Welshpool Sharks Swimming Club
Gala Entry Form

Meet: Tiger Bay Open Meet @ Cardiff International Pool (Level 3 Meet / Long Course) **Date of Meet**: Sat 30th & Sun 31st March 2019

Swimmers Name: …… **Date of Birth:** …… **WASA / ASA Number**: ……

Please Tick your Age Group Below (the 'Age Up Date' for this Meet is the 19 March 2017)								
Male	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs
Female	9yrs	10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs

Spectating: Free

Events
Please tick the events you wish to enter and provide your entry times – entry times must be slower or equal to the UCT.

Events: All events are 'Heat Declared Winners'

	DAY 1: Sat - AM			Tick Time	DAY 2: Sun - AM			Tick Time
						400	IM	
					e 200	Fly		
						100	Breast	
					e 200	Breast		
						200	Free	

Facilities: 10 lanes, electronic timing, anti-turbulence ropes

	DAY 1: Sat – PM Sprint Session			Tick Time	DAY 2: Sun – PM Sprint Session			Tick Time
					501	Female 13 +	50	Free
		+	50	Fly	502	Male 13+	50	Fly
			50	Breast	503	Female 9-12	50	Breast
		2	50	Back	504	Male 9-12	50	Back
			50	Back	505	Female 13+	50	Back
					506	Male 13+	50	Breast
					507	Female 9-12	50	Fly
					508	Male 9-12	50	Free
					508	Female	400	Free

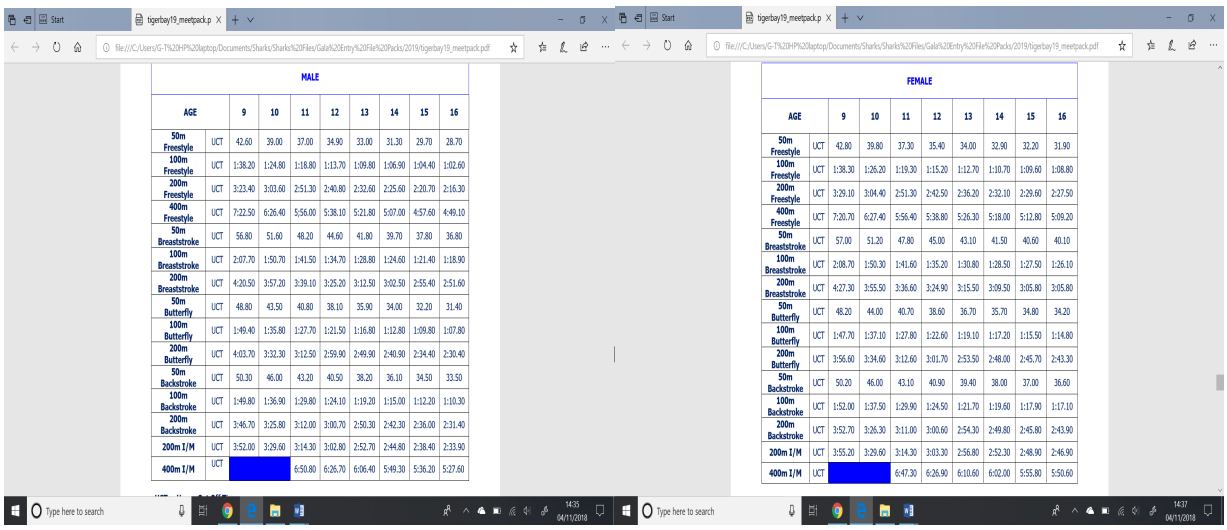
Entry Pricing: £7.00 per event

DEADLINE FOR ENTRIES: Completed forms & full payment to Leanne by Friday 15th February 2018

				Tick Time	DAY 2: Sun - Eve				Tick	Time
					601	Female	200	IM		
					602	Male	100	Fly		
					603	Female	100	Back		
304	Female	100	Back		604	Male	200	Back		
305	Male	100	Free		605	leFemai	100	Free		

