

# Grangemouth Amateur Swimming Club

Presents

The 8th Annual J.A.G.s Meet

On The 7<sup>TH</sup> FEBRUARY 2009

(Age on the DAY, All events are heat declared & a two start rule will apply as this is a level 3 meet)

## 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 Anne Davidson (Gala Convenor) on paper or to Hugh Davidson at [grangemouth-asc@blueyonder.co.uk](mailto:grangemouth-asc@blueyonder.co.uk)

## Gala Convenor:

Mrs Anne Davidson. 2, Turret Drive Polmont FK2 0QW

Tel: 01324 712789

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

Contact Hugh : [grangemouth-asc@blueyonder.co.uk](mailto: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 8th January 2009

## Entries Fees:

Entry fees are £4.00 per individual event & £5.00 per relay team.  
Cheques should be made payable to Grangemouth A.S.C.

## Trophies:

Medals will be awarded to the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> in each event.  
Medals or pennants will be awarded to 4<sup>th</sup>, 5<sup>th</sup> & 6<sup>th</sup>.  
Relay team medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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 7<sup>th</sup> FEBRUARY 2009**  
**ENTRIES TO BE IN FOR MIDNIGHT 8<sup>th</sup> JANUARY**

**CLUB:** \_\_\_\_\_

<b>BOYS</b>	<b>Team</b>
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

<b>GIRLS</b>	<b>Team</b>
8 / 9 Relay	
10 / 11 Relay	

**NO TIMES REQUIRED FOR RELAYS JUST PUT YES OR NO IN THE APPROPRIATE BOX  
 WE REQUIRE TWO OFFICIALS PER CLUB FOR THE MORNING AND THE AFTERNOON.**

**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 \_\_\_\_\_