



WINTER COMPETITION 2025

LOWER AGE GROUPS

(Licensed by Swim England 2NE250634)



Saturday 18th & Sunday 19th October 2025

Ponds Forge International Sports Centre, Sheffield - Short Course – 25 metre.

Age at 19th October 2025

Saturday 18th October 2025

Session One – Warm Up 8am – Start 9am

Girls 9/10 years	50m Free
Boys 9/10 years	50m Free
Girls 11-12 years	100m Breast
Boys 11-12 years	100m Breast
Girls 9/10 years	100m I.M.
Boys 9/10 years	100m I.M.
Girls 11-12 years	100m Back
Boys 11-12 years	100m Back
Girls 9/10 years	50m Back
Boys 9/10 years	50m Back

Sunday 19th October 2025

Session Three Warm Up 8-30am–Start 9-30am

Boys 11/12 years	50m Back
Girls 11/12 years	50m Back
Boys 9/10 years	50m Fly
Girls 9/10 years	50m Fly
Boys 11/12 years	100m Free
Girls 11/12 years	100m Free
Boys 9/10 years	100m Breaststroke
Girls 9/10 years	100m Breaststroke
Boys 11/12 years	50m Fly
Girls 11/12 years	50m Fly

Session Two – Warm Up 1pm – Start 2pm

Girls 11/12 years	200m I.M.
Boys 11/12 years	200m I.M.
Girls 9/10 years	50m Breast
Boys 9/10 years	50m Breast
Girls 11/12 years	50m Free
Boys 11/12 years	50m Free
Girls 9/10 years	100m Fly
Boys 9/10 years	100m Fly
Girls 11-12 years	100m Fly

Session Four – Warm Up 1pm – Start 2pm

Boys 11/12 years	50m Breast
Girls 11/12 years	50m Breast
Boys 9/10 years	100m Back
Girls 9/10 years	100m Back
Boys 11-12 years	100m Fly
Girls 9/10 years	100m Freestyle
Boys 9/10 years	100m Freestyle
Girls 11/12 years	400m I.M.
Boys 11/12 years	400m I.M.

All Events Heat Declared Winner. Medals will be awarded to swimmers placed 1st, 2nd and 3rd in each of the Age Groups 9,10,11 & 12 years.

QUALIFYING TIMES FOR A 25 METRE POOL

(LONG COURSE CONVERTED TIMES ACCEPTED)

(ENTRY TIMES MUST BE RECORDED IN BRITISH SWIMMING RANKINGS SINCE 1ST SEPTEMBER 2024 AT ANY LEVEL)

BOYS				
EVENT	9	10	11	12
50m Freestyle	49.2	39.7	36.3	33.2
100m Freestyle	1:53.0	1:32.3	1:22.5	1:15.0
50m Breaststroke	1:06.4	54.0	49.3	44.9
100m Breaststroke	2:32.3	2:01.9	1:48.3	1:38.4
50m Butterfly	1:12.0	51.3	44.9	38.5
100m Butterfly	2:40.0	2:25.0	1:45.0	1:35.0
50m Backstroke	51.5	47.2	43.2	39.7
100m Backstroke	2:15.0	1:47.2	1:34.6	1:27.2
100m Individual Medley	2:20.0	1:46.8		
200m Individual Medley			3:32.8	3:08.0
400m Individual Medley			7:20.0	6:20.8

GIRLS				
EVENT	9	10	11	12
50m Freestyle	45.4	39.3	35.2	33.3
100m Freestyle	1:48.0	1:30.5	1:19.2	1:14.0
50m Breaststroke	1:01.1	52.4	47.2	44.5
100m Breaststroke	2:23.5	1:56.0	1:43.0	1:36.0
50m Butterfly	1:03.1	49.1	41.7	37.6
100m Butterfly	2:30.0	2:02.4	1:40.8	1:30.0
50m Backstroke	53.5	46.1	41.6	38.9
100m Backstroke	2:03.6	1:40.0	1:31.8	1:25.0
100m Individual Medley	2:00.2	1:43.5		
200m Individual Medley			3:19.4	3:00.0
400m Individual Medley			6:55.9	6:09.1

CLOSING DATE – 12 NOON – 26th SEPTEMBER 2025