

Harrogate and District Swimming Club
Janus A/B Graded Meet - 5th & 6th January 2019 @ Harrogate Hydro

This meet is aimed at all club members who require electronic qualifying times in order to compete in future open meets for county and regional qualification. This is a level 3 meet and entry times must not be faster than the upper limit times displayed - See sheet 2.

The entry fee per event is £6.00 - please also add an admin fee of £3.00 per swimmer and make your cheque payable to Skipton Swimming Club and write Harrogate Janus on the reverse. All entry forms with payment to be submitted to the posting box at Craven Pool, Skipton please.

Closing Date: Wednesday 14th November 2018 at 8pm.

Janus A & B Graded Meet
Event Schedule

Session One

Saturday Warm Up 8am Start 9am

Girls 9-12years 400m Freestyle
 Boys 9-12years 400m Freestyle
 Girls 13 & over years 50m Breaststroke
 Boys 13 & over years 50m Breaststroke
 Girls 9-12years 50m Freestyle
 Boys 9-12years 50m Freestyle
 Girls 13 & over years 200m Freestyle
 Boys 13 & over years 200m Freestyle
 Girls 9-12years 200m Backstroke
 Boys 9-12years 200m Backstroke
 Girls 9 & over 100m Breaststroke
 Boys 9 & over 100m Breaststroke

Session Two

Saturday Warm Up tbc Start tbc

Girls 13 & over years 200m I.M.
 Boys 13 & over years 200m I.M.
 Girls 9-12years 200m Butterfly
 Boys 9-12years 200m Butterfly
 Girls 13 & over years 50m Butterfly
 Boys 13 & over years 50m Butterfly
 Girls 9-12years 50m Butterfly
 Boys 9-12years 50m Butterfly
 Girls 9 & over 100m Freestyle
 Boys 9 & over 100m Freestyle
 Girls 13 & over years 200m Butterfly
 Boys 13 & over years 200m Butterfly
 Girls 9 & over years 400m I.M.
 Boys 9 & over years 400m I.M.

Session Three

Sunday Warm Up 10-05am Start 11am

Girls 13 & over years 400m Freestyle
 Boys 13 & over years 400m Freestyle
 Girls 9-12years 200m Breaststroke
 Boys 9-12years 200m Breaststroke
 Girls 13 & over years 50m Freestyle
 Boys 13 & over years 50m Freestyle
 Girls 9-12years 50m Backstroke
 Boys 9-12years 50m Backstroke
 Girls 13 & over years 200m Backstroke
 Boys 13 & over years 200m Backstroke
 Girls 9 & over 100m Butterfly
 Boys 9 & over 100m Butterfly

Session Four

Sunday Warm Up tbc Start tbc

Girls 9-12years 200m Freestyle
 Boys 9-12years 200m Freestyle
 Girls 13 & over years 50m Backstroke
 Boys 13 & over years 50m Backstroke
 Girls 9-12years 200m I.M.
 Boys 9-12years 200m I.M.
 Girls 13 & over years 200m Breaststroke
 Boys 13 & over years 200m Breaststroke
 Girls 9-12years 50m Breaststroke
 Boys 9-12years 50m Breaststroke
 Girls 9 & over 100m Backstroke
 Boys 9 & over 100m Backstroke

Harrogate and District Janus Meet @ Harrogate Hydro

Closing Date: Wednesday 14th November 2018 at 8pm.

Name _____ Age As At 6/1/2019 _____

Events Entry Time

- 50 Free _____
- 100 Free _____
- 200 Free _____
- 400 Free _____
- 50 Back _____
- 100 Back _____
- 200 Back _____
- 50 Breast _____
- 100 Breast _____
- 200 Breast _____
- 50 Fly _____
- 100 Fly _____
- 200 Fly _____
- 200 IM _____
- 400 IM _____

JANUS A & B GRADED MEET 2017 - UPPER & LOWER LIMIT TIMES (25m Times)

Swimmer must not have swum faster than the Upper Limit Time in the previous 12 months
but must have swum faster than the Lower Limit Time in the same period

