

Welshpool Sharks Swimming Club

Entry Form: Holywell Early Valentines Meet

Date of Meet: January 12th and 13th 2019

Swimmers Name:

Date of Birth:

WASA / ASA Number:

| | | | | | | | | | | | | | | |
|--|-------|--|-------|--|-------|--|-------|--|-------|--|-------|--|--------------|--|
| Please Tick your Age Group Below (the 'Age At Date' for this Meet is the 17 December 2018) | | | | | | | | | | | | | | |
| Male (M) | 9 yrs | | 10yrs | | 11yrs | | 12yrs | | 13yrs | | 14yrs | | 15yrs & over | |
| Female (F) | 9 yrs | | 10yrs | | 11yrs | | 12yrs | | 13yrs | | 14yrs | | 15yrs & over | |

Events: (Please tick the events you wish to enter and provide your entry times – entry times must be lower than those listed overleaf but entries can be submitted without times)

Events: All events are Heat Declared Winners. Events shall be swum in multi age groups with individual age group results extracted from these heats

Awards: Top 3 in each event

Spectators: Admission £6 per day

| SATURDAY | | Tick | Time | SUNDAY | | Tick | Time |
|---------------------------------|--|------|------|----------------------------------|--|------|------|
| Session 1 - am | | | | Session 3 - pm | | | |
| 1. Boys 9 & Over 100 Freestyle | | | | 16. Girls 9 & Over 100 Freestyle | | | |
| 2. Girls 9 & Over 100 Butterfly | | | | 17. Boys 9 & Over 100 Butterfly | | | |
| 3. Boys 9 & Over 50 Butterfly | | | | 18. Girls 9 & Over 50 Backstroke | | | |
| 4. Girls 9 & Over 50 Breast | | | | 19. Boys 9 & Over 50 Breast | | | |
| 5. Boys 200 Backstroke | | | | 20. Girls 200 Backstroke | | | |
| 6. Girls 9 & Over 400 IM | | | | 21. Boys 9 & Over 400 IM | | | |
| 7. Boys 200 Breaststroke | | | | 22. Girls 200 Breaststroke | | | |
| | | | | 23. Boys 9 & Over 100 Breast | | | |
| Session 2 | | | | Session 4 | | | |
| 8. Girls 9 & Over 100 Breast | | | | 24. Girls 9 & Over 100 Back | | | |
| 9. Boys 9 & Over 100 Back | | | | 25. Boys 9 & Over 50 Back | | | |
| 10. Girls 9 & Over 50 Butterfly | | | | 26. Girls 9 & Over 50 Freestyle | | | |
| 11. Boys 9 & Over 50 Freestyle | | | | 27. Boys 200 Freestyle | | | |
| 12. Girls 200 Freestyle | | | | 28. Girls 200 Butterfly | | | |
| 13. Boys 200 Butterfly | | | | 29. Boys 200 IM | | | |
| 14. Girls 200 IM | | | | 30. Mixed 1500 Freestyle | | | |
| 15. Mixed 800 Freestyle | | | | | | | |

Entry Pricing: £5 per event OO £7.50 for 800 & 1500

| | | | |
|------------------------------------|---|-------------------------|--|
| Amount & BACS Reference | £ | Parent Signature | |
|------------------------------------|---|-------------------------|--|

Please make your BACS transfer before submitting your entry, any cheques payable to 'Welshpool Sharks'

DEADLINE FOR ENTRIES: Completed forms to be emailed to Leannelea@aol.com by Wednesday 12 December **2018 (8pm)**

