

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

28th OPEN AGE GROUP MEET
(under ASA Laws and ASA Technical Rules)

DATE: **SATURDAY & SUNDAY 30th/31st JANUARY 2010**

VENUE: THE HYDRO, JENNYFIELDS DRIVE, HARROGATE

THIS MEET IS A LEVEL 2 MEET LICENSED BY THE A.S.A. (2NE0068) AND IS FOR SWIMMERS INTENDING TO ACHIEVE NATIONAL AND REGIONAL QUALIFYING TIMES. SWIMMERS MUST HAVE ACHIEVED THE CONSIDERATION TIME FOR EACH EVENT

THE MEET: 9 – 15 & over - 50 & 200 metres all strokes
Girls 11 - 15 & over; Boys 12 – 15 & over – 100 metres all strokes
Girls/Boys 9 – 15 & over 200 metres Individual Medley
All events are Heat Declared Winner.

Ages at 31st January 2010

AWARDS: Rewards as follows:
9 & 10 years; Top 8 swimmers.
11, 12, 13, 14, 15 & over. Top 3 swimmers only.
Top Boy/Girl award in each Age Group, based on Category Scoring.

ENTRIES: Cost £4.50 per event. Accepted subject to Harrogate DSC Meet Conditions available on request.
Coaches passes to include meals, programme, result sheets and entry onto the poolside £15.
Entries may be restricted dependant on the total entries received.

Clubs submitting entries for more than 5 swimmers must do so electronically. An entry file set will be despatched on application to entry-file@swimharrogate.org

Details from:- Barry J Saunders,
42 Greenfields Road,
HARROGATE, HG2 7BH.
Telephone:- 01423 885326
Email:- compsec@swimharrogate.org

(THIS WILL BE A CARDLESS MEET. ENTRY CONFIRMATIONS WILL BE POSTED TO CLUBS SHORTLY AFTER THE CLOSING DATE.)

CLOSING DATE: 3rd JANUARY 2010

Entry forms available from our website www.swimharrogate.org
or from the address above.

OPEN AGE GROUP MEET- PROGRAMME OF EVENTS

SATURDAY

SESSION 1 - WARM UP 8AM - START 9AM

Event 101/2	Girls/Boys 9-12 years	200m Breaststroke
Event 103/4	Girls/Boys 13 & over	200m Breaststroke
Event 105/6	Girls/Boys 9-12 years	50m Freestyle
Event 107	Girls 11 & over	100m Butterfly
Event 108	Boys 12 & over	100m Butterfly
Event 109/10	Girls/Boys 13 & over	50m Freestyle

SESSION 2 - WARM UP 1-15PM - START 2-15PM

Event 201/2	Girls/Boys 9-12 years	200m Backstroke
Event 203/4	Girls/Boys 13 & over	200m Backstroke
Event 205/6	Girls/Boys 9-12 years	50m Butterfly
Event 207	Girls 11 & over	100m Breaststroke
Event 208	Boys 12 & over	100m Breaststroke
Event 209/10	Girls/Boys 9-12 years	200m Butterfly
Event 211/2	Girls/Boys 13 & over	200m Butterfly
Event 213/4	Girls/Boys 13 & over	50m Backstroke

SUNDAY

SESSION 3 - WARM UP 8AM - START 9AM

Event 301/2	Girls/Boys 9-12years	200m Freestyle
Event 303/4	Girls/Boys 13 & over	200m Freestyle
Event 305/6	Girls/Boys 9-12 years	50m Breaststroke
Event 307	Girls 11 & over	100m Backstroke
Event 308	Boys 12 & over	100m Backstroke
Event 309/10	Girls/Boys 13 & over	50m Butterfly

SESSION 4 - WARM UP 1-15PM - START 2-15PM

Event 401/2	Girls/Boys 9- 12 years	200m Individual Medley
Event 403/4	Girls/Boys 13 & over	200m Individual Medley
Event 405/6	Girls/Boys 9-12 years	50m Backstroke
Event 407/8	Girls/Boys 13 & over	50m Breaststroke
Event 409	Girls 11 & over	100m Freestyle
Event 410	Boys 12 & over	100m Freestyle

HARROGATE OPEN MEET 2010 - CONSIDERATION TIMES

BOYS

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	42.6	39	37	34.9	33	31.3	29.7
100m Freestyle				1.13.7	1.09.8	1.06.9	1.04.4
200m Freestyle	3.23.4	3.03.6	2.51.3	2.40.8	2.32.6	2.25.6	2.20.7
50m Breaststroke	56.8	51.6	48.2	44.6	41.8	39.7	37.8
100m Breaststroke				1.34.7	1.28.8	1.24.6	1.21.4
200m Breaststroke	4.20.5	3.57.2	3.39.1	3.25.2	3.12.5	3.02.5	2.55.4
50m Butterfly	48.8	43.5	40.8	38.1	35.9	34	32.2
100m Butterfly				1.21.5	1.16.8	1.12.8	1.09.8
200m Butterfly	4.03.7	3.32.3	3.12.5	2.59.9	2.49.9	2.40.9	2.34.4
50m Backstroke	50.3	46	43.2	40.5	38.2	36.1	34.5
100m Backstroke				1.24.1	1.19.2	1.15.0	1.12.2
200m Backstroke	3.46.7	3.25.8	3.12.0	3.00.7	2.50.3	2.42.3	2.36.0
200m Individual Medley	3.52.0	3.29.6	3.14.3	3.02.8	2.52.7	2.44.8	2.38.4

GIRLS

EVENT	9	10	11	12	13	14	15 & over
50m Freestyle	42.8	39.8	37.3	35.4	34	32.9	32.2
100m Freestyle				1.15.2	1.12.7	1.10.7	1.09.6
200m Freestyle	3.29.1	3.04.4	2.51.3	2.42.5	2.36.2	2.32.1	2.29.1
50m Breaststroke	57	51.2	47.8	45	43.1	41.5	40.6
100m Breaststroke				1.35.2	1.30.8	1.28.5	1.27.5
200m Breaststroke	4.27.3	3.55.5	3.36.6	3.24.9	3.15.5	3.09.5	3.06.7
50m Butterfly	48.2	44	40.7	38.6	36.7	35.7	34.8
100m Butterfly				1.22.6	1.19.1	1.17.2	1.15.5
200m Butterfly	3.56.6	3.34.6	3.12.6	3.01.7	2.53.5	2.48.0	2.45.7
50m Backstroke	50.2	46	43.1	40.9	39.4	38	37
100m Backstroke				1.24.5	1.21.7	1.19.6	1.17.9
200m Backstroke	3.52.7	3.26.3	3.11.0	3.00.6	2.54.3	2.49.8	2.45.8
200m Individual Medley	3.55.2	3.29.6	3.14.3	3.03.3	2.56.8	2.52.3	2.48.9