



Thurso Amateur Swimming Club



THURSO SWIM MEET 2019

Your Club is invited to submit entries for the 41st Annual Thurso Swim Meet on Saturday/Sunday 14/15 September 2019. Entries will not be accepted from composite teams. Events are as per attached programme. We have included an Open 50m Freestyle, the heats will be FINA seeded. **Age is at Date of Competition** and competitors may only swim in their own age group but may swim up an age in Relay Teams. SASA Licence Accreditation Level 2 has been granted, thus ALL swimmers should hold SASA ID numbers.

All entries should be made using the attached Hy-tek file.

Withdrawal slips can be obtained from the Recorders Table and should be submitted at the end of the session prior to withdrawal. Session 1 withdrawals should be made at the beginning of the 1st warm-up on Saturday morning.

Due to the large number of entries for the 50m Open (Events 201 & 202) we have had to set qualifying times of 00.33.00 for Girls and 00.31.00 for Boys and be limited to 6 heats. All other events will not have qualifying times, but in order to keep sessions to a reasonable length, cut off times will be employed to restrict events to a maximum of 6 heats. For all relay events Clubs will be limited to 2 teams per event where swimmers can swim up an age group if necessary, but only take part in the one team. We do, however, reserve the right to swim some of our 'slower' swimmers. All unaccepted entries will receive a full refund of entry money. Entry fees are £5.00 per individual swim, £8.00 per team event.

Anti-turbulent lane ropes will be used. The one start rule will be used for this event. Medals will be provided for 1st, 2nd, and 3rd in each event in each age group, with 4th place pennants also being awarded. In addition, the Munro Shield will be presented to the Club with the highest number of points at the Meet.

Please return any trophies on the day of the Swim Meet.

CLOSING DATE FOR ENTRIES – 7th September 2019

Further information can be obtained from, and all completed forms and monies sent to:

Lorna Mowat
7 East Church Street
THURSO
Caithness KW14 7HL

Telephone: 01847 - 896325
(after 6pm)

e-mail: lornamowat@hotmail.com



Thurso Amateur Swimming Club



ORDER OF EVENTS

INDIVIDUAL EVENTS (EXCEPT OPEN) – DECLARED WINNER EVENTS
OPEN & RELAY EVENTS – HEATS & FINALS

SESSION ONE Saturday 14 September 2019

Warm up 8.30am

Competition 9.30am

- 101 Girls 14 years & over 4 x 50m Medley relay (heats)
- 102 Boys 14 years & over 4 x 50m Medley relay (heats)
- 103 Girls 13 years & under 4 x 50m Freestyle relay (heats)
- 104 Boys 13 years & under 4 x 50m Freestyle relay (heats)
- 105 Girls 15 years & over 100m Breaststroke
- 106 Boys 15 years & over 100m Breaststroke
- 107 Girls 13/14 years 100m Butterfly
- 108 Boys 13/14 years 100m Butterfly
- 109 Girls 10 years & under 50m Butterfly
- 110 Boys 10 years & under 50m Butterfly
- 111 Girls 11/12 years 100m Freestyle
- 112 Boys 11/12 years 100m Freestyle
- 113 Girls 14 & over 4 x 50m Medley relay (final)
- 114 Boys 14 & over 4 x 50m Medley relay (final)
- 115 Girls 13 & under 4 x 50m Freestyle relay (final)
- 116 Boys 13 & under 4 x 50m Freestyle relay (final)

SESSION TWO Saturday 14 September 2019

Warm up 1.00pm

Competition 2.00pm

- 201 Girls Open 50m Freestyle (heats)
- 202 Boys Open 50m Freestyle (heats)
- 203 Girls 10 & under 50m Backstroke
- 204 Boys 10 & under 50m Backstroke
- 205 Girls 15 & over 100m Backstroke
- 206 Boys 15 & over 100m Backstroke
- 207 Girls 13/14 years 100m Freestyle
- 208 Boys 13/14 years 100m Freestyle
- 209 Girls 11/12 years 100m Breaststroke
- 210 Boys 11/12 years 100m Breaststroke
- 211 Girls 10 & under 50m Freestyle
- 212 Boys 10 & under 50m Freestyle



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SESSION THREE Saturday 14 September 2019

Warm up 4.30pm

Competition 5.30pm

- 301 Girls Open 50m Freestyle (Final)
- 302 Boys Open 50m Freestyle (Final)
- 303 Girls 11/12 years 100m Backstroke
- 304 Boys 11/12 years 100m Backstroke
- 305 Girls 13/14 years 100m Breaststroke
- 306 Boys 13/14 years 100m Breaststroke
- 307 Girls 15 & over 100m Butterfly
- 308 Boys 15 & over 100m Butterfly

SESSION FOUR Sunday 15 September 2019

Warm up 8.00am

Competition 9.00am

- 401 Girls 14 years & over 4 x 50m Freestyle relay (heats)
- 402 Boys 14 years & over 4 x 50m Freestyle relay (heats)
- 403 Girls 13 years & under 4 x 50m Medley relay (heats)
- 404 Boys 13 years & under 4 x 50m Medley relay (heats)
- 405 Girls 15 years & over 100m Freestyle
- 406 Boys 15 years & over 100m Freestyle
- 407 Girls 13/14 years 100m Backstroke
- 408 Boys 13/14 years 100m Backstroke
- 409 Girls 11/12 years 100m Butterfly
- 410 Boys 11/12 years 100m Butterfly
- 411 Girls 10 years & under 50m Breaststroke
- 412 Boys 10 years & under 50m Breaststroke
- 413 Girls 13 years & under 4 x 50m Freestyle relay (final)
- 414 Boys 13 years & under 4 x 50m Freestyle relay (final)
- 415 Girls 14 years & over 4 x 50m Medley relay (final)
- 416 Boys 14 years & over 4 x 50m Medley relay (final)

NOTE – SESSIONS 2 & 3 ARE PROVISIONAL TIMES ONLY



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OFFICIALS SUMMARY SHEET

Club:
E-mail:

STO Contact:

NAME	ROLE (Judge, T/K, etc)	SIGNATURE REQUIRED (yes/no)	SESSION ONE (9.30am)*	SESSION TWO (2.00pm)*	SESSION THREE (5.30pm)*	SESSION FOUR (9.00am)*

* Approximate session start times

**PLEASE RETURN NO LATER THAN 7 SEPTEMBER WITH ENTRIES OR EMAIL TO DEBBIE MACDONALD:
deb.macdonald@btinternet.com**



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THURSO SWIM MEET – 14/15 September 2019

Booking Form

Club Name

Club Abbreviation

1. A Buffet will be available for all officials at the end of each session.

2. Entry Fees –

..... of individual swims @ £5.00 = £.....

..... of team swims @ £8.00 = £.....

Total £.....

Payment Options:

By Cheque made payable to Thurso ASC or

Bank Transfer – Account No 00882722, Sort Code 80-09-86 – Bank of Scotland

Please quote reference TM41 followed by Club Code eg TM41NTOX

3. I hereby declare all listed swimmers are members of the above Club.

Name Signed

Position Date

Address

.....

.....

Tel

E-mail

**Booking Form and monies should be returned to Lorna Mowat no later than
SATURDAY 7th SEPTEMBER 2019.**