



# FORRES BLUEFINS SWIMMING CLUB

AFFILIATED SASA NORTH DISTRICT

## TWO-DAY MEET

SATURDAY 13<sup>th</sup> & SUNDAY 14<sup>th</sup> MARCH 2010

Forres Bluefins invite you to their annual two day meet, which will be held at Forres Swimming Pool on Saturday 13<sup>th</sup> and Sunday 14<sup>th</sup> March 2010.

<b><u>SESSIONS</u></b>	Session One	Warm up 0900	Start	1005
	Session Two	Warm up 1400	Start	1505
	Session Three	Warm up 0900	Start	1005
	Session Four	Warm up 1400	Start	1505

**AGE GROUPS** 8/10 years, 11,12,13,14 years and 15-21.  
Relays 8/12 years, 13 years/over

**Age is at last day of meet the 14<sup>th</sup> March 2010.**

**EVENTS** Please see attached sheet for order of events.  
All events will be HDW.

**ENTRY** Entries where possible should be on hitek.

**CLOSING DATE FOR ENTRIES IS MONDAY 15<sup>TH</sup> FEBRUARY 2010.**

**Late entries will not be accepted.**

**Entry Times** There are no consideration times.  
Forres Bluefins Swimming club reserve the right to restrict the number of heats in any event/s.

**Entry Fees** £4.00 per individual event and £5.00 per relay team.

**Accreditation** Has been applied for, therefore please complete the registration declaration.

**Medals** Medals will be present for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place.  
The 'Forres Bluefins Trophy' will be awarded to the highest scoring club.

**Relays** Relays are restricted to two teams for each relay event, per club; single points being awarded for same. Swimmers must have been entered in an individual event to swim as part of a relay team. **Individuals may swim up an age group to make a relay team BUT they may not swim down.**

**Withdrawals** Withdrawals should be notified to the recorders desk at least 1 hour prior to the start of the appropriate session. If possible please report all known withdrawals to me by 8pm Friday by e-mail.



**Officials**

We would be grateful for a list of officials willing to help on the day. Please complete the enclosed form and return it with entries or e-mail the details to the address below. Catering for Technical officials will be provided in the Classroom adjacent to the Fitness Suite.

**Video**

Please note that anyone wishing to use photographic equipment, including video cameras must register with the Meet Director (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

**Gala Convenor**

Bev Leach

**Gala Entries**

Paul Matheson  
8 Croft Road  
Forres  
Moray  
IV36 3JS

Telephone  
E-Mail

01309 675200

[forresbluefins@forresbluefins.orangehome.co.uk](mailto:forresbluefins@forresbluefins.orangehome.co.uk)

**Notes**

**The Forres Swimming Pool has extremely limited seating poolside**, the school gymnasium can be used as an overflow. It is required that all clubs have at least one adult supervising, whilst their swimmers are making use of the school facilities. Packed lunches may be eaten in the Gymnasium. Meals for coaches will be provided in the Classroom adjacent to Fitness Suite. Shoes and Tee Shirts must be worn by swimmers when in pool foyer and school Gymnasium. A swim shop will be open next to the Gymnasium. A draft Program will be e-mailed when completed with a list of rejected swims. Warm-ups must be supervised.



**FORRES BLUEFINS SWIMMING CLUB**  
**TWO DAY GALA**  
**13th & 14th MARCH 2010**  
**Summary Sheet**

**I confirm that all swimmers entered from .....club have paid their current SASA membership fees.**

**Signed ..... Position in club .....**

**SUMMARY OF ENTRY**

<b>Individual Girl swims @ £4.00</b>	<b>£</b>
<b>Individual Boy swims @ £4.00</b>	<b>£</b>
<b>Relay Teams @ £5.00</b>	<b>£</b>
<b>Total enclosed payable to Forres Bluefins</b>	<b>£</b>

**Name and address of Club Contact**

**Name: .....**

**Address: .....**

**.....**

**Post Code:.....**

**Tel: .....**

**E-mail: .....**



Club:.....

STO Contact: .....

Telephone No: .....

E-mail: .....

Name	Signature Required	Duty	Session 1	Session 2	Session 3	Session 4



### MENTORING DETAILS

Trainee Judges, 1, 2 or 2S, please complete details below for requested mentoring sessions.  
Please indicate duty in each session

Name	Trainee	Session 1	Session 2	Session 3	Session 4

Please return with entries or email to: [forresbluefins@forresbluefins.orangehome.co.uk](mailto:forresbluefins@forresbluefins.orangehome.co.uk)

by 15<sup>th</sup> February 2010 please.



