



Hamilton Baths A.S.C.

invites your Club to participate in their

19th Annual Graded Meet

Sunday 11th October 2009

Larkhall Leisure Centre, Larkhall ML9 1QP



Warm-up times are 9.00 am and 1.30 pm.
Session start at 10.00 and 2.30pm

Meet Licence - WD / L2 / 646 / 1009

Closing date for Entries: Sunday 13th September 2009



CONDITIONS OF ENTRY

Hamilton Baths ASC Graded Meet on Sunday 11th October 2009 at Larkhall

1. **The competition is open to swimmers in age groups of**
8 / 9, 10 / 11 years, 12 / 13 years and 14 / 15 years.
Age on the day of competition 11 October 2009
2. **Individual events**
8 / 9 - 50m freestyle, 50m fly, 50m back, 50m breast
10/11 yrs, 12/13 yrs & 14/15 yrs - 100m fly, 100m back, 100m breast,
100m free and 50m freestyle.
All events will be heat declared winners.
3. **Relay events**
 - a. **4 x 50m Medley Relay for boys and 4x50m Medley Relay for girls**
ie one swimmer from each age-group, *swim in any order of age-group.*
The event must be run in medley relay order of 50m back, breast, fly, free
 - b. **Squadron relay of 8 x50m freestyle**
4 boys & 4 girls - 2 swimmers from each age-group, *swim in age-group order*
4. **Heats will run slowest to fastest.**
The number of heats will be limited to ensure the smooth running of the competition.
5. **Swimmers can only enter events in their age groups.**
6. **Awards:**
 - a. **'Too fast'** - swimmers who swim too fast will receive a speeding ticket and a 'too fast' memento.
 - b. **Medals** shall be awarded to 1st, 2nd and 3rd place
 - c. **Relay** winners will received medals for 1st, 2nd and 3rd place
7. **Hamilton Baths ASC reserves the right to use any of the spare lanes if available.**
8. **Officials:**
 - It would be appreciated if each participating club could supply at least **TWO officials for each session. Thanks!**
 - *Official's travel expenses will be paid only to those who do not have children competing in the gala.*
 - Participating officials will be welcome to join in Hamilton's customary buffet at lunchtime



ENTRY INSTRUCTIONS

Hamilton Baths ASC Graded Meet on Sunday 11th October 2009 at Larkhall

- Requests for entry file by email to HBASC Entry Secretary. marion@7mac.co.uk
- Individual entries are £4.50, relay teams £7.00 each.
- Hytek entry file to be returned along with payment to Entry Secretary's address below by **Sunday 13th September 2009**
- Payment: Cheques made payable to: **HAMILTON BATHS A.S.C.**
- Unaccepted entries will be returned ASAP. after the closing date.
- Withdrawals received after the draft programme is released will be charged.
- Coaches' lunch tickets (£6.00 per coach), can be booked by completing the Information Sheet and returning with payment
- Cafeteria will be available all day for drinks and snacks.
- NO photographic equipment will be allowed either on poolside or viewing gallery or any other area under the jurisdiction of the organising club without the prior written approval of that club.

Application to use the above named equipment can be made on the day to the organising club's nominated official. Any person wishing to do this must be able to provide identification, and evidence that they have a swimmer(s) competing in the gala. This notice includes mobile phones with a camera. Application must be made on the official S.A.S.A. form.

HBASC Entry Secretary

**Marion Reid
23 Philips Walk
HAMILTON
ML3 8PL**

Email marion@7mac.co.uk



PROGRAMME OF EVENTS

Hamilton Baths ASC Graded Meet on Sunday 11th October 2009 at Larkhall

Event	slower than
Event 101 Girls 8-9 50 Free	42.00
Event 102 Boys 8-9 50 Free	42.00
Event 103 Girls 10-11 100 Breast	1:42.00
Event 104 Boys 10-11 100 Breast	1:42.00
Event 105 Girls 12-13 100 Free	1:10.00
Event 106 Boys 12-13 100 Free	1:08.00
Event 107 Girls 14-15 100 Back	1:20.00
Event 108 Boys 14-15 100 Back	1:16.00
Event 109 Girls 8-9 50 Fly	51.00
Event 110 Boys 8-9 50 Fly	51.00
Event 111 Boys 10-11 100 Back	1:30.00
Event 112 Girls 10-11 100 Back	1:30.00
Event 113 Girls 12-13 100 Fly	1:25.00
Event 114 Boys 12-13 100 Fly	1:23.00
Event 115 Girls 14-15 100 Free	1:06.00
Event 116 Boys 14-15 100 Free	1:04.00
Event 117 Girls 10-11 50 Free	34.00
Event 118 Boys 10-11 50 Free	34.00
Event 119 Girls 8-15 4x50 Medley Relay	
Event 120 Boys 8-15 4x50 Medley Relay	
Event 201 Girls 12-13 50 Free	32.00
Event 202 Boys 12-13 50 Free	31.00
Event 203 Girls 14-15 100 Fly	1:20.00
Event 204 Boys 14-15 100 Fly	1:18.00
Event 205 Girls 8-9 50 Back	49.00
Event 206 Boys 8-9 50 Back	49.00
Event 207 Girls 10-11 100 Free	1:15.00
Event 208 Boys 10-11 100 Free	1:14.00
Event 209 Girls 12-13 100 Back	1:20.00
Event 210 Boys 12-13 100 Back	1:18.00
Event 211 Girls 14-15 50 Free	30.00
Event 212 Boys 14-15 50 Free	29.00
Event 213 Girls 8-9 50 Breast	55.00
Event 214 Boys 8-9 50 Breast	55.00
Event 215 Boys 10-11 100 Fly	1:40.00
Event 216 Girls 10-11 100 Fly	1:40.00
Event 217 Girls 12-13 100 Breast	1:28.00
Event 218 Boys 12-13 100 Breast	1:28.00
Event 219 Girls 14-15 100 Breast	1:28.00
Event 220 Boys 14-15 100 Breast	1:25.00
Event 221 Mixed 8-15 4x100 Free Relay	



HEALTH AND SAFETY

Hamilton Baths ASC Graded Meet on Sunday 11th October 2009 at Larkhall

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of the swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, must start in the water and must notify the officials that this will be the case.

Signed _____ Print _____

Club Position _____

On behalf of _____ (Club)

Please return with payment by closing date:
Sunday 13th Sept 2009



ENTRY INFORMATION

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Please return payment by closing date:
Sunday 13^h Sept 2009

Club Abbrev		Date of Meet	11 th October 2009
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No. of Female Entries	<input type="text"/>		
No. of Male Entries	<input type="text"/>		
Total No. of Individual Entries	<input type="text"/>	@ £4.50	Total _____
Total No. of Relay Teams	<input type="text"/>	@ £7.00	_____
No. of Coaches' Meals	<input type="text"/>	@ £6.00	_____
No. of Officials attending	<input type="text"/>	Free lunch	
		Cheque Payment	£ <input type="text"/>

Print Name _____

Signed _____

Position in Club _____

Tel No _____

Postal Address _____

Email Addr. _____

