



**Bo'ness Amateur Swimming Club  
14th ANNUAL WINTER MINI MEET**

**ON**

**9<sup>th</sup> October 2010**

**AT**

**Grangemouth Swimming Pool**

**Programme of Events**

**MORNING SESSION**

8.00 am WARM UP

9.00 am START

**AFTERNOON SESSION**

13.00 pm WARM UP

14.00 pm START

Licence No WD/L3721/1010

**Age Groups:** Boys/Girls 9 & under on day of competition  
 Boys/Girls: 10 years on day of competition.  
 Boys/Girls: 11 years on day of competition.  
 Boys/Girls: 12 years on day of competition.  
 Boys/Girls: 13 years on day of competition.

**Events:** 9 & Under: 50 m Fly, Back, Breast, Free  
 10 years: 50 m Fly, Back, Breast, Free  
 11 years: 50 m Fly, Back, Breast, Free  
 12 years: 50 m Fly, Back, Breast, Free  
 13 years: 50 m Fly, Back, Breast, Free

IM Final top six swimmers in each age group after individual events completed

Last event 100m Freestyle mixed relay (2 boys and 2 girls from each age group); Swimmers may swim up an age group in relay events only. Swimmers can only compete for one age group in the relays.

**THIS IS A GRADED MEET** Swimmers 100 IM time must be slower than:

Event	Boys					Girls				
	9&un	10	11	12	13	9&un	10	11	12	13
100 IM	1:37.0	1:34.0	1:30.0	1:28.0	1:26.0	1:37.0	1:34.0	1:30.0	1:28.0	1:26.0

**Entries:** Entries accepted from clubs on a **first come first served** basis up to a maximum of 30 swimmers per club by noon on **Saturday 11th September 2010** and should be submitted to:

**Gala Convener** **Ann Dwane,** **48 St Magdalenes**  
**Linlithgow**  
**EH 49 6AQ**  
**Tel: 07710 121215**

The meet will be run using Hy-Tek. Disk available by email from: [rossjohnferguson@gmail.com](mailto:rossjohnferguson@gmail.com)

- Entry Fees:** £4 per individual event £5 per relay team.  
Cheques made payable to: Bo'ness A.S.C.
- Awards:** All Ages – Medals 1st, 2nd 3rd 4th 5th and 6th  
Relays – Medals 1st 2nd and 3rd only.  
Top Boy & Top Girl trophies in each age group (based on points 7,5,4,2,1)  
Top Club Trophy
- Meet Rules:** The Meet shall be held under SASA Rules. Level 3 accreditation has been applied for, all Scottish Swimmers must have paid their annual registration fee to SASA, and be in possession of a competitive number. All non Scottish Club swimmers must be similarly registered with their Governing Body. In the event of electronic failure, back up manual timing shall be used.
- Officials:** We request 2 officials for each session. Please advise names on gala entry form.
- Coaches:** Coach's pack and pre-booked lunch: £5 each - submit request and payment with gala entry fee.
- Photographic:** The use of photographic or video equipment is prohibited unless prior written consent has been obtained from the Gala Convener. Flash Photography is not permitted due to false start risk.
- Loss/Damage:** Bo'ness ASC cannot be held responsible for any loss or damage to property.
- Time only:** Bo'ness ASC reserves the right to enter swimmers for a 'time only' swim in unused lanes.

## Programme of Events

### **Session 1 Warm Up 8.00 am Start 9.00 am**

<b>Event</b>	101	Boys 9 & Under 50m Butterfly
	102	Girls 9 & Under 50m Butterfly
	103	Boys 10 years 50m Butterfly
	104	Girls 10 years 50m Butterfly
	105	Boys 11 years 50m Butterfly
	106	Girls 11 years 50m Butterfly
	107	Boys 12 years 50m Butterfly
	108	Girls 12 years 50m Butterfly
	109	Boys 13 years 50m Butterfly
	110	Girls 13 years 50m Butterfly
	111	Boys 9 & Under 50m Backstroke
	112	Girls 9 & Under 50m Backstroke
	113	Boys 10 years 50m Backstroke
	114	Girls 10 years 50m Backstroke
	115	Boys 11 years 50m Backstroke
	116	Girls 11 years 50m Backstroke
	117	Boys 12 years 50m Backstroke
	118	Girls 12 years 50m Backstroke
	119	Boys 13 years 50m Backstroke
	120	Girls 13 years 50m Backstroke
	121	Boys 9 & Under 50m Breaststroke
	122	Girls 9 & Under 50m Breaststroke
	123	Boys 10 years 50m Breaststroke
	124	Girls 10 years 50m Breaststroke
	125	Boys 11 years 50m Breaststroke
	126	Girls 11 years 50m Breaststroke
	127	Boys 12 years 50m Breaststroke
	128	Girls 12 years 50m Breaststroke
	129	Boys 13 years 50m Breaststroke
	130	Girls 13 years 50m Breaststroke

### **Session 2 Warm Up 13.00 pm Start 14.00 pm**

<b>Event</b>	201	Boys 9 & Under 50m Free
	202	Girls 9 & Under 50 m Free
	203	Boys 10 years 50m Free
	204	Girls 10 years 50 m Free
	205	Boys 11 years 50 m Free
	206	Girls 11 years 50 m Free
	207	Boys 12 years 50 m Free
	208	Girls 12 years 50 m Free
	209	Boys 13 years 50m Free
	210	Girls 13 years 50m Free
	211	Boys 9 & Under 100m IM Final
	212	Girls 9 & Under 100m IM Final
	213	Boys 10 years 100m IM Final
	214	Girls 10 years 100m IM Final
	215	Boys 11 years 100m IM Final
	216	Girls 11 years 100m IM Final
	217	Boys 12 years 100m IM Final
	218	Girls 12 years 100m IM Final
	219	Boys 13 years 100m IM Final
	220	Girls 13 years 100m IM Final
	221	Mixed 9 & Under 200m Relay
	222	Mixed 10 years 200m Relay
	223	Mixed 11 years 200m Relay
	224	Mixed 12 years 200m Relay
	225	Mixed 13 years 200m Relay

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**Saturday 9<sup>th</sup> October 2010**

**AT**

**Grangemouth Swimming Pool**

In order to comply with accreditation and Health and Safety legislation, this form should be completed and returned with the entry file or, if posted, prior to the start of the meet.

- I confirm that all swimmers are current members of S.A.S.A and have paid the appropriate membership fee.
- I confirm that the regulations regarding the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the competition.
- I confirm that all swimmers have been trained and are competent to dive into the pool. Any swimmer unable to do so must start in the water and the referee notified beforehand that this would be the case.

**Signed** \_\_\_\_\_ **Print** \_\_\_\_\_

**Position** \_\_\_\_\_

**Representing** \_\_\_\_\_

Return this form with entry payment no later than midnight Saturday 11<sup>th</sup> September 2010