

Heart of Midlothian

Amateur Swimming Club

"125" NOVICE MEET



**Leith Academy School,
Edinburgh**

Sunday 20th June 2010

Heart of Midlothian

Amateur Swimming Club

“125” Novice Meet

(LA3 License ED/L3/386/0310)

Entries are invited for our Novice Meet aimed specifically at swimmers who may not have competed before.

VENUE	Leith Academy, Academy Park, Easter Road, Edinburgh, EH6 8JQ. 25m pool, 4 lanes, anti turbulence lane ropes.			
DATE	Sunday 20 th June 2010			
TIME	Session 1	Warm up	10.00 : Start	10.45
	Session 2	Warm up	13.15 : Start	14.00
EVENTS	9 years & under	25m Butterfly & 50m all other strokes		
	10 years	50m all strokes		
	11 years	50m all strokes		
AGE AT	20/06/10			
CLOSING DATE	Entries must be received by <u>Midnight on Tuesday 1st June 2010</u>			
RELAYS	1 relay team per club with 2 swimmers from each age group i.e. 2 x 9yrs/under, 2 x 10yrs, 2 x 11 yrs (one boy/girl from each age group)			
AWARDS	Medals : 1 st , 2 nd , 3 rd places			
ENTRY FEES	£3.00 per individual entry & £5.00 per squadron relay (see payment sheet)			
ENTRY TIMES	Entries should be <u>no faster</u> than times listed on programme overleaf.			
REFRESHMENTS	A café service will be available all day and a light lunch will be provided for 2 coaches from each Club.			
SWIM SHOP	A swim shop will be open during the meet.			
OFFICIALS	We require technical officials to help with the smooth running of the gala. Please indicate on the entry form who would be available. A light lunch will be provided for those covering both sessions.			
RULES	The meet will be run under SASA rules, disqualifications will be classed as 'teaching points'.			
PHOTOGRAPHY	No photography or mobile phone cameras allowed.			

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PROGRAMME of EVENTS

SESSION 1 warm up 10.00 start 10.45				No faster than:
Event				
1	25m	Girls 9 & under	Butterfly	21.00
2	25m	Boys 9 & under	Butterfly	21.00
3	50m	Girls 10 years	Butterfly	47.00
4	50m	Boys 10 years	Butterfly	47.00
5	50m	Girls 11 years	Butterfly	44.00
6	50m	Boys 11 years	Butterfly	44.00
7	50m	Girls 9 & under	Backstroke	48.00
8	50m	Boys 9 & under	Backstroke	48.00
9	50m	Girls 10 years	Backstroke	45.00
10	50m	Boys 10 years	Backstroke	45.00
11	50m	Girls 11 years	Backstroke	42.00
12	50m	Boys 11 years	Backstroke	42.00

SESSION 2 warm up 13.15 start 14.00				No faster than:
Event				
13	50m	Girls 9 & under	Breaststroke	53.00
14	50m	Boys 9 & under	Breaststroke	53.00
15	50m	Girls 10 years	Breaststroke	50.00
16	50m	Boys 10 years	Breaststroke	50.00
17	50m	Girls 11 years	Breaststroke	47.00
18	50m	Boys 11 years	Breaststroke	47.00
19	50m	Girls 9 & under	Freestyle	43.00
20	50m	Boys 9 & under	Freestyle	43.00
21	50m	Girls 10 years	Freestyle	40.00
22	50m	Boys 10 years	Freestyle	40.00
23	50m	Girls 11 years	Freestyle	37.00
24	50m	Boys 11 years	Freestyle	37.00
25	6X25m Mixed Freestyle Relay (one boy and girl from each age group)			

Start Sheets will be used, so no timecards required.

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PAYMENT ADVICE

CLUB NAME:

CLUB REPRESENTATIVE:

ADDRESS:.....

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TEL. NO.

EMAIL:

Individual Entries @ £3.00 per entry = £.....

Squadron Relay @ £5.00 per entry = £.....

Total = £.....

Please return this payment advice together with cheque payable to: ‘HMASC’

If emailing entries, please return this payment advice and cheque separately.

Return to: Paddy Heskett, 50 Cammo Gardens, Edinburgh, EH4 8HF
pdeskett@blueyonder.co.uk. Tel. No. 0131 339 3514

Please let us know who will be able to officiate:

Technical Officials: 1. **Qualification:**

2. **Qualification:**

3. **Qualification:**