3:46.00</b>	<b>3:36.00</b>	<b>3:20.00</b>	<b>3:12.00</b>	<b>2:53.00</b>	<b>2:45.00</b>
QT	3:11.40	3:00.60	2:53.80	2:48.70	2:43.40	2:42.00	200IM	3:11.00	3:00.50	2:50.40	2:40.70	2:30.30	2:27.30
CT	<b>3:53.00</b>	<b>3:44.00</b>	<b>3:40.00</b>	<b>3:36.00</b>	<b>3:32.00</b>	<b>3:26.00</b>		<b>3:46.00</b>	<b>3:36.00</b>	<b>3:21.00</b>	<b>3:06.00</b>	<b>3:01.00</b>	<b>2:45.00</b>
QT	6:43.60	6:19.90	6:03.90	5:53.80	5:42.60	5:40.60	400IM	6:45.50	6:20.90	6:00.40	5:40.60	5:18.10	5:12.20
CT	<b>8:01.00</b>	<b>7:40.00</b>	<b>7:30.00</b>	<b>7:18.00</b>	<b>7:10.00</b>	<b>6:58.00</b>		<b>7:48.00</b>	<b>7:30.00</b>	<b>7:12.00</b>	<b>6:46.00</b>	<b>6:28.00</b>	<b>6:20.00</b>