



Dumfries  
& Galloway  
COUNCIL



**Dumfries Amateur Swimming Club  
in partnership with Dumfries and Galloway Council  
Spring Graded Meet  
13<sup>th</sup>/14<sup>th</sup> March 2010**

**(Held under SASA Regulations and the FINA Technical Rules for Swimming)  
Meet Licence: WD/L2/711/0310**

- DATE:** Saturday, Sunday 13<sup>th</sup>/14<sup>th</sup> March 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:  
**Boys:** 9, 10, 11, 12, 13, 14  
**Girls:** 9, 10, 11, 12, 13

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

**ENTRIES:** Closing date for entries is 14<sup>th</sup> February 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:** £4.50 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. There will be a trophy presented to top boy and top girl in each age group based on BagCat points.

**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 13th March 2010**

**Sunday 14th March 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 | 10/13 yrs | 400m IM        |
| 102 | Boys  | 9/14 yrs  | 200m Back      |
| 103 | Girls | 9/10 yrs  | 50m Butterfly  |
| 104 | Girls | 11/13 yrs | 100m Butterfly |
| 105 | Boys  | 9/10 yrs  | 50m Breast     |
| 106 | Boys  | 11/14/yrs | 100m Breast    |
| 107 | Girls | 9/13 yrs  | 200m Free      |
| 108 | Boys  | 9/14 yrs  | 200m Butterfly |

|     |       |           |                |
|-----|-------|-----------|----------------|
| 301 | Girls | 10/13 yrs | 400m Free      |
| 302 | Boys  | 9/14 yrs  | 200m IM        |
| 303 | Girls | 9/10 yrs  | 50m Back       |
| 304 | Girls | 11/13 yrs | 100m Back      |
| 305 | Boys  | 9/10 yrs  | 50m Freestyle  |
| 306 | Boys  | 11/14/yrs | 100m Freestyle |
| 307 | Girls | 9/13 yrs  | 200m Breast    |

**Saturday 13th March 2010**

**Sunday 14th March 2010**

**Session 2**

**Session 4**

**Warm Up: TBC**

**Warm Up: TBC**

**Start Time: TBC**

**Start Time: TBC**

|     |       |           |                |
|-----|-------|-----------|----------------|
| 201 | Boys  | 10/14 yrs | 400m IM        |
| 202 | Girls | 9/13 yrs  | 200m Back      |
| 203 | Boys  | 9/10 yrs  | 50m Butterfly  |
| 204 | Boys  | 11/14/yrs | 100m Butterfly |
| 205 | Girls | 9/10 yrs  | 50m Breast     |
| 206 | Girls | 11/13 yrs | 100m Breast    |
| 207 | Boys  | 9/14 yrs  | 200m Freestyle |
| 208 | Girls | 9/13 yrs  | 200m Butterfly |

|     |       |           |                |
|-----|-------|-----------|----------------|
| 401 | Boys  | 10/14 yrs | 400m Freestyle |
| 402 | Girls | 9/13 yrs  | 200m IM        |
| 403 | Boys  | 9/10 yrs  | 50m Back       |
| 404 | Boys  | 11/14/yrs | 100m Back      |
| 405 | Girls | 9/10 yrs  | 50m Free       |
| 406 | Girls | 11/13 yrs | 100m Freestyle |
| 407 | Boys  | 9/14 yrs  | 200m Breast    |

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**Consideration Times - BOYS**

Submitted entry times must be converted to 25m times where appropriate. In the case of any disputes, local and national ranking information may be used.

