

Grangemouth Amateur Swimming Club

Presents

The 9th Annual J.A.G.s Meet

On The 14TH FEBRUARY 2010

(Age on the DAY, All events are heat declared & a one start rule will apply)

Events:

Individual – 25m, 50m of all four Strokes & 100 IM

8/9 yrs freestyle relay team Boys & the same for the Girls

10/11yrs freestyle relay team Boys & the same for the Girls

(Relay teams must be made up from children who have swam in the Gala)

Age Groups:

8 yrs & under 25m + 100 IM

9 yrs 25m fly, 50m all other strokes + 100 IM

10 yrs 50m All Strokes + 100 IM

11 yrs 50m All Strokes + 100 IM

2 Sessions

(8 / U + 9 year olds swim in the morning, warm up 9.00 start 10.00)

(10 + 11 year olds swim in the afternoon, warm up 1:30 start 2:30)

Entries: Entries to be accepted on a SLOWER THAN basis and should be submitted to Gala Convenor Val Holmes on paper or to Hugh Davidson electronically at

grangemouth-asc@blueyonder.co.uk

Gala Convenor: Mrs Val Holmes. valholmes@F2S.com Tel: 01324 718248

If you require entry forms by E-Mail or HY TEK files please

Contact Hugh : grangemouth-asc@blueyonder.co.uk

AGE	FLY	BACK	BREAST	FREE	I.M.
8 & under	26.00	24.00	28.00	20.00	01.42.00
9 years	23.00	48.00	54.00	42.00	01.38.00
10 years	49.00	45.00	52.00	39.00	01.35.00
11 years	46.00	42.00	50.00	35.00	01.32.00

QUALIFYING TIME MUST BE SLOWER THAN ABOVE

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

All entries should be in before Midnight 17th January 2010

Entries Fees:

Entry fees are £4.00per individual event & £5.00 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 event.

Medals or pennants will be awarded to 4th, 5th & 6th

Relay team medals will be awarded to 1st, 2nd & 3rd only.

Meals:

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

GRANGEMOUTH A.S.C. JUNIOR GRADED MEET
GALA IS ON THE 14th FEBRUARY 2010
ENTRIES TO BE IN FOR MIDNIGHT 17th JANUARY 2010

CLUB:

BOYS	Team
8 / 9 Relay	
10 / 11 Relay	

GIRLS	Team
8 / 9 Relay	
10 / 11 Relay	

(Max 2 x 9 yrs in the morning)
 (Max 2 x 11 yrs in the morning)
 swimmers may be swum up an age group

**NO TIMES REQUIRED FOR RELAYS JUST PUT YES OR NO IN THE APPROPRIATE BOX.
 ORGANISERS RESERVE THE RIGHT TO LIMIT TO "A" RELAYS ONLY.**

SIGNATURE OF CLUB OFFICAL :

NAME: _____	No. Entries Boys @ £4.00	£ _____
_____	Address:	
_____	No. Entries Girls @ £4.00	£ _____
_____	Squadron Relay Entry @ £5.00	£ _____
_____	Meal Tickets @ £5.00	£ _____
_____	Total Amount enclosed	£ _____
Tel. No _____		

WE REQUEST TWO OFFICIALS PER CLUB FOR THE MORNING AND THE AFTERNOON.