

Harrogate and District Swimming Club

Spa Town A/B Graded Meet – 28 & 29 March 2020 @ Harrogate

This meet is aimed at all club members who require electronic qualifying times in order to compete in future county and regional meets. Swimmers must not have swum faster than the upper limit time in the previous twelve months but must have swum faster than the lower limit time in the same period.

The entry fee is £6.00 per event plus admin of £3.00 per swimmer. Please send a bank transfer or make cheques payable to Skipton Swimming Club and place in the posting box at Craven pool. ***This meet is on a first come, first serve basis, entries need to be submitted as early as possible.*** Contact chairperson@skiptonsc.co.uk with any queries.

Spa Town A & B Graded Meet Event Schedule

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 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 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 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

Harrogate & District Swimming Club

Spa Town A/B Grade Meet – 28/29 March 2020

Closing Date: **Thursday 30 January 2020**

Name: _____

Age at 29 March 2020 _____

ASA Category Category 1 Category 2
(swimmers need to have category 2 ASA membership to enter this event)

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	_____

Entry Fee: £6.00 per event
plus £3.00 admin per swimmer

Total payment £ _____
 Please tick **Cheque** **Bank trans**

PLEASE ENSURE YOU SEND YOUR ENTRY MONEY
 WHEN SUBMITTING YOUR FORM - **NO PAYMENT NO SWIM**

Skipton SC
 Account 17847808 Sort Code 05-09-09
 Ref: *Swimmer* Spa Town

Contact Name :
Contact Number :
 Cheques to be made payable to Skipton Swimming Club

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)

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

EVENT	9	10	11	12	13	14	15 & over	EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	36.2	33.6	32	30.2	28.7	27.5	26.6	50m Freestyle	36.5	34	32.5	31	29.8	29.4	29
100m Freestyle	1.21.5	1.13.2	1.09.1	1.04.9	1.01.4	59	57.4	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	2.53.8	2.38.1	2.29.4	2.20.8	2.13.5	2.08.1	2.04.4	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	6.18.4	5.35.3	5.11.9	4.55.0	4.41.0	4.30.8	4.23.6	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	47.6	44.1	41.5	38.9	36.4	34.9	33.6	50m Breaststroke	48.4	44.3	41.6	39.3	37.9	37	36.3
100m Breaststroke	1.47.3	1.36.1	1.29.1	1.23.4	1.18.0	1.14.6	1.12.0	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	3.42.6	3.25.2	3.11.3	2.59.9	2.49.0	2.41.3	2.36.1	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	41.1	37.7	35.4	33.5	31.6	30.2	28.9	50m Butterfly	41.6	37.7	35.7	33.9	32.8	32	31.3
100m Butterfly	1.39.4	1.25.4	1.18.1	1.13.0	1.08.6	1.05.3	1.02.8	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	3.36.5	3.07.1	2.50.6	2.40.7	2.31.4	2.24.5	2.17.9	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	38.8	36.7	34.8	32.7	31.5	30.3	50m Backstroke	42.2	38.9	36.8	35.1	33.9	33.1	32.8
100m Backstroke	1.32.5	1.24.2	1.18.0	1.13.4	1.09.1	1.05.9	1.03.6	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	3.12.8	2.57.0	2.46.0	2.36.7	2.28.0	2.21.4	2.16.9	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	3.17.4	3.01.4	2.49.4	2.39.4	2.31.9	2.24.6	2.20.2	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	7.06.4	6.30.0	5.59.3	5.36.3	5.20.8	5.06.4	4.56.3	400m Individual Medley	7.04.2	6.29.6	5.57.2	5.37.7	5.26.3	5.19.7	5.15.4

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

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

EVENT	9	10	11	12	13	14	15 & over	EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	48.5	45.3	42.3	39.7	37	34.4	32.4	50m Freestyle	48.5	45.5	42.5	39.9	37.7	36.2	35.2
100m Freestyle	1.49.0	1.39.3	1.31.9	1.25.7	1.19.6	1.14.1	1.10.1	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	3.54.0	3.35.4	3.19.9	3.06.9	2.53.9	2.41.6	2.33.0	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	8.27.1	7.34.5	6.59.2	6.33.0	6.06.9	5.42.1	5.23.6	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	1.03.1	58.8	54.5	50.8	46.8	43.5	40.9	50m Breaststroke	1.03.4	58.8	54.3	50.6	47.6	45.5	44.2
100m Breaststroke	2.21.3	2.08.5	1.57.5	1.49.4	1.40.7	1.33.5	1.28.0	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	4.56.1	4.35.4	4.13.1	3.56.4	3.38.3	3.22.2	3.10.7	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	54.4	50.3	46.5	43.8	40.6	37.6	35.2	50m Butterfly	54.3	49.9	46.5	43.5	41	39.3	38.1
100m Butterfly	2.08.9	1.53.4	1.42.7	1.35.5	1.28.3	1.21.7	1.16.7	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	4.42.6	4.09.1	3.45.8	3.30.8	3.15.1	3.01.0	2.48.8	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	55.8	51.8	48.2	45.4	41.9	39.2	36.7	50m Backstroke	55.5	51.7	48.1	45.1	42.6	40.8	39.8
100m Backstroke	2.02.2	1.52.5	1.42.8	1.36.2	1.28.9	1.22.4	1.17.6	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	4.17.5	3.58.1	3.40.4	3.26.4	3.11.4	2.57.5	2.47.5	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	4.24.0	4.04.7	3.45.8	3.31.4	3.16.8	3.02.0	2.51.9	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	9.29.9	8:44.8	7:58.6	7:27.2	6:56.4	6:25.7	6:03.7	400m Individual Medley	9:18.4	8:38.7	7:50.7	7:18.2	6:52.9	6:36.5	6:26.1