**UPPER LIMIT**

**BOYS**

| EVENT       | 9      | 10     | 11     | 12     | 13     | 14     |
|-------------|--------|--------|--------|--------|--------|--------|
| 50m F/C     | 38.6   | 35.7   |        |        |        |        |
| 100m F/C    |        |        | 1.11.0 | 1.07.5 | 1.03.9 | 1.01.0 |
| 200m F/C    | 3.06.6 | 2.49.0 | 2.34.0 | 2.28.2 | 2.19.3 | 2.12.4 |
| 400m F/C    |        | 5.49.0 | 5.28.2 | 5.09.7 | 4.50.0 | 4.40.5 |
| 50m Back    | 44.8   | 41.2   |        |        |        |        |
| 100m Back   |        |        | 1.22.0 | 1.16.9 | 1.11.8 | 1.08.1 |
| 200m Back   | 3.27.5 | 3.11.2 | 2.50.5 | 2.43.5 | 2.34.0 | 2.28.0 |
| 50m Breast  | 50.8   | 46.7   |        |        |        |        |
| 100m Breast |        |        | 1.33.6 | 1.26.7 | 1.20.9 | 1.17.1 |
| 200m Breast | 3.59.4 | 3.36.7 | 3.22.4 | 3.08.4 | 2.55.4 | 2.46.6 |
| 50m Fly     | 43.9   | 39.9   |        |        |        |        |
| 100m Fly    |        |        | 1.22.6 | 1.17.0 | 1.11.4 | 1.07.5 |
| 200m Fly    | 3.53.4 | 3.21.9 | 3.03.0 | 2.49.7 | 2.37.8 | 2.29.4 |
| 100m IM     | 1.39.0 | 1.30.7 | 1.25.5 | 1.20.3 | 1.14.8 | 1.11.0 |
| 200m IM     | 3.32.2 | 3.10.0 | 2.54.5 | 2.46.5 | 2.37.9 | 2.29.8 |
| 400m IM     |        | 6.39.4 | 6.22.0 | 5.54.9 | 5.33.0 | 5.18.1 |

**LOWER LIMIT**

**BOYS**

| EVENT       | 9      | 10     | 11     | 12     | 13     | 14     |
|-------------|--------|--------|--------|--------|--------|--------|
| 50m F/C     | 55     | 48.8   |        |        |        |        |
| 100m F/C    |        |        | 1.34.0 | 1.23.9 | 1.15.7 | 1.10.8 |
| 200m F/C    | 4.27.0 | 3.51.8 | 3.24.8 | 3.02.8 | 2.45.6 | 2.34.1 |
| 400m F/C    |        | 7.30.0 | 7.09.2 | 6.23.4 | 5.48.1 | 5.25.8 |
| 50m Back    | 1.03.1 | 55.7   |        |        |        |        |
| 100m Back   |        |        | 1.45.4 | 1.34.2 | 1.25.0 | 1.18.7 |
| 200m Back   | 4.55.3 | 4.17.6 | 3.45.9 | 3.22.3 | 3.02.6 | 2.49.7 |
| 50m Breast  | 1.11.5 | 1.03.2 |        |        |        |        |
| 100m Breast |        |        | 1.59.9 | 1.46.8 | 1.35.7 | 1.29.2 |
| 200m Breast | 5.38.0 | 4.55.1 | 4.19.5 | 3.51.0 | 3.27.8 | 3.12.8 |
| 50m Fly     | 1.01.9 | 53.9   |        |        |        |        |
| 100m Fly    |        |        | 1.45.4 | 1.33.5 | 1.24.2 | 1.18.0 |
| 200m Fly    | 5.20.9 | 4.29.6 | 3.51.7 | 3.26.8 | 3.06.2 | 2.52.7 |
| 100m IM     | 2.20.7 | 2.03.6 | 1.49.6 | 1.38.3 | 1.28.5 | 1.22.1 |
| 200m IM     | 5.01.8 | 4.24.1 | 3.51.4 | 3.26.6 | 3.07.3 | 2.53.8 |
| 400m IM     |        | 8.00.0 | 7.55.0 | 7.17.0 | 6.35.6 | 6.08.3 |

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**Consideration Times - GIRLS**

**Submitted entry times must be converted to 25m times where appropriate. In the case of any disputes, local and national ranking information may be used.**