BACS Payment reference and date paid	**Amount** £	**Parent Signature**

Upper Cut Off Limits



MALE

AGE		9	10	11	12	13	14	15	16
50m Freestyle	UCT	42.60	39.00	37.00	34.90	33.00	31.30	29.70	28.70
100m Freestyle	UCT	1:38.20	1:24.80	1:18.80	1:13.70	1:09.80	1:06.90	1:04.40	1:02.60
200m Freestyle	UCT	3:23.40	3:03.60	2:51.30	2:40.80	2:32.60	2:25.60	2:20.70	2:16.30
400m Freestyle	UCT	7:22.50	6:26.40	5;56.00	5:38.10	5:21.80	5:07.00	4:57.60	4:49.10
50m Breaststroke	UCT	56.80	51.60	48.20	44.60	41.80	39.70	37.80	36.80
100m Breaststroke	UCT	2:07.70	1:50.70	1:41.50	1:34.70	1:28.80	1:24.60	1:21.40	1:18.90
200m Breaststroke	UCT	4:20.50	3:57.20	3:39.10	3:25.20	3:12.50	3:02.50	2:55.40	2:51.60
50m Butterfly	UCT	48.80	43.50	40.80	38.10	35.90	34.00	32.20	31.40
100m Butterfly	UCT	1:49.40	1:35.80	1:27.70	1:21.50	1:16.80	1:12.80	1:09.80	1:07.80
200m Butterfly	UCT	4:03.70	3:32.30	3:12.50	2:59.90	2:49.90	2:40.90	2:34.40	2:30.40
50m Backstroke	UCT	50.30	46.00	43.20	40.50	38.20	36.10	34.50	33.50
100m Backstroke	UCT	1:49.80	1:36.90	1:29.80	1:24.10	1:19.20	1:15.00	1:12.20	1:10.30
200m Backstroke	UCT	3:46.70	3:25.80	3:12.00	3:00.70	2:50.30	2:42.30	2:36.00	2:31.40
200m I/M	UCT	3:52.00	3:29.60	3:14.30	3:02.80	2:52.70	2:44.80	2:38.40	2:33.90
400m I/M	UCT			6:50.80	6:26.70	6:06.40	5:49.30	5:36.20	5:27.60

FEMALE

AGE		9	10	11	12	13	14	15	16
50m Freestyle	UCT	42.80	39.80	37.30	35.40	34.00	32.90	32.20	31.90
100m Freestyle	UCT	1:38.30	1:26.20	1:19.30	1:15.20	1:12.70	1:10.70	1:09.60	1:08.80
200m Freestyle	UCT	3:29.10	3:04.40	2:51.30	2:42.50	2:36.20	2:32.10	2:29.60	2:27.50
400m Freestyle	UCT	7:20.70	6:27.40	5:56.40	5:38.80	5:26.30	5:18.00	5:12.80	5:09.20
50m Breaststroke	UCT	57.00	51.20	47.80	45.00	43.10	41.50	40.60	40.10
100m Breaststroke	UCT	2:08.70	1:50.30	1:41.60	1:35.20	1:30.80	1:28.50	1:27.50	1:26.10
200m Breaststroke	UCT	4:27.30	3:55.50	3:36.60	3:24.90	3:15.50	3:09.50	3:05.80	3:05.80
50m Butterfly	UCT	48.20	44.00	40.70	38.60	36.70	35.70	34.80	34.20
100m Butterfly	UCT	1:47.70	1:37.10	1:27.80	1:22.60	1:19.10	1:17.20	1:15.50	1:14.80
200m Butterfly	UCT	3:56.60	3:34.60	3:12.60	3:01.70	2:53.50	2:48.00	2:45.70	2:43.30
50m Backstroke	UCT	50.20	46.00	43.10	40.90	39.40	38.00	37.00	36.60
100m Backstroke	UCT	1:52.00	1:37.50	1:29.90	1:24.50	1:21.70	1:19.60	1:17.90	1:17.10
200m Backstroke	UCT	3:52.70	3:26.30	3:11.00	3:00.60	2:54.30	2:49.80	2:45.80	2:43.90
200m I/M	UCT	3:55.20	3:29.60	3:14.30	3:03.30	2:56.80	2:52.30	2:48.90	2:46.90
400m I/M	UCT			6:47.30	6:26.90	6:10.60	6:02.00	5:55.80	5:50.60