



Dumfries  
& Galloway  
COUNCIL



**Dumfries Amateur Swimming Club  
in partnership with Dumfries and Galloway Council  
Summer Distance Meet  
19<sup>th</sup>/20<sup>th</sup> June 2010**

**(Held under SASA Regulations and the FINA Technical Rules for Swimming)  
Meet Licence: WD/L2/712/0610**

**DATE:** Saturday, Sunday 19<sup>th</sup>/20<sup>th</sup> June 2010

**VENUE:** DG One Leisure Complex  
Hood's Loaning  
Dumfries  
DG1 2HT

**FACILITIES:** 8 Lane, 25m Short Course.  
Daktronics electronic timing  
Anti-Turbulence Lane Ropes  
4 Lane, 20m pool for warm up/swim down

**MEET  
DIRECTOR:** Meet Director  
DG One Leisure Complex  
Hoods Loaning  
Dumfries  
DG1 2HT  
Tel: 01387243568 (Ext 60287)  
Email: <mailto:swimmingdevelopment@dumgal.gov.uk>

**AGE GROUPS:** The individual categories are:  
**10 Under**  
**11/12**  
**13/14**  
**15/16**  
**17 +**

*Dumfries Amateur Swimming Club, DG One Leisure Complex, Hood's Loaning, Dumfries DG1 2HT  
Affiliated to the West District – Scottish Swimming*

Internet: - [www.dgone.co.uk](http://www.dgone.co.uk) & <http://www.dumfriesdolphins.btik.com/>

**ENTRIES:** Closing date for entries is 15<sup>th</sup> May 2010  
All entry times to be converted to 25 metres please.

Entries for this Meet require to be generated on the Hy-Tek Team Manager 4/5 or Lite programme. Hy-Tek Team Manager Lite is available via the internet at [www.hy-tek ltd.com/downloads.html](http://www.hy-tek ltd.com/downloads.html) For administration purposes, an Information Form must be submitted with the cheque.

**PURPOSE OF MEET:** To allow swimmer to achieve District and National qualifying times.

**ENTRY FEES:** £5.00 per event, cheques made payable to Dumfries & Galloway Council

**AWARDS:** Awards will be presented to the top 3 in each age group in each event.

**COACHES PASSES:** £7.50 each, to include programme and results and coaches lunch.

**SEEDING:** The individual heats will be seeded according to submitted entry times.

**INDEMNITY:** " Dumfries Amateur Swimming Club accepts no responsibility for loss or damage to competitors personal belongings, how so ever caused, unless such damage is caused by the negligence of the Dumfries Amateur Swimming Club" "Dumfries Amateur Swimming Club and the Meet Organisers are not responsible for individual swimmers on poolside and that responsibility should be taken up by an appropriate individual. All swimmers on poolside should be accompanied by a person with a coaches pass, who has had a disclosure check and preferably attended a good practice course."

**SPECTATOR FACILITIES:** Please note it is unlikely that swimmers will be allowed in the spectator area. Swimmers should stay in the swimmers area. There will be 250 seats available for spectators plus bar area with pool view.

**SWIMSHOP:** Swim shop will be available.

**OFFICIALS:** If any visiting teams have any officials who wish to help out at the meet, please advise the meet director at (<mailto:swimmingdevelopment@dumgal.gov.uk>)

**Any points not covered are to be at the discretion of the Meet Director.**

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**Saturday 19th June 2010**

**Sunday 20th June 2010**

**Session 1**

**Session 3**

**Warm Up: 9.00-9.50**

**Warm Up: 9.00-9.50**

**Start Time: 10.00**

**Start Time: 10.00**

101	Girls	Open	1500 Free
102	Boys	Open	800 Free
103	Girls	Age	200 Fly
104	Boys	Age	200 Breast
105	Girls	Age	200 I.M

301	Boys	Open	1500 Free
302	Girls	Open	800 Free
303	Boys	Age	200 Fly
304	Girls	Age	200Back
305	Boys	Age	200Free

**Saturday 19th June 2010**

**Sunday 20th June 2010**

**Session 2**

**Session 4**

**Warm Up: TBC**

**Warm Up: TBC**

**Start Time: TBC**

**Start Time: TBC**

201	Girls	Open	400 IM
202	Boys	Open	400 Free
203	Girls	Age	200 Breast
204	Boys	Age	200 I.M

401	Girls	Open	400 Free
402	Boys	Open	400 I.M
403	Girls	Age	200 Free
404	Boys	Age	200 Back

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**Summary of Entries**

MALE ENTRIES	NUMBER	@ £5.00	Cost £
FEMALE ENTRIES	NUMBER	@ £5.00	Cost £
COACHES PASSES	NUMBER	@£7.50	Cost £
TOTAL COST			Cost £

**Entries to be returned by 15<sup>th</sup> May 2009.**

**Signed**.....

**Email address**.....

**Contact address**.....  
 .....  
 .....

**Coaches Passes**

*(Name of Coach with Disclosure Check)*

**Name**.....  
**Name**.....  
**Name**.....  
**Name**.....  
**Name**.....  
**Name**.....

CHEQUES TO BE MADE PAYABLE TO DUMFRIES & GALLOWAY COUNCIL.

**Entries to Swimming Development, DG One Leisure Complex, Hood's Loaning, Dumfries DG1 2HT**

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