



## THURSO SWIM MEET 2008

Your Club is invited to submit entries for the 30<sup>th</sup> Annual Thurso Swim Meet on Saturday/Sunday 20/21 September 2008. 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 31.12.08 and competitors may only swim in their own age group in both individual and relay events. 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. Time cards **will not** be required.

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 1<sup>st</sup> warm-up on Saturday morning.

Due to the large number of entries for the 50m Open in recent years (Events 201 & 202) we have had to set qualifying times of 00.33.00 for Girls and 00.31.00 for Boys. 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. 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 £3.00 per individual swim, £6.00 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> in each event in each age group, with 4<sup>th</sup> 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 – 30<sup>th</sup> AUGUST 2008**

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](mailto:lornamowat@Hotmail.com)

THURSO SWIM MEET – 20/21 September 2008

**ORDER OF EVENTS**

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

*SESSION ONE Saturday 20 September 2008*

Warm up 8.00am

Competition 9.00am

- 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 20 September 2008*

Warm up 12.00pm

Competition 1.00pm

- 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

*SESSION THREE* Saturday 20 September 2008

Warm up 4.00pm

Competition 5.00pm

- 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 21 September 2008

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

**Officials Sheet**

NAME	ROLE (Judge, T/K, etc)	SIGNATURE REQUIRED (yes/no)	SESSION ONE (9.00am)*	SESSION TWO (1.00pm)*	SESSION THREE (5.00pm)*	SESSION FOUR (9.00am)*

\* Approximate session start times

**PLEASE RETURN WITH ENTRIES**

THURSO AMATEUR SWIMMING CLUB – THURSO MEET 2008

## Booking Form

Club Name .....

Club Abbreviation .....

1. A Buffet will be available for all officials at the end of each session. There will be a free disco at 8pm on Saturday evening at Skinandi's. Crisps and soft drinks will be on sale for swimmers, over 18's may visit the bar. This is a great opportunity for swimmers, parents and coaches to meet, talk and socialise in non-competitive surroundings and unwind after a hard day at the pool!

2. Entry Fees –

..... of individual swims @ £3.00 = £ .....

..... of team swims @ £6.00 = £ .....

CHEQUE ENCLOSED FOR TOTAL OF £ .....

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

Name ..... Signed .....

Position ..... Date .....

Address .....

Tel .....

E-mail .....

- CHEQUES SHOLUD BE MADE PAYABLE TO THURSO ASC

Booking Form and monies should be returned to Lorna Mowat no later than SATURDAY 30<sup>th</sup> AUGUST 2008.