



KINGSTON UPON HULL SWIMMING CLUB

(Affiliated to ASA NER Region)

End of Season Short Course Meet 2020

Under ASA Laws & ASA Technical Rules

Licensed Level 3 Event 3NE200793

For entry into Regional and County Championships

Saturday 4th July 2020

Sunday 5th July 2020

Ennerdale Leisure Centre, Hull

Events

9 yrs,

50m, 100m and 200m all strokes
and 100m IM

10/11, 12/13, 14/15 & 16ov

50m, 100m and 200m all strokes
& 200m IM

Awards

9 yrs, 10/11 year olds
12/13, 14/15 and 16ov

Medals/Awards 1st - 3rd
Medals/Awards 1st - 3rd

Age as at: 5th July 2020

Closing Date: Sunday 31st May 2020

SCHEDULE OF EVENTS



End Of Season Short Course Level 3 Meet 2020

Age as at 5th July 2020

<u>Saturday 4th July 2020</u> <u>Session One</u> <u>Warm Up 8am Start 9am</u> 1. GIRLS 200m Free 2. BOYS 200m Back 3. GIRLS 50m Breast 4. BOYS 50m Fly 5. GIRLS 100m Back 6. BOYS 100m Breast	<u>Saturday 4th July 2020</u> <u>Session Two</u> <u>Warm Up 1pm Start 2pm</u> 7. GIRLS 200m IM (10yrs & Over) 8. GIRLS 100m IM (9yrs) 9. BOYS 200m Breast 10. GIRLS 50m Back 11. BOYS 50m Free 12. GIRLS 100m Free 13. BOYS 100m Fly 14. GIRLS 200m Fly
<u>Sunday 5th July 2020</u> <u>Session Three</u> <u>Warm Up 8am Start 9am</u> 15. BOYS 200m Free 16. GIRLS 200m Back 17. BOYS 50m Breast 18. GIRLS 50m Fly 19. BOYS 100m Back 20. GIRLS 100m Breast	<u>Sunday 5th July 2020</u> <u>Session Four</u> <u>Warm Up 1pm Start 2pm</u> 21. BOYS 200m IM (10yrs & Over) 22. BOYS 100m IM (9yrs) 23. GIRLS 200m Breast 24. BOYS 50m Back 25. GIRLS 50m Free 26. BOYS 100m Free 27. GIRLS 100m Fly 28. BOYS 200m Fly



UPPER CUT-OFF TIMES
Swimmers should be no faster than the ULT
(9yrs Age Group Have No ULT)

BOYS	BOYS	BOYS	BOYS	BOYS	EVENT	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS
9	10/11	12/13	14/15	16&OV		9	10/11	12/13	14/15	16&OV
ULT	ULT	ULT	ULT	ULT		ULT	ULT	ULT	ULT	ULT
	30.00	28.00	27.00	24.00	50 FREE		31.00	30.00	28.00	27.00
	1.05.00	57.00	54.00	53.00	100 FREE		1.05.00	1.00.00	59.00	58.00
	2.19.00	2.04.00	1.58.00	1.56.00	200 FREE		2.20.00	2.10.00	2.07.00	2.06.00
	39.00	36.00	34.00	33.00	50 BREAST		39.00	37.00	35.00	34.00
	1.24.00	1.13.00	1.09.00	1.07.00	100 BREAST		1.23.00	1.17.00	1.15.00	1.14.00
	3.01.00	2.39.00	2.31.00	2.28.00	200 BREAST		2.59.00	2.45.00	2.42.00	2.41.00
	34.00	30.00	28.00	26.00	50 FLY		34.00	31.00	30.00	28.00
	1.15.00	1.04.00	1.00.00	58.00	100 FLY		1.14.00	1.07.00	1.06.00	1.05.00
	2.44.00	2.32.00	2.13.00	2.11.00	200 FLY		2.43.00	2.28.00	2.24.00	2.23.00
	35.00	31.00	29.00	27.00	50 BACK		34.00	32.00	30.00	29.00
	1.14.00	1.05.00	1.00.00	1.00.00	100 BACK		1.13.00	1.07.00	1.06.00	1.05.00
	2.36.00	2.19.00	2.11.00	2.10.00	200 BACK		2.36.00	2.25.00	2.21.00	2.20.00
					100 IM					
	2.39.00	2.22.00	2.14.00	2.11.00	200 IM		2.39.00	2.28.00	2.25.00	2.24.00