



Stirling Swimming

(Affiliated to SASA)



present their

2009 Junior Open Swim Meet

(Under FINA Rules & SASA Regulations)

SASA Meet License - WD/L2/630/0109

ON

Saturday 24 & Sunday 25 - January 2009

Venue

Grangemouth Sports Complex

Sponsored by



Closing Date:- 5pm Wednesday 10 December 2008



Stirling Swimming - Junior Open Swim Meet

Meet Information

Dates: Saturday 24 and Sunday 25 January 2009.

Venue: Grangemouth Sports Complex,
Abbots Road, Grangemouth. FK3 9JD
(telephone 01324 504560)

Pool: 6 lane, 25 metre pool, anti-turbulent lane ropes and electronic timing.

Meet Status: Scottish Amateur Swimming Association, LA2 License WD/L2/630/0109 granted.

<u>Session Times</u>	Session 1 -	Saturday 24 January 2009	Warm up 9.00 am.	Start 10.05 am.
	Session 2 -	Saturday 24 January 2009	Warm up 1.30 pm.	Start 2.35 pm.
	Session 3 -	Sunday 25 January 2009	Warm up 9.00 am.	Start 10.05 am.
	Session 4 -	Sunday 25 January 2009	Warm up 1.30 pm.	Start 2.35 pm.

Sessions, including presentations, will be limited to 3 hours.

<u>Warm Ups:</u>	Warm up 1	Girls – all ages	9.00 am - 9.30 am & 1.30 pm - 2.00 pm
(Both days)	Warm up 2	Boys – all ages	9.30 am – 10.00 am & 2.00 pm - 2.30 pm

Events: **N.B. Ages as at 25 January 2009 (last day of competition)**

(Boys & Girls)	11 years (born 26/01/97 to 25/01/98)	100m Back, Breast, Fly & Freestyle 200m Freestyle 100m Individual Medley
	12 years (born 26/01/96 to 25/01/97) }	100m Back, Breast, Fly & Freestyle
	13 years (born 26/01/95 to 25/01/96) }	200m Freestyle
	14 years (born 26/01/94 to 25/01/95) }	200m Individual Medley.

Heats/Finals 100m Back, Breast, Fly & Freestyle events are Heats and Final - finals at the end of each session.
200m Freestyle events are Heat Declared Winner.
100m & 200m Individual Medley Events are Heat Declared Winner.
The intention is to have **five** heats for 100 metre events and **three** heats for 200 metre events.
Once the entries are in Stirling Swimming will decide on the number of heats in each event.

Starts: For heats “Over the Top Starts” will be used apart from backstroke events.

Fees: £4.00 per event – no refund of fees for times outwith consideration time
All cheques should be made payable to Stirling Swimming. No entries will be accepted without the correct fee or with the Entry Files incorrectly completed.
Stirling Swimming reserves the right to add in additional entries outwith the consideration times if there are spare lanes.

Entries:- Entries will be by computer files which are obtainable from the Entry Secretary (see below).
Requests for meet entry files should be made **at least one week in advance** of the closing date.
Only official files are acceptable.

Closing Date for receipt of entries is **5pm, Wednesday 10 December 2008**.

The entries file together with appropriate entry fees and summary sheet should be sent to
Blair I Prentice (Meet Entry Secretary)
10 Abbeyview,
Logie Road
Stirling. FK9 5JZ
tel. 01786 473760 (home) 07969 040955 (mobile)
email – prenticeblair@aol.com.

Coach's Pass:- Coaches Passes cover coffee throughout the day and lunch each day.
1 free coach's pass per club. Additional passes are £10 each.

Awards:- Awards will be presented to all Finalists.
Individual trophies will be awarded to the Boy and Girl accumulating the highest number of points over all events in each age group. Points will be awarded to the top 6 in each event.

Withdrawals:- Any withdrawals must be notified to the recorders on the appropriate forms not later than 50 minutes before the session starts (9.15 am for mornings and 1.45pm for afternoons).

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Programme of events

N.B. Ages as at 25 January 2009 (last day of competition).

11 years	born 26/01/1997 to 25/01/1998
12 years	born 26/01/1996 to 25/01/1997
13 years	born 26/01/1995 to 25/01/1996
14 years	born 26/01/1994 to 25/01/1995

Saturday 24 January 2009

Session 1 – 9.00 am Warm Up for 10.05 am Start

101	Girls	14 yrs	200m	Freestyle
102	Boys	14 yrs	200m	Freestyle
103	Girls	12 yrs	200m	Ind/Medley
104	Boys	12 yrs	200m	Ind/Medley
105	Girls	13 yrs	100m	Breaststroke
106	Boys	13 yrs	100m	Butterfly

Presentations of events 101-104

107	Girls	11 yrs	100m	Freestyle
108	Boys	11 yrs	100m	Backstroke
109	Girls	14 yrs	100m	Butterfly
110	Boys	14 yrs	100m	Breaststroke
111	Girls	12 yrs	100m	Backstroke
112	Boys	12 yrs	100m	Freestyle

Finals for Events 105 to 112

Presentations of finals 105-112

Sunday 25 January 2009

Session 3 – 9.00 am Warm Up for 10.05 am Start

301	Girls	13 yrs	200m	Freestyle
302	Boys	13 yrs	200m	Freestyle
303	Girls	11 yrs	100m	Ind/Medley
304	Boys	11 yrs	100m	Ind/Medley
305	Girls	14 yrs	100m	Breaststroke
306	Boys	14 yrs	100m	Butterfly

Presentations of events 301-304

307	Girls	12 yrs	100m	Freestyle
308	Boys	12 yrs	100m	Backstroke
309	Girls	13 yrs	100m	Butterfly
310	Boys	13 yrs	100m	Breaststroke
311	Girls	11 yrs	100m	Backstroke
312	Boys	11 yrs	100m	Freestyle

