The license number for this event is **L2/ND/047/APR18**.

Inverness ASC invites you to their Graded Meet to be held at Inverness Aquadome on Saturday 21st April 2018. (25m 8 lane pool, electronic timing)

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| --- | --- | --- | --- |
| **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 – 21st April 2018 (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 [fiona.loynd@aol.co.uk](mailto:fiona.loynd@aol.co.uk) Entry file can be obtained from the SASA North District website or email Meet Secretary (as above). **CLOSING DATE 8th April 2018. Late entries will not be accepted.** | | |
|  |  | | |
| **ENTRY TIMES** | Entry times must be equal to or slower than those on attached sheet. | | |
|  |  | | |
| **ENTRY FEE** | £5.00 per swim and £7.00 per relay event. Cheques should be made payable to Inverness Swimming Club.  Please forward officials sheets, entry sheet and fees to:  Fiona Loynd  “Kiloran”  Culbokie  IV7 8JH | | |
|  |  | | |
| **MEDALS** | Medals will be presented to 1st, 2nd and 3rd place.  Certificates will be presented to swimmers who exceed the cut-off times (5% faster than the attached qualifying times).  A trophy will be presented to the club gaining the most points, 1st place 8 points, 2nd place 7 points, etc. with double points for relays. | | |
|  |  | | |
| **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 Fiona Loynd. | | |
|  |  | | |
| **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 Meet Secretary. | | |
|  |  | | |
| **MEET SECRETARY** | ***Fiona Loynd*** [***fiona.loynd@aol.co.uk***](mailto:fiona.loynd@aol.co.uk) | | |
|  |  | | |

**2018 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.

**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 |

**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:** |  |
|  | |
| **Address:**  **(for refunds)** |  |
|  | |
| **Email Address:** |  |

|  |  |
| --- | --- |
| 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 |  |
| **TOTAL** |  |

Cheques to be made payable to Inverness Swimming Club.

Please return to: Fiona Loynd, “Kiloran”, Culbokie, IV7 8JH

**OFFICIALS SHEET**

Please complete and return with entry fees.

|  |  |
| --- | --- |
| Club: |  |
|  |  |
| STO Name: |  |
|  |  |
| Email address for STO: |  |
|  |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **NAME** | **DUTY** | **SESSION 1** | **SESSION 2** | **SIGNATURE REQUIRED?** |
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***STO CONTACT – (Cathy Lee, Inverness Swimming Club)***