Qualifying Times Based on ASA Graded Swimming Tables 2009

Boys

| | 9y | | 10y | | 11y | | 12y | | 13y | | 14y | | 15y/O | |
|------------|----------|----------|----------|----------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | CT | QT | CT | QT | CT | QT | CT | QT | CT | QT | CT | QT | CT | QT |
| 50 Free | 58.0 | 40.7 | 55.0 | 38.0 | 53.0 | 35.9 | 50.0 | 33.9 | 48.0 | 32.1 | 45.0 | 30.4 | 43.0 | 29.1 |
| 100 Free | 02:09.0 | 01:31.5 | 01:50.3 | 01:22.9 | 01:35.9 | 01:17.8 | 01:24.5 | 01:13.2 | 01:16.4 | 01:08.9 | 01:11.0 | 01:05.4 | 01:08.4 | 01:03.1 |
| 200 Free | 3:55.7 | 3:15.7 | 3:49.5 | 2:59.3 | 3:28.8 | 2:48.8 | 3:08.1 | 2:39.1 | 3:10.1 | 2:30.1 | 3:02.5 | 2:22.5 | 2:47.2 | 02:17.2 |
| 50 Breast | 1:10.0 | 53.2 | 1:07.0 | 49.2 | 1:01.0 | 46.5 | 1:00.0 | 43.7 | 58.0 | 40.7 | 55.0 | 38.6 | 51.0 | 36.8 |
| 100 Breast | 2:46.6 | 1:59.7 | 2:20.6 | 1:48.1 | 2:02.1 | 1:40.1 | 1:47.2 | 1:33.8 | 1:36.3 | 1:27.4 | 1:30.0 | 1:22.7 | 1:25.6 | 01:19.1 |
| 200 Brest | 4:49.2 | 4:09.2 | 4:31.2 | 3:51.2 | 4:15.1 | 3:35.1 | 4:02.5 | 3:22.5 | 3:49.5 | 3:09.5 | 3:38.9 | 2:58.9 | 3:41.5 | 02:51.5 |
| 50 Fly | 1:02.0 | 45.9 | 1:00.0 | 42.4 | 58.00 | 39.6 | 55.0 | 37.5 | 50.0 | 35.3 | 45.0 | 33.4 | 40.0 | 31.7 |
| 100 Fly | 2:34.9 | 1:50.1 | 2:04.3 | 1:35.9 | 1:47.5 | 1:27.6 | 1:34.8 | 1:22.0 | 1:24.9 | 1:16.7 | 1:18.9 | 1:12.3 | 1:14.8 | 01:08.5 |
| 200 Fly | 4:40.0 | 4:00.0 | 4:10.4 | 3:30.4 | 3:51.7 | 3:11.7 | 3:40.8 | 3:00.8 | 3:29.5 | 2:49.5 | 3:20.1 | 2:40.1 | 3:11.8 | 02:31.8 |
| 50 Back | 1:02.0 | 46.9 | 1:00.0 | 43.6 | 58.00 | 41.2 | 55.0 | 39 | 50.0 | 36.5 | 45.0 | 34.8 | 40.0 | 33.1 |
| 100 Back | 02:24.5 | 01:43.3 | 02:03.5 | 01:34.7 | 01:47.3 | 01:27.6 | 01:34.6 | 01:22.5 | 01:25.6 | 01:17.3 | 01:19.5 | 01:13.0 | 01:15.7 | 01:09.8 |
| 200 Back | 04:06.70 | 03:36.70 | 03:59.70 | 03:19.70 | 03:46.9 | 03:06.9 | 03:36.5 | 02:56.5 | 03:25.9 | 02:45.9 | 03:17.0 | 02:37.0 | 03:10.4 | 02:30.4 |
| 200 IM | 04:21.7 | 03:41.7 | 04:05.1 | 03:25.1 | 03:51.0 | 03:11.0 | 03:40.5 | 03:00.5 | 03:30.4 | 02:50.4 | 03:20.7 | 02:40.7 | 03:14.3 | 02:34.3 |
| 400 IM | 11:19.8 | 07:58.6 | 10:05.9 | 07:20.2 | 08:25.7 | 06:45.5 | 07:22.1 | 06:20.9 | 06:40.3 | 06:00.4 | 06:13.0 | 05:40.6 | 05:49.4 | 05:26.4 |
| 800 Free | 17:00.0 | | 16:00.0 | | 14:12.0 | | 13:44.0 | | 13:10.0 | | 12:50.0 | | 12:44.0 | |
| 1500 Free | 29:00.0 | 28:00.0 | 27:00.0 | 26:00.0 | 25:30.0 | 23:50.5 | 25:30.0 | 22:01.7 | 23:30.0 | 20:52.8 | 23:00.0 | 19:55.5 | 22:30.0 | 18:40.6 |

