

HARROGATE DISTRICT SWIMMING CLUB (Affiliated to ASA North Eastern Region.)
SPA TOWN A/B GRADED MEET (under Swim England Laws & FINA Technical Rules)
DATE: SATURDAY & SUNDAY 28th & 29th MARCH 2020
VENUE: THE HYDRO, JENNYFIELDS DRIVE, HARROGATE

This meet is licensed at level 3 by the a.s.a. (3ne200094) and results will qualify swimmers for entry into regional & county championships.

Swimmers must have achieved the lower limit time, but must not have swum faster than the upper limit time, in the 12 months preceding entry. (converted times where appropriate).

Entries will be accepted from para-swimmers who hold a british swimming para classification. they are exempt from the minimum entry time requirement

THE MEET

Girls/Boys 9 – 15 & over – 50, 100 & 200 metres all strokes plus 400m Freestyle and 200m & 400m IM
All events are Heat Declared Winner.

Ages at 29th March 2020

AWARDS:

Rewards as follows:

9, 10, 11, 12, 13, 14, 15 & over. Top 3 swimmers only in A grade and B Grade.

Swimmers who swim faster than the B Grade cut-off times will be ranked automatically in the A grade result. An Alternative Award will be given to swimmers who swim faster than the A Grade cut off times by the following margins:-

1 second on 50m, 2 seconds on 100m, 4 seconds on 200m, 8 seconds on 400m

There will be no separate awards for Para Swimmers who will be included in the results for their age group.

Events

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

SPA TOWN A & B GRADED MEET 2020 - 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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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