

Grangemouth Amateur Swimming Club

Presents

The 30th Annual MAGS Meet

On The 12TH SEPTEMBER 2010

At Grangemouth Sports Complex

Abbots Road Grangemouth

FK3 9JD

Events:

Individual: – 100 Metres in each of the four strokes
Squadron Relay: – 6 x 50 Metres freestyle (1 boy + 1 girl from each age group)
All relay teams will comprise of swimmers who have swam in the meet

Age Groups:

Three age Groups: - 11 years & under
12 years old
13 years old

(Age on the DAY, Heats & Finals, A ONE start rule and age group rules
will apply in line with SASA accreditation procedures)

2 Sessions:

Morning Session: - 09.00am Warm up, 10.00 Start
Afternoon Session: - 13.30 pm Warm up, 14.30 Start

Entries:

Entries to be accepted on a FASTER THAN basis and should be submitted to:

Gala Convener:

Mrs Val Homes

32 Marshall Drive

California

FK1 2AB

Tel: 01324 718248

The meet will be run using the HY-Tek system
Hy-Tek system disk can be obtained by E-Mail
Contact Drew at grangemouth.asc@sky.com

AGE	FLY	BACK	BREAST	FREE
11 yrs /u	01.47.00	01.45.00	01.57.00	01.32.00
12 years	01.41.00	01.36.00	01.46.00	01.26.00
13 years	01.38.00	01.31.00	01.41.00	01.21.00

QUALIFYING TIME MUST BE FASTER THAN ABOVE

The organisers reserve the right to limit the number of heats in any event.

No "Time only" swims will be considered

All entries should be in before Midnight 12th August 2010

Entries Fees: Entry fees are £4.50 per individual event & £6.00 per relay team.
Cheques should be made payable to Grangemouth A.S.C.

Trophies: Medals will be awarded to the 1st, 2nd & 3rd in each Final.
Medals or pennants will be awarded to 4th, 5th & 6th in each Final
Relay team medals will be awarded to 1st, 2nd & 3rd only.
A TOP CLUB Trophy is awarded to the club scoring most points in the finals.
Trophies will be awarded for best BOY & GIRL in each age group.
(Trophies are worked on a Points System and Points are awarded for the Finals Only)

Meals: Cost £5.00 per Coach. Must be paid for with the Gala Entry fee.

<u>SQUADRON RELAY</u>	RELAY YES / NO
1x boy and girl from each age	

THE ORGANISERS RESERVE THE RIGHT TO LIMIT TO "A" RELAY TEAMS ONLY

WE REQUEST 2 OFFICIALS PER CLUB FOR EACH SESSION PLEASE

SIGNATURE OF CLUB OFFICIAL : _____

NAME: _____ **No. Entries Boys @ £4.50** _____ **£** _____

Address: _____ **No. Entries Girls @ £4.50** _____ **£** _____

_____ **Squadron Relay Entry @ £5.00** **£** _____

_____ **Meal Tickets @ £5.00** **£** _____

_____ **Total Amount enclosed** **£** _____

Tel. No _____

E-mail _____