

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 30<sup>th</sup> & 31<sup>st</sup> MARCH 2019**

VENUE: THE HYDRO, JENNYFIELDS DRIVE, HARROGATE

**THIS MEET IS LICENSED AT LEVEL 3 BY THE A.S.A. (3NE180139) 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 EXEMP 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 31<sup>st</sup> March 2019**

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.

ENTRIES: Cost £6 per event.  
Coaches passes to include meals, programme, result sheets and entry onto the poolside £20.  
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 Sunday 3<sup>rd</sup> February 2019**

**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 forms and file sets are downloadable from our website:- [www.swimharrogate.org](http://www.swimharrogate.org)**

Further details from:-  
Barry Saunders,  
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CLOSING: **8<sup>th</sup> March 2019 or when meet is full**