Finals for Events 305 to 312

Presentations of finals 305-312

Session 2 - 1.30 pm Warm Up for 2.35 pm Start

201	Girls	11 yrs	200m	Freestyle
202	Boys	11 yrs	200m	Freestyle
203	Girls	13 yrs	200m	Ind/Medley
204	Boys	13 yrs	200m	Ind/Medley
205	Girls	12 yrs	100m	Breaststroke
206	Boys	12 yrs	100m	Butterfly

Presentations of events 201-204

207	Girls	14 yrs	100m	Freestyle
208	Boys	14 yrs	100m	Backstroke
209	Girls	11 yrs	100m	Butterfly
210	Boys	11 yrs	100m	Breaststroke
211	Girls	13 yrs	100m	Backstroke
212	Boys	13 yrs	100m	Freestyle

Finals for Events 205 to 212

Presentations of finals 205-212

Session 4 - 1.30 pm Warm Up for 2.35 pm Start

401	Girls	12 yrs	200m	Freestyle
402	Boys	12 yrs	200m	Freestyle
403	Girls	14 yrs	200m	Ind/Medley
404	Boys	14 yrs	200m	Ind/Medley
405	Girls	11 yrs	100m	Breaststroke
406	Boys	11 yrs	100m	Butterfly

Presentations of events 401-404

407	Girls	13 yrs	100m	Freestyle
408	Boys	13 yrs	100m	Backstroke
409	Girls	12 yrs	100m	Butterfly
410	Boys	12 yrs	100m	Breaststroke
411	Girls	14 yrs	100m	Backstroke
412	Boys	14 yrs	100m	Freestyle

Finals for Events 405 to 412

Presentations of finals 405-412

Individual Trophies

The presentation of the Boys and Girls individual trophies will be made at the end of Session 4 **after** the presentations of finals 405 – 412.

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Consideration Times & Event nos.

(Swimmers entry times must be equal to or faster than the Consideration times)

N.B. Ages as at 25 January 2009 (last day of competition).

11 years born 26/01/1997 to 25/01/1998
 12 years born 26/01/1996 to 25/01/1997
 13 years born 26/01/1995 to 25/01/1996
 14 years born 26/01/1994 to 25/01/1995

Age	G/B	<u>100m Back</u>	<u>100m Breast</u>	<u>100m Fly</u>	<u>100m Free</u>	<u>200m Free</u>	<u>100m I/M</u>
11 yrs	Girls	01.34.00 (311)	01.45.00 (405)	01.44.00 (209)	01.22.00 (107)	02.50.00 (201)	01.39.00 (303)
	Boys	01.35.00 (108)	01.46.00 (210)	01.45.00 (406)	01.23.00 (312)	02.51.00 (202)	01.40.00 (304)
		<u>100m Back</u>	<u>100m Breast</u>	<u>100m Fly</u>	<u>100m Free</u>	<u>200m Free</u>	<u>200m I/M</u>
12 yrs	Girls	01.31.00 (111)	01.41.50 (205)	01.40.50 (409)	01.18.50 (307)	02.45.50 (401)	03.10.00 (103)
	Boys	01.32.00 (308)	01.42.00 (410)	01.41.00 (206)	01.19.00 (112)	02.45.50 (402)	03.10.00 (104)
13 yrs	Girls	01.27.00 (211)	01.38.00 (105)	01.34.50 (309)	01.15.50 (407)	02.38.00 (301)	03.02.50 (203)
	Boys	01.26.50 (408)	01.35.50 (310)	01.33.50 (106)	01.14.50 (212)	02.36.50 (302)	03.00.00 (204)
14 yrs	Girls	01.26.00 (411)	01.36.00 (305)	01.33.00 (109)	01.14.00 (207)	02.35.00 (101)	02.56.50 (403)
	Boys	01.25.00 (208)	01.34.00 (110)	01.31.00 (306)	01.12.00 (412)	02.31.00 (102)	02.53.00 (404)

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Entry File Requests

Event Files will be produced using the Hy-Tek Meet management System and will be sent along with instructions (if requested) by email. Hy-Tek's "Team Manager" or "Team Manager Lite" is needed in order to complete entries

"Team Manager Lite" can be downloaded free of charge by going to www.hy-tek ltd.com

Please make application by email providing the following details.

Club Name:	
Contact	
Address	
Post Code:	
Home Tel no:	
Mobile Tel no:	
e-mail:	

Email: prenticeblair@aol.com

Blair Prentice, Meet Entry Secretary
10 Abbeyview
Logie Road
Stirling
FK9 5JZ
Tel: home 01786 473760,
mobile 07969 040955

Requests for Meet Entry File should be made at least 1 week before the closing date for entries.

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Summary Sheet

**** This form must be completed and returned with the payment. ****

Club name:

Club's Contact Name:

Address:

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Post Code:

Tel No (home)

Tel No (Mobile)

e-mail address:

(important for urgent distribution of information and updates pertaining to the meet).

Total Male Entries	@ £4.00	£.....
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Total Female Entries	@ £4.00	£.....
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I Free Coach's pass per club	no charge1	£....n/a.
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Additional Coach's Passes	@ £10.00	£.....
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Total cheque enclosed			£.....
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Please make cheques payable to **Stirling Swimming**

Form to be returned to Meet Entry Secretary

Blair Prentice
10 Abbeyview
Logie Road
Stirling
FK9 5JZ

Tel home 01786 473760, mobile 07969 040955

e-mail prenticeblair@aol.com

To be returned by 5pm Wednesday 10 December 2008