BOYS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 & over |
|------------------------|--------|--------|--------|--------|--------|--------|-----------|
| 50m Freestyle | 36.2 | 33.6 | 32 | 30.2 | 28.7 | 27.5 | 26.6 |
| 100m Freestyle | 1.21.5 | 1.13.2 | 1.09.1 | 1.04.9 | 1.01.4 | 59 | 57.4 |
| 200m Freestyle | 2.53.8 | 2.38.1 | 2.29.4 | 2.20.8 | 2.13.5 | 2.08.1 | 2.04.4 |
| 400m Freestyle | 6.18.4 | 5.35.3 | 5.11.9 | 4.55.0 | 4.41.0 | 4.30.8 | 4.23.6 |
| 50m Breaststroke | 47.6 | 44.1 | 41.5 | 38.9 | 36.4 | 34.9 | 33.6 |
| 100m Breaststroke | 1.47.3 | 1.36.1 | 1.29.1 | 1.23.4 | 1.18.0 | 1.14.6 | 1.12.0 |
| 200m Breaststroke | 3.42.6 | 3.25.2 | 3.11.3 | 2.59.9 | 2.49.0 | 2.41.3 | 2.36.1 |
| 50m Butterfly | 41.1 | 37.7 | 35.4 | 33.5 | 31.6 | 30.2 | 28.9 |
| 100m Butterfly | 1.39.4 | 1.25.4 | 1.18.1 | 1.13.0 | 1.08.6 | 1.05.3 | 1.02.8 |
| 200m Butterfly | 3.36.5 | 3.07.1 | 2.50.6 | 2.40.7 | 2.31.4 | 2.24.5 | 2.17.9 |
| 50m Backstroke | 42 | 38.8 | 36.7 | 34.8 | 32.7 | 31.5 | 30.3 |
| 100m Backstroke | 1.32.5 | 1.24.2 | 1.18.0 | 1.13.4 | 1.09.1 | 1.05.9 | 1.03.6 |
| 200m Backstroke | 3.12.8 | 2.57.0 | 2.46.0 | 2.36.7 | 2.28.0 | 2.21.4 | 2.16.9 |
| 200m Individual Medley | 3.17.4 | 3.01.4 | 2.49.4 | 2.39.4 | 2.31.9 | 2.24.6 | 2.20.2 |
| 400m Individual Medley | 7.06.4 | 6.30.0 | 5.59.3 | 5.36.3 | 5.20.8 | 5.06.4 | 4.56.3 |

BOYS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 & over |
|------------------------|--------|--------|--------|--------|--------|--------|-----------|
| 50m Freestyle | 48.5 | 45.3 | 42.3 | 39.7 | 37 | 34.4 | 32.4 |
| 100m Freestyle | 1.49.0 | 1.39.3 | 1.31.9 | 1.25.7 | 1.19.6 | 1.14.1 | 1.10.1 |
| 200m Freestyle | 3.54.0 | 3.35.4 | 3.19.9 | 3.06.9 | 2.53.9 | 2.41.6 | 2.33.0 |
| 400m Freestyle | 8.27.1 | 7.34.5 | 6.59.2 | 6.33.0 | 6.06.9 | 5.42.1 | 5.23.6 |
| 50m Breaststroke | 1.03.1 | 58.8 | 54.5 | 50.8 | 46.8 | 43.5 | 40.9 |
| 100m Breaststroke | 2.21.3 | 2.08.5 | 1.57.5 | 1.49.4 | 1.40.7 | 1.33.5 | 1.28.0 |
| 200m Breaststroke | 4.56.1 | 4.35.4 | 4.13.1 | 3.56.4 | 3.38.3 | 3.22.2 | 3.10.7 |
| 50m Butterfly | 54.4 | 50.3 | 46.5 | 43.8 | 40.6 | 37.6 | 35.2 |
| 100m Butterfly | 2.08.9 | 1.53.4 | 1.42.7 | 1.35.5 | 1.28.3 | 1.21.7 | 1.16.7 |
| 200m Butterfly | 4.42.6 | 4.09.1 | 3.45.8 | 3.30.8 | 3.15.1 | 3.01.0 | 2.48.8 |
| 50m Backstroke | 55.8 | 51.8 | 48.2 | 45.4 | 41.9 | 39.2 | 36.7 |
| 100m Backstroke | 2.02.2 | 1.52.5 | 1.42.8 | 1.36.2 | 1.28.9 | 1.22.4 | 1.17.6 |
| 200m Backstroke | 4.17.5 | 3.58.1 | 3.40.4 | 3.26.4 | 3.11.4 | 2.57.5 | 2.47.5 |
| 200m Individual Medley | 4.24.0 | 4.04.7 | 3.45.8 | 3.31.4 | 3.16.8 | 3.02.0 | 2.51.9 |
| 400m Individual Medley | 9.29.9 | 8:44.8 | 7:58.6 | 7:27.2 | 6:56.4 | 6:25.7 | 6:03.7 |

