

HARROGATE DISTRICT SWIMMING CLUB  
(Affiliated to Swim England North Eastern Region.)

We are back – just!!

## JANUS A & B GRADED MEET

(under Swim England Laws and FINA Technical Rules)

DATE: **SATURDAY & SUNDAY 8<sup>th</sup> & 9<sup>th</sup> JANUARY 2022**

VENUE: THE HYDRO, JENNYFIELDS DRIVE, HARROGATE

**THIS MEET IS LICENSED AT LEVEL 3 BY SWIM ENGLAND (3NE220065) AND RESULTS WILL QUALIFY SWIMMERS FOR ENTRY INTO REGIONAL & COUNTY CHAMPIONSHIPS.**

**SWIMMERS MUST NOT HAVE SWUM FASTER THAN THE UPPER LIMIT TIME, SINCE 1<sup>st</sup> SEPTEMBER 2019. (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 9<sup>th</sup> January 2022**

AWARDS: Rewards as follows:

9 & 10 years; Top 8 swimmers in A grade and B Grade.

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. A & B Grade times will be published in the Programme

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.

ENTRIES: Cost £6.50 per event.

Entries will be accepted on receipt strictly on a “**first come, first served**” basis. Once the meet is full it will be shown as closed on the website.

**Entries will not be accepted before 12 noon on the 13<sup>th</sup> November 2021**

**NO CLUB WILL BE ALLOWED TO SUBMIT MORE THAN 400 ENTRIES TO THIS MEET**

**Clubs submitting entries for more than 5 swimmers must do so electronically. Entry file sets will be available from our website**

**[www.swimharrogate.org.uk](http://www.swimharrogate.org.uk) or from [entries@swimharrogate.org.uk](mailto:entries@swimharrogate.org.uk)**

**Details from:-**

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CLOSING: **22<sup>nd</sup> December 2021 – or when meet full**

# 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 8am Start 9am**

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



# Janus Meet 2022

## Upper Limit Times

Female							Male							
9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14Yrs	15+	Event	9 Yrs	10 Yrs	11 Yrs	12 Yrs	13 Yrs	14 Yrs	15+
35.50	33.00	32.00	30.00	29.00	28.50	28.00	<b>50 Free</b>	35.00	32.50	31.00	29.00	28.00	26.50	25.50
1.21.00	1.13.00	1.08.00	1.04.00	1.02.00	1.00.50	1.00.00	<b>100 Free</b>	1.19.50	1.11.00	1.07.00	1.03.00	59.50	57.00	55.50
2.52.00	2.35.00	2.26.00	2.18.00	2.14.00	2.12.00	2.09.00	<b>200 Free</b>	2.50.00	2.34.00	2.25.50	2.17.00	2.09.50	2.04.00	2.00.50
6.17.00	5.29.50	5.04.00	4.47.00	4.39.00	4.34.00	4.30.00	<b>400 Free</b>	6.10.50	5.27.50	5.04.00	4.47.00	4.33.00	4.23.00	4.15.50
41.00	38.00	36.00	34.00	33.00	32.00	32.00	<b>50 Back</b>	41.00	38.00	36.00	34.00	32.00	30.50	29.50
1.32.00	1.22.50	1.16.00	1.12.00	1.09.00	1.07.00	1.06.50	<b>100 Back</b>	1.30.50	1.22.00	1.16.00	1.11.50	1.07.00	1.04.00	1.01.50
3.11.00	2.55.00	2.41.00	2.33.00	2.28.00	2.25.50	2.22.00	<b>200 Back</b>	3.09.00	2.53.00	2.42.00	2.33.00	2.24.00	2.17.50	2.13.00
47.50	43.00	41.00	38.00	37.00	36.00	35.00	<b>50 Brst</b>	46.50	43.00	40.50	38.00	35.50	34.00	32.50
1.46.00	1.35.00	1.27.00	1.22.00	1.19.00	1.16.00	1.15.50	<b>100 Brst</b>	1.45.00	1.34.00	1.27.00	1.21.50	1.16.00	1.12.50	1.10.00
3.41.00	3.21.50	3.07.00	2.56.50	2.49.00	2.45.00	2.43.00	<b>200 Brst</b>	3.38.50	3.21.00	3.07.00	2.56.00	2.45.00	2.37.50	2.32.00
40.50	37.00	35.00	33.00	32.00	31.00	30.00	<b>50 Fly</b>	40.00	36.50	34.50	32.50	30.50	29.00	28.00
1.38.50	1.23.50	1.16.50	1.11.50	1.09.00	1.07.00	1.06.50	<b>100 Fly</b>	1.37.50	1.23.50	1.16.00	1.11.00	1.06.50	1.03.50	1.01.00
3.36.00	3.05.50	2.48.50	2.37.00	2.31.00	2.27.00	2.24.50	<b>200 Fly</b>	3.32.50	3.03.00	2.46.50	2.36.50	2.27.50	2.20.50	2.14.00
3.15.00	2.57.50	2.46.00	2.36.50	2.32.00	2.28.50	2.26.50	<b>200 IM</b>	3.13.50	2.57.50	2.45.50	2.35.50	2.28.00	2.20.50	2.16.00
6.56.00	6.22.00	5.49.00	5.30.00	5.18.50	5.12.00	5.07.50	<b>400 IM</b>	6.58.50	6.22.00	5.51.00	5.28.50	5.13.00	4.58.50	4.48.00

Swimmers must not have ranked times faster than the above in the period since 1<sup>st</sup> September 2019