**UPPER LIMIT**  
**GIRLS**

| EVENT       | 9      | 10     | 11     | 12     | 13     |
|-------------|--------|--------|--------|--------|--------|
| 50m F/C     | 38.8   | 35.9   |        |        |        |
| 100m F/C    |        |        | 1.12.5 | 1.08.7 | 1.06.4 |
| 200m F/C    | 3.07.2 | 2.48.2 | 2.31.0 | 2.25.5 | 2.22.3 |
| 400m F/C    |        | 5.55.0 | 5.26.6 | 5.08.2 | 4.57.3 |
| 50m Back    | 44.9   | 40.8   |        |        |        |
| 100m Back   |        |        | 1.21.9 | 1.16.7 | 1.13.7 |
| 200m Back   | 3.27.5 | 3.08.1 | 2.52.7 | 2.43.8 | 2.38.0 |
| 50m Breast  | 51.2   | 46.5   |        |        |        |
| 100m Breast |        |        | 1.33.0 | 1.27.3 | 1.23.4 |
| 200m Breast | 3.58.1 | 3.37.0 | 3.19.1 | 3.07.3 | 2.58.7 |
| 50m Fly     | 44.2   | 39.6   |        |        |        |
| 100m Fly    |        |        | 1.21.7 | 1.16.6 | 1.13.5 |
| 200m Fly    | 3.55.2 | 3.20.5 | 3.01.0 | 2.48.6 | 2.41.0 |
| 100m IM     | 1.39.7 | 1.30.9 | 1.24.3 | 1.20.1 | 1.16.7 |
| 200m IM     | 3.32.0 | 3.11.5 | 2.56.0 | 2.47.1 | 2.40.0 |
| 400m IM     |        | 6.45.1 | 6.14.7 | 5.52.1 | 5.38.8 |

**LOWER LIMIT**  
**GIRLS**

| EVENT       | 9      | 10     | 11     | 12     | 13     |
|-------------|--------|--------|--------|--------|--------|
| 50m F/C     | 52.3   | 45.5   |        |        |        |
| 100m F/C    |        |        | 1.28.8 | 1.21.4 | 1.16.7 |
| 200m F/C    | 4.10.8 | 3.33.2 | 3.11.8 | 2.55.7 | 2.44.8 |
| 400m F/C    |        | 7.30.0 | 6.39.4 | 6.05.7 | 5.43.8 |
| 50m Back    | 1.00.1 | 51.6   |        |        |        |
| 100m Back   |        |        | 1.39.4 | 1.30.7 | 1.25.0 |
| 200m Back   | 4.36.6 | 3.57.2 | 3.30.6 | 3.13.7 | 3.02.1 |
| 50m Breast  | 1.07.9 | 58.5   |        |        |        |
| 100m Breast |        |        | 1.52.9 | 1.43.2 | 1.36.2 |
| 200m Breast | 5.16.0 | 4.31.6 | 4.01.8 | 3.41.3 | 3.26.1 |
| 50m Fly     | 58.5   | 49.9   |        |        |        |
| 100m Fly    |        |        | 1.39.0 | 1.30.2 | 1.24.7 |
| 200m Fly    | 5.05.4 | 4.09.0 | 3.38.5 | 3.18.4 | 3.05.4 |
| 100m IM     | 2.13.3 | 1.54.6 | 1.42.7 | 1.34.7 | 1.28.5 |
| 200m IM     | 4.43.4 | 4.02.1 | 3.35.8 | 3.18.0 | 3.06.4 |
| 400m IM     |        | 8.00.0 | 7.36.4 | 6.56.8 | 6.31.1 |

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**Summary of Entries**

|                |        |         |        |
|----------------|--------|---------|--------|
| MALE ENTRIES   | NUMBER | @ £4.50 | Cost £ |
| FEMALE ENTRIES | NUMBER | @ £4.50 | Cost £ |
| COACHES PASSES | NUMBER | @£7.50  | Cost £ |
| TOTAL COST     |        |         | Cost £ |

**Entries to be returned by 14<sup>th</sup> February 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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