GIRLS - Upper Limit Times (swimmers must not have swum faster in the previous 12 months)

| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 & over |
|------------------------|--------|--------|--------|--------|--------|--------|-----------|
| 50m Freestyle | 36.5 | 34 | 32.5 | 31 | 29.8 | 29.4 | 29 |
| 100m Freestyle | 1.22.7 | 1.14.8 | 1.09.7 | 1.06.0 | 1.04.2 | 1.02.4 | 1.02.0 |
| 200m Freestyle | 2.55.7 | 2.39.1 | 2.30.0 | 2.22.0 | 2.17.6 | 2.15.6 | 2.13.1 |
| 400m Freestyle | 6.25.1 | 5.37.4 | 5.11.6 | 4.54.6 | 4.46.7 | 4.42.1 | 4.37.7 |
| 50m Breaststroke | 48.4 | 44.3 | 41.6 | 39.3 | 37.9 | 37 | 36.3 |
| 100m Breaststroke | 1.47.6 | 1.36.6 | 1.29.0 | 1.24.2 | 1.20.8 | 1.18.2 | 1.17.4 |
| 200m Breaststroke | 3.44.8 | 3.25.5 | 3.11.0 | 3.00.6 | 2.53.2 | 2.48.9 | 2.47.0 |
| 50m Butterfly | 41.6 | 37.7 | 35.7 | 33.9 | 32.8 | 32 | 31.3 |
| 100m Butterfly | 1.40.5 | 1.25.4 | 1.18.4 | 1.13.6 | 1.11.1 | 1.09.1 | 1.08.4 |
| 200m Butterfly | 3.39.8 | 3.09.5 | 2.52.5 | 2.41.3 | 2.35.2 | 2.31.0 | 2.28.3 |
| 50m Backstroke | 42.2 | 38.9 | 36.8 | 35.1 | 33.9 | 33.1 | 32.8 |
| 100m Backstroke | 1.34.1 | 1.24.4 | 1.18.2 | 1.13.8 | 1.11.2 | 1.09.1 | 1.08.4 |
| 200m Backstroke | 3.15.0 | 2.58.6 | 2.45.0 | 2.36.9 | 2.32.3 | 2.29.4 | 2.26.3 |
| 200m Individual Medley | 3.19.2 | 3.01.5 | 2.49.8 | 2.40.4 | 2.35.9 | 2.32.4 | 2.30.3 |
| 400m Individual Medley | 7.04.2 | 6.29.6 | 5.57.2 | 5.37.7 | 5.26.3 | 5.19.7 | 5.15.4 |

GIRLS - Lower Limit Times (swimmers must have achieved this time in the previous 12 months)

| EVENT | 9 | 10 | 11 | 12 | 13 | 14 | 15 & over |
|------------------------|--------|--------|--------|--------|--------|--------|-----------|
| 50m Freestyle | 48.5 | 45.5 | 42.5 | 39.9 | 37.7 | 36.2 | 35.2 |
| 100m Freestyle | 1.49.1 | 1.40.1 | 1.31.8 | 1.25.7 | 1.21.1 | 1.17.8 | 1.15.9 |
| 200m Freestyle | 3.52.8 | 3.34.0 | 3.18.2 | 3.04.7 | 2.54.3 | 2.47.6 | 2.43.2 |
| 400m Freestyle | 8.25.6 | 7.33.2 | 6.52.9 | 6.25.1 | 6.04.3 | 5.50.4 | 5.40.9 |
| 50m Breaststroke | 1.03.4 | 58.8 | 54.3 | 50.6 | 47.6 | 45.5 | 44.2 |
| 100m Breaststroke | 2.20.3 | 2.08.0 | 1.56.4 | 1.48.5 | 1.41.6 | 1.36.7 | 1.34.5 |
| 200m Breaststroke | 4.54.9 | 4.32.7 | 4.09.8 | 3.52.9 | 3.38.2 | 3.28.8 | 3.23.7 |
| 50m Butterfly | 54.3 | 49.9 | 46.5 | 43.5 | 41 | 39.3 | 38.1 |
| 100m Butterfly | 2.08.8 | 1.52.6 | 1.42.1 | 1.34.6 | 1.29.3 | 1.25.2 | 1.23.3 |
| 200m Butterfly | 4.41.5 | 4.09.3 | 3.45.0 | 3.27.8 | 3.15.1 | 3.06.4 | 3.01.0 |
| 50m Backstroke | 55.5 | 51.7 | 48.1 | 45.1 | 42.6 | 40.8 | 39.8 |
| 100m Backstroke | 2.02.9 | 1.52.2 | 1.42.5 | 1.35.2 | 1.29.7 | 1.26.1 | 1.23.6 |
| 200m Backstroke | 4.16.6 | 3.58.3 | 3.37.2 | 3.23.0 | 3.12.2 | 3.04.5 | 2.58.9 |
| 200m Individual Medley | 4.23.5 | 4.03.1 | 3.43.7 | 3.28.3 | 3.17.1 | 3.08.9 | 3.04.0 |
| 400m Individual Medley | 9:18.4 | 8:38.7 | 7:50.7 | 7:18.2 | 6:52.9 | 6:36.5 | 6:26.1 |