**Two day Meet 2009**

**SESSION 2 AND 4 WARM UP TIMES ARE PROVISIONAL**

**Session One – Saturday Morning 13/03/2010 Warm up: 0900-1000 Start: 1005 Hrs**

101	Boys	13 Years	100m	Breaststroke
102	Girls	13 Years	100m	Breaststroke
103	Boys	14 years	100m	Breaststroke
104	Girls	14 Years	100m	Breaststroke
105	Boys	8/10 Years	50m	Freestyle
106	Girls	8/10 Years	50m	Freestyle
107	Boys	11 Years	100m	Backstroke
108	Girls	11 Years	100m	Backstroke
109	Boys	12 Years	100m	Backstroke
110	Girls	12 Years	100m	Backstroke
111	Boys	15 Years/Over	100m	Butterfly
112	Girls	15 Years/Over	100m	Butterfly
113	Boys	13 Years	100m	Individual Medley
114	Girls	13 Years	100m	Individual Medley
115	Boys	14 Years	100m	Individual Medley
116	Girls	14 Years	100m	Individual Medley

**Session Two – Saturday Afternoon 13/03/2010 Warm up: 1400-1500 Start: 1505 Hrs**

201	Boys	8/10 Years	50m	Backstroke
202	Girls	8/10 Years	50m	Backstroke
203	Boys	11 Years	100m	Breaststroke
204	Girls	11 Years	100m	Breaststroke
205	Boys	12 Years	100m	Breaststroke
206	Girls	12 Years	100m	Breaststroke
207	Boys	13 Years	100m	Butterfly
208	Girls	13 Years	100m	Butterfly
209	Boys	14 Years	100m	Butterfly
210	Girls	14 Years	100m	Butterfly
211	Boys	15 Years/Over	100m	Freestyle
212	Girls	15 Years/Over	100m	Freestyle
213	Boys	8/12 Years	4 x 50m	Medley Relay
214	Girls	8/12 Years	4 x 50m	Medley Relay
215	Boys	13/Over	4 x 50m	Medley Relay
216	Girls	13/Over	4 x 50m	Medley Relay



**Session Three – Sunday Morning 14/03/2010 Warm up: 0900-1000 Start: 1035**

301	Boys	11 Years	100m	Individual Medley
302	Boys	12 Years	100m	Individual Medley
303	Boys	8/10 Years	50m	Breaststroke
304	Girls	8/10 Years	50m	Breaststroke
305	Boys	15 Years/Over	100m	Backstroke
306	Girls	15 Years/Over	100m	Backstroke
307	Boys	14 Years	100m	Freestyle
308	Girls	14 Years	100m	Freestyle
309	Boys	13 Years	100m	Freestyle
310	Girls	13 Years	100m	Freestyle
311	Boys	12 Years	100m	Butterfly
312	Girls	12 Years	100m	Butterfly
313	Boys	11 Years	100m	Butterfly
314	Girls	11 Years	100m	Butterfly
315	Boys	8/10 Years	100m	Individual Medley
316	Girls	8/10 Years	100m	Individual Medley

**Session Four – Sunday Afternoon 14/03/2010 Warm up: 1400-1500 Start: 1505 Hrs**

401	Girls	11Years	100m	Individual Medley
402	Girls	12 Years	100m	Individual Medley
403	Boys	15 Years/Over	100m	Breaststroke
404	Girls	15 Years/Over	100m	Breaststroke
405	Boys	8/10 Years	50m	Butterfly
406	Girls	8/10 Years	50m	Butterfly
407	Boys	13Years	100m	Backstroke
408	Girls	13Years	100m	Backstroke
409	Boys	14 Years	100m	Backstroke
410	Girls	14 Years	100m	Backstroke
411	Boys	11Years	100m	Freestyle
412	Girls	11Years	100m	Freestyle
413	Boys	12 Years	100m	Freestyle
414	Girls	12 Years	100m	Freestyle
415	Boys	15 Years/Over	100m	Individual Medley
416	Girls	15 Years/Over	100m	Individual Medley
417	Boys	8/12 Years	4 x 50m	Freestyle Relay
418	Girls	8/12 Years	4 x 50m	Freestyle Relay
419	Boys	13/Over	4 x 50m	Freestyle Relay
420	Girls	13/Over	4 x 50m	Freestyle Relay