



Stirling Swimming



Stirling Amateur Swimming Club

(Affiliated to SASA)

present their

Junior Open Swim Meet - 2007

(Under SASA Regulations)

ON

Saturday 20 & Sunday 21 - January 2007

Venue

Rainbow Slides Leisure Centre, Stirling

Closing Date:- 5pm Monday 4 December 2006.

Stirling ASC - Junior Open Swim Meet
Saturday 20 & Sunday 21 January 2007

Meet Information

Dates Saturday 20 and Sunday 21 January 2007.
Venue Rainbow Slides Leisure Centre, Stirling.
Pool 6 lane, 25 metre pool, anti-turbulent lane ropes and electronic timing.
Meet Status Scottish Amateur Swimming Association, LA2 License & Accreditation applied for.

Session Times

Session 1 -	Saturday 20 January 2007	Warm up 8.50 am.	Start 10.00 am.
Session 2 -	Saturday 20 January 2007	Warm up 1.30 pm.	Start 2.35 pm.
Session 3 -	Sunday 21 January 2007	Warm up 8.50 am.	Start 10.00 am.
Session 4 -	Sunday 21 January 2007	Warm up 1.30 pm.	Start 2.35 pm.

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

Warm Ups

Warm up 1	Girls – all ages	8.50 am - 9.20 am & 1.30 pm - 2.00 pm
(Both days) Warm up 2	Boys – all ages	9.20 am - 10.00 am & 2.00 pm - 2.30 pm

Events

11 years (born 22/01/95 to 21/01/96) (Boys and Girls)		100m Back, Breast, Fly & Freestyle 200m Freestyle 100m Individual Medley
12 years (born 22/01/94 to 21/01/95)	}	100m Back, Breast, Fly & Freestyle
13 years (born 22/01/93 to 21/01/94)	}	200m Freestyle
14 years (born 22/01/92 to 21/01/93)	}	200m Individual Medley.

N.B. Ages as at 21 January 2007 (last day of competition)

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.
Events will be limited to **five** heats for 100 metre events and **three** heats for 200 metre events.
Stirling ASC reserves the right to alter the number of heats in each event depending on numbers.

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

Fees:-

Entries	£3.50 per event – no refund of fees for times outwith consideration time
Coaches Pass	£12.00 includes full set of results, lunch on Saturday and Sunday, refreshments all day (both days)

Entries:- Please submit entries by computer disk obtainable from the Entry Secretary (see below).
Requests for meet entry disks should be made **at least two weeks in advance** of the closing date.
Please also complete the attached Summary Sheet.
All details will be taken from the disks.

Closing Date 5pm, Monday 4 December 2006.

All completed computer disk entries & summaries plus appropriate fees to be returned to
Blair I Prentice
10 Abbeyview, Logie Road
Causewayhead
Stirling FK9 5JZ.
tel. home 01786 473760, mobile 07969 040955
email – prenticeblair@aol.com

Cheques should be made payable to **Stirling ASC**.

Please enclose an A5 stamped addressed envelope for notification of acceptances.

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.

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Programme of events

N.B. Ages as at 21 January 2007 (last day of competition).

11 years	born 22/01/1995 to 21/01/1996
12 years	born 22/01/1994 to 21/01/1995
13 years	born 22/01/1993 to 21/01/1994
14 years	born 22/01/1992 to 21/01/1993

Saturday 20 January 2007

Session 1 - 8.50 am Warm Up for 10.00 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 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

113-120 Finals for Events 105 to 112

Presentations events 113-120

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 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

213-220 Finals for Events 205 to 212

Presentations events 213-220

Sunday 21 January 2007

Session 3 - 8.50 am Warm Up for 10.00 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 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

313-320 Finals for Events 305 to 312

Presentations events 313-320

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 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

413-420 Finals or Events 405 to 412

Presentations events 413-420

Individual Trophies

The presentation of the Boys and Girls individual trophies will be made at the end of Session 4
- after the presentations for events 413 – 420.

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Consideration Times (& Event nos.)

N.B. Ages as at 21 January 2007 (last day of competition)

11 years born 22/01/1995 to 21/01/1996
 12 years born 22/01/1994 to 21/01/1995
 13 years born 22/01/1993 to 21/01/1994
 14 years born 22/01/1992 to 21/01/1993

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)	01.40.00 (303)
	Boys	01.34.00 (108)	01.45.00 (210)	01.44.00 (406)	01.22.00 (312)	02.50.00 (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)	01.41.00 (205)	01.40.00 (409)	01.18.00 (307)	02.46.00 (401)	03.10.00 (103)
	Boys	01.31.00 (308)	01.41.00 (410)	01.40.00 (206)	01.18.00 (112)	02.46.00 (402)	03.10.00 (104)
13 yrs	Girls	01.27.00 (211)	01.38.00 (105)	01.34.00 (309)	01.15.00 (407)	02.39.00 (301)	03.03.00 (203)
	Boys	01.26.00 (408)	01.35.00 (310)	01.33.00 (106)	01.14.00 (212)	02.37.00 (302)	03.00.00 (204)
14 yrs	Girls	01.26.00 (411)	01.36.00 (305)	01.33.00 (109)	01.13.00 (207)	02.35.00 (101)	02.57.00 (403)
	Boys	01.24.00 (208)	01.33.00 (110)	01.30.00 (306)	01.11.00 (412)	02.31.00 (102)	02.53.00 (404)

Closing Date:- 5pm Monday 4 Decentber 2006.

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Rainbow Slides, Stirling

Entry Disk Request Form

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

Applications to: Blair Prentice, Meet Entry Secretary
10 Abbeyview
Logie Road
Causewayhead
Stirling
FK9 5JZ

Tel: home 01786 473760,
mobile 07969 040955
Email: prenticeblair@aol.com

Requests for a meet entry disk should be made at least two weeks before the closing date for entries.

Closing Date:- 5pm Monday 4 December 2006.

Date Disk Issued Date Disk Returned Date Disk Processed

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Rainbow Slides, Stirling

Summary Sheet

**** This form must be completed and returned with the entry disk. ****

Club:	-----
Contact Name:	-----
Address:	----- ----- ----- -----
Post Code:	-----
Tel No.	-----
e-mail address:	-----

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

Total Male Entries	@ £3.50	£.....
Total Female Entries	@ £3.50	£.....
Total Coaches Passes	@ £12.00	£.....
Total cheque enclosed			£.....

Please make cheques payable to **Stirling ASC**

Form to be returned to Meet Entry Secretary

Blair Prentice
10 Abbeyview
Logie Road
Causewayhead
Stirling
FK9 5JZ

Tel home 01786 473760, mobile 07969 040955

e-mail prenticeblair@aol.com

To be returned by 5pm Monday 4 December 2006