

**Harrogate Spa Town A/B Graded Meet  
30<sup>th</sup> & 31<sup>st</sup> March 2019 at Harrogate Hydro**

**Harrogate Spa Town A/B Grade Meet  
30<sup>th</sup> & 31<sup>st</sup> March 2019 at The Hydro Harrogate**

This meet is aimed at all club members who require electronic times to compete in regional and county championships. This is a level 3 A & B graded meet and entry times must be faster than the lower limit qualifying times but not faster than the upper limit qualifying times displayed. The entry fee is £6.00 per event please add an admin fee of £3.00 per swimmer and make your cheque payable to Skipton Swimming Club and place in the posting box at the pool.

Closing Date: Wednesday 27th February 2019 at 12 noon.

**Session One**

**Saturday Warm Up 12-30pm Start 1-30pm**

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 9 & over years 400m I.M.  
Boys 9 & over years 400m I.M.

**Session Three**

**Sunday Warm Up 10am 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  
Girls 13 & over years 200m Butterfly  
Boys 13 & over years 200m Butterfly

Name \_\_\_\_\_

Swimmers Age at 31<sup>st</sup> March 2019 \_\_\_\_\_

Events	Entry Time
<input type="checkbox"/> 50 Free	_____
<input type="checkbox"/> 100 Free	_____
<input type="checkbox"/> 200 Free	_____
<input type="checkbox"/> 400 Free	_____
<input type="checkbox"/> 50 Back	_____
<input type="checkbox"/> 100 Back	_____
<input type="checkbox"/> 200 Back	_____
<input type="checkbox"/> 50 Breast	_____
<input type="checkbox"/> 100 Breast	_____
<input type="checkbox"/> 200 Breast	_____
<input type="checkbox"/> 50 Fly	_____
<input type="checkbox"/> 100 Fly	_____
<input type="checkbox"/> 200 Fly	_____
<input type="checkbox"/> 200 IM	_____
<input type="checkbox"/> 400 IM	_____

Please detach this side of the entry form with payment please. Entry Fee is £6.00 plus £3.00 admin per swimmer.

Closing Date: Wednesday 27th February 2019 at 12 noon.



SWIMMING CLUB



**SPA TOWN A & B GRADED MEET 2019 - 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

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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