



## INVERNESS AMATEUR SWIMMING CLUB GRADED MEET 20<sup>th</sup> APRIL 2019

The license number for this event is L2/ND/060/APR19

Inverness ASC invites you to their Graded Meet to be held at Inverness Aquadome on Saturday 20<sup>th</sup> April 2019. (25m 8 lane pool, electronic timing)

**MEET CONVENOR** Trish Sheldon

**SESSIONS**

Session 1	Warm up: 9.00am	Start: 10:00am
Session 2	Warm up: 1.30pm	Start: 2:00pm

**AGE GROUPS** 8-10yrs, 11/12yrs and 13/14yrs  
**Age on day – 20th April 2019 (minimum age 8, maximum 14 years)**

**EVENTS** Please see attached sheet for order of events.  
All events are heat declared winners.

**ENTRIES** All entries to be submitted on HY-TEK files and emailed to [lesleygatton@gmail.com](mailto:lesleygatton@gmail.com) Entry file can be obtained from the SASA North District website or email Meet Secretary (as above). **CLOSING DATE 5<sup>th</sup> April 2019. Late entries will not be accepted.**

**ENTRY TIMES** Entry times must be equal to or slower than those on attached sheet.

**ENTRY FEE** £6.00 per swim and £8.00 per relay event. Cheques should be made payable to Inverness Swimming Club. Alternatively you can pay by BACS please contact Lesley gatton on the above email for the bank details.

Please forward officials sheets, entry sheet and fees to:  
Lesley Gatton  
152 Shillinghill  
Alness  
IV17 0TD

**LUNCH** Lunch for coaches can be provided at a cost of £9.50

**MEDALS** Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.  
Certificates will be presented to swimmers who exceed the cut-off times (5% faster than the attached qualifying times).

**OFFICIALS** Clubs must provide a list of officials willing to help on the day. Where possible attending clubs should provide at least one judge per session in addition to time-keepers.  
Please complete the enclosed form and return it with entries to Lesley Gatton.

**WITHDRAWALS** Withdrawals and relay team lines **MUST** be notified to the recorders desk at least one hour prior to the start of the appropriate session.

**VIDEO** Please note anyone wishing to use photographic equipment, including video cameras, must register with the admin Desk.

**MEET SECRETARY** *Lesley Gatton [lesleygatton@gmail.com](mailto:lesleygatton@gmail.com)*



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**2019 ENTRY TIMES**

Entry times must be equal to or slower than:

		BOYS	GIRLS
10 yrs and under	50m Freestyle	00:38.00	00:40.00
	50m Backstroke	00:45.00	00:46.00
	50m Breaststroke	00:50.00	00:52.00
	50m Butterfly	00:49.00	00:50.00
11/12 yrs	100m Freestyle	01:18.00	01:21.00
	100m Backstroke	01:30.00	01:32.00
	100m Breaststroke	01:43.00	01:44.00
	100m Butterfly	01:34.00	01:35.00
	100m IM	01:31.00	01:33.00
13/14 yrs	100m Freestyle	01:09.00	01:11.00
	100m Backstroke	01:22.00	01:24.00
	100m Breaststroke	01:32.00	01:34.00
	100m Butterfly	01:24.00	01:30.00
	100m IM	01:22.00	01:24.00

All members of the relay team(s) must have taken part in at least one individual event.

A maximum of two relay teams per club.

There will be a maximum of five heats in each event. Inverness ASC reserves the right to fill lanes with their own swimmers.



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**PROGRAMME OF EVENTS**

**Session 1 – Warm Up 9.00am**

**Start 10.00am**

101	11/12 years	Boys	100m Backstroke
102	11/12 years	Girls	100m Backstroke
103	13/14 years	Boys	100m Breaststroke
104	13/14 years	Girls	100m Breaststroke
105	10yrs and under	Boys	50m Backstroke
106	10yrs and under	Girls	50m Backstroke
107	11/12 years	Boys	100m Freestyle
108	11/12 years	Girls	100m Freestyle
109	13/14 years	Boys	100m IM
110	13/14 years	Girls	100m IM
111	10yrs and under	Boys	50m Butterfly
112	10yrs and under	Girls	50m Butterfly
113	11/12 years	Boys	100m IM
114	11/12 years	Girls	100m IM
115	13/14 years	Boys	100m Backstroke
116	13/14 years	Girls	100m Backstroke
117	11/12 years	Boys	4x50m Medley Relay
118	11/12 years	Girls	4x50m Medley Relay
119	13/14 years	Boys	4x50m Medley Relay
120	13/14 years	Girls	4x50m Medley Relay

**Session 2 – Warm Up 1.30pm**

**Start 2.30pm**

201	11/12 years	Boys	100m Breaststroke
202	11/12 years	Girls	100m Breaststroke
203	10yrs and under	Boys	50m Freestyle
204	10yrs and under	Girls	50m Freestyle
205	13/14 years	Boys	100m Butterfly
206	13/14 years	Girls	100m Butterfly
207	10yrs and under	Boys	50m Breaststroke
208	10yrs and under	Girls	50m Breaststroke
209	11/12 years	Boys	100m Butterfly
210	11/12 years	Girls	100m Butterfly
211	13/14 years	Boys	100m Freestyle
212	13/14 years	Girls	100m Freestyle
213	10yrs and under	Boys	4x50m Freestyle Relay
214	10yrs and under	Girls	4x50m Freestyle Relay
215	11/12 years	Boys	4x50m Freestyle Relay
216	11/12 years	Girls	4x50m Freestyle Relay
217	13/14 years	Boys	4x50m Freestyle Relay
218	13/14 years	Girls	4x50m Freestyle Relay



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**ENTRY SUMMARY**

Please complete and return with entry fees within 3 days of closing date.

I confirm that all swimmers entered from \_\_\_\_\_ have paid their current SASA membership fees.

**Signed:**

**Position in Club:**

**Refunds will be by  
bank Transfer**

**Email Address**

Coaches lunch     £9.50	
10 years and under swims @£5.00	
11/12 year swims@ £5.00	
13/14 year swims @ £5.00	
Relay Teams 10yrs & Under @£7.00	
Relay Teams 11/12 years @£7.00	
Relay Teams 13/14 years @£7.00	
<b>TOTAL</b>	

Cheques to be made payable to Inverness Swimming Club.

Please return to: Lesley Gatton , 152 Shillinghill, Alness , Iv17 0TD



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**OFFICIALS SHEET**

Please complete and return with entry fees.

Club: \_\_\_\_\_

STO Name: \_\_\_\_\_

Email address for STO: \_\_\_\_\_

NAME	DUTY	SESSION 1	SESSION 2	SIGNATURE REQUIRED?

***STO CONTACT – (Sally Martin, Inverness Swimming Club)***