Girls

| | 9y | | 10y | | 11y | | 12y | | 13y | | 14y | | 15y/O | |
|------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|
| | CT | QT | CT | QT | CT | QT | CT | QT | CT | QT | CT | QT | CT | QT |
| 50 Free | 01:00.0 | 41.1 | 58.0 | 38.5 | 55.0 | 36.5 | 53.0 | 34.7 | 48.0 | 33.3 | 45.0 | 32.4 | 43.0 | 31.7 |
| 100 Free | 02:01.3 | 01:32.9 | 01:41.0 | 01:24.6 | 01:29.4 | 01:18.7 | 01:21.8 | 01:14.3 | 01:17.1 | 01:11.5 | 01:15.0 | 01:09.5 | 01:14.4 | 01:08.3 |
| 200 Free | 03:57.6 | 03:17.6 | 03:40.4 | 03:00.4 | 03:29.6 | 02:49.6 | 03:19.9 | 02:39.9 | 03:13.6 | 02:33.6 | 03:09.6 | 02:29.6 | 03:06.6 | 02:26.6 |
| 50 Breast | 01:07.0 | 54.2 | 01:03.0 | 50 | 01:01.0 | 46.7 | 58.0 | 44 | 55.0 | 42.1 | 50.0 | 40.8 | 48.0 | 39.8 |
| 100 Breast | 02:35.6 | 02:00.2 | 02:08.0 | 01:48.8 | 01:53.6 | 01:40.2 | 01:43.6 | 01:34.4 | 01:36.7 | 01:29.8 | 01:33.0 | 01:26.5 | 01:32.4 | 01:25.1 |
| 200 Breast | 04:31.5 | 03:51.5 | 04:51.7 | 04:11.7 | 04:14.9 | 03:34.9 | 04:02.4 | 03:22.4 | 03:52.8 | 03:12.8 | 03:46.7 | 03:06.7 | 03:43.5 | 03:03.5 |
| 50 Fly | 01:07.0 | 46.5 | 01:03.0 | 42.4 | 01:00.0 | 40.1 | 58.0 | 37.9 | 55.0 | 36.4 | 50.0 | 35.2 | 48.0 | 34.4 |
| 100 Fly | 02:24.3 | 01:51.4 | 01:53.2 | 01:36.0 | 01:39.9 | 01:28.0 | 01:31.2 | 01:22.4 | 01:25.2 | 01:19.0 | 01:23.0 | 01:16.3 | 01:21.8 | 01:15.1 |
| 200 Fly | 04:43.5 | 04:03.6 | 04:02.8 | 03:32.8 | 03:53.9 | 03:13.9 | 03:40.7 | 03:00.7 | 03:32.6 | 02:52.6 | 03:26.7 | 02:46.7 | 03:23.0 | 02:43.0 |
| 50 Back | 01:02.0 | 47.3 | 01:00.0 | 43.8 | 58.00 | 41.4 | 55.0 | 39.3 | 50.0 | 37.7 | 45.0 | 36.5 | 40.0 | 35.9 |
| 100 Back | 02:15.7 | 01:45.2 | 01:53.2 | 01:35.2 | 01:40.3 | 01:28.1 | 01:31.2 | 01:22.7 | 01:25.9 | 01:19.2 | 01:23.0 | 01:17.0 | 01:22.0 | 01:15.3 |
| 200 Back | 04:18.8 | 03:38.8 | 04:01.8 | 03:21.8 | 03:46.3 | 03:06.3 | 03:36.3 | 02:56.3 | 03:29.6 | 02:49.6 | 03:24.6 | 02:44.8 | 03:41.1 | 02:41.1 |
| 200 IM | 04:24.0 | 03:44.0 | 04:05.6 | 03:25.6 | 03:51.4 | 03:11.4 | 03:40.6 | 03:00.6 | 03:33.8 | 03:33.8 | 03:28.7 | 02:48.7 | 03:25.5 | 02:45.5 |
| 400 IM | 10:26.7 | 07:56.1 | 08:57.1 | 07:19.7 | 07:45.8 | 06:43.6 | 07:02.2 | 06:19.9 | 06:35.9 | 06:03.9 | 06:23.0 | 05:53.8 | 06:18.7 | 05:47.3 |
| 800 Free | 17:30.0 | 14:48.2 | 15:30.0 | 13:36.7 | 14:12.0 | 12:09.5 | 13:44.0 | 11:29.3 | 13:10.0 | 10:58.3 | 12:50.0 | 10:40.8 | 12:44.0 | 10:28.5 |
| 1500 Free | 29:00.0 | | 27:00.0 | | 25:30.0 | | 24:30.0 | | 23:30.0 | | 22:30.0 | | 22:00.0 | |