

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

# JANUS A & B GRADED MEET

(under FINA Technical Rules)

DATE: **SATURDAY & SUNDAY 5<sup>th</sup> & 6<sup>th</sup> JANUARY 2019**

VENUE: THE HYDRO, JENNYFIELDS DRIVE, HARROGATE

**THIS MEET IS LICENSED AT LEVEL 3 BY SWIM ENGLAND (3NE190225) 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)**

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 6<sup>th</sup> January 2019**

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

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 on the 18<sup>th</sup> November 2018**

**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](http://www.swimharrogate.org)**

Details from:-

Terry Wilkinson,

16 Leadhall Lane,

HARROGATE, HG2 9NE.

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Email:- [treasurer@swimharrogate.org](mailto:treasurer@swimharrogate.org)

(THIS WILL BE A CARDLESS MEET. ENTRY CONFIRMATIONS WILL BE POSTED TO CLUBS AS SOON AS ENTRIES ARE PROCESSED.)

CLOSING: **20<sup>th</sup> December 2018 – or when meet full**