

HARROGATE DISTRICT SWIMMING CLUB

Summer A Grade Meet - 15th & 16th June 2019 at Harrogate Hydro

This meet is licensed at level 3 by the ASA and results will qualify swimmers for entry into regional and county championships. Swimmers must not have swum faster than the upper limit time in the 12 months preceding entry (converted times where appropriate)

Age as at 16th June 2019 - Day of Gala.

There is no minimum entry time required for this gala. All events are heat declared winners. If the meet is oversubscribed - the slowest entries in each event will be rejected having regard to the Upper Limit Time in each age group.

Entry Fee: £6.00 per event plus £3.00 admin. Please make cheques payable to Skipton Swimming Club and submit to the posting box at the pool.

Closing date: Wednesday 15th May 2019 after early morning training - 8am.

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
100m Individual Medley	1.32.5	1.25.4	1.21.0	1.16.5	1.12.2	1.08.6	1.06.4
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

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	5.54.6	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
100m Individual Medley	1.33.8	1.23.9	1.20.9	1.17.0	1.14.2	1.13.0	1.11.9
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

Harrogate Summer A Grade Meet @ The Hydro,
Harrogate 15th & 16th June 2019

Name _____

Age as at 16/6/2019 _____

- | 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"/> 100 IM | _____ |
| <input type="checkbox"/> 200 IM | _____ |
| <input type="checkbox"/> 400 IM | _____ |

Closing Date: Wednesday 15th May 2019 after early morning training - 8am.

Please detach and return the above portion with your payment and place in the posting box at the pool.



Harrogate Summer A Grade Meet 2019

(Under ASA Laws & the Technical Rules of FINA)

Saturday 15th June 2019

Session One - Start 1-30pm

Girls 200m Breaststroke
Boys 200m Breaststroke
Girls 50m Freestyle
Boys 50m Freestyle
Girls 100m Butterfly
Boys 100m Butterfly
Girls 400m Freestyle
Boys 400m Freestyle

Session Two - Start tbc

Girls 100m I.M
Boys 100m I.M.
Girls 200m Backstroke
Boys 200m Backstroke
Girls 50m Butterfly
Boys 50m Butterfly
Girls 400m I.M
Boys 400m I.M.

Sunday 16th June 2019

Session Three - Start 11am

Girls 200m Freestyle
Boys 200m Freestyle
Girls 50m Breaststroke
Boys 50m Breaststroke
Girls 100m Backstroke
Boys 100m Backstroke
Girls 200m Butterfly
Boys 200m Butterfly

Session Three - Start tbc

Girls 200m IM
Boys 200m IM
Girls 100m Breaststroke
Boys 100m Breaststroke
Girls 50m Backstroke
Boys 50m Backstroke
Girls 100m Freestyle
Boys 100m Freestyle