



HARROGATE DISTRICT SWIMMING CLUB (Affiliated North East Region ASA)

Harrogate District Swimming Club will be holding their annual A and B Graded Meet Level 3 Gala on Saturday/Sunday, 24/25th April 2010 at the Hydro Pool, HARROGATE

Entry fee: £4.50 per event entered.

THIS MEET IS LICENSED AT LEVEL 3 BY THE A.S.A. (3NE0151) AND RESULTS WILL QUALIFY SWIMMERS FOR ENTRY INTO REGIONAL CHAMPIONSHIPS. SWIMMERS MUST NOT HAVE SWUM FASTER THAN THE 'A' GRADE CUT OFF TIME IN THE 12 MONTHS PRECEDING ENTRY.

Age Groups: The age of the swimmer will be the swimmer's age on 25th April 2010.

Events: Ages 9 to 15 & over - 50 & 200 metres all strokes plus 400m Freestyle and 200m IM. Girls 11 to 15 & over plus Boys 12 to 15 & over – 100 metres all strokes. All events are Heat Declared Winner.

How to enter: Entry forms with full event programme and qualifying details are available from swimming coaching staff or Mark Saul during Club Training Sessions

Closing date: STRICTLY Tuesday 9th March 2010

Further Information: This is a level 3 Open Gala with entries welcome from all swimmers meeting either Grade 'A' or Grade 'B' qualifying time standards.