



# Grangemouth Amateur Swimming Club

At Grangemouth Sports Complex  
Abbots Road Grangemouth  
FK3 9JD

Presents

## **The 12<sup>th</sup> Annual J.A.G.s Meet** Sunday, 12<sup>th</sup> February 2012

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

**Events:** Individual - 50m of all four Strokes & 100 IM  
Relay - 9/10 yrs freestyle relay team Boys & the same for Girls  
- 11/12 yrs freestyle relay team Boys & the same for Girls  
(Relay teams must be made up from children who have swam in the Gala)

**Age Groups:** 9 years & under 50m all strokes + 100 IM  
10 years 50m all strokes + 100 IM  
11 years 50m all strokes + 100 IM  
12 years 50m all strokes + 100 IM

**2 Sessions:** 9 & under, 10 year olds swim in the morning, warm up 9.00 start 10.00  
11, 12 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 electronically to [grangemouthasc@gmail.com](mailto:grangemouthasc@gmail.com)

**Gala Convenor:** Mrs Val Holmes. [valholmes@F2S.com](mailto:valholmes@F2S.com) Tel: 01324 718248  
If you require entry forms by e-mail or Hy-tek files please contact:  
[grangemouthasc@gmail.com](mailto:grangemouthasc@gmail.com)

AGE	FLY	BACK	BREAST	FREE	I.M.
9 & under	50.00	46.00	52.00	40.00	01:38.00
10 years	46.00	43.00	49.00	38.00	01:28.00
11 years	44.00	41.00	47.00	35.00	01:25.00
12 years	41.00	38.00	45.00	32.00	01:23.00

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 13th January 2012  
No late entries will be considered

**Entry Fees:** Entry fees are £4.00 per individual event and £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 12<sup>th</sup> FEBRUARY 2012**

**ENTRIES TO BE IN FOR MIDNIGHT 13<sup>th</sup> JANUARY 2012**

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

<b>BOYS</b>	<b>Team</b>
<b>9/10 Relay</b>	<b>YES / NO *</b>
<b>11/12 Relay</b>	<b>YES / NO *</b>

**\* delete as appropriate**

<b>GIRLS</b>	<b>Team</b>
<b>9/10 Relay</b>	<b>YES / NO *</b>
<b>11/12 Relay</b>	<b>YES / NO *</b>

**\*delete as appropriate**

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

**NO TIMES REQUIRED FOR RELAYS, ORGANISERS RESERVE THE RIGHT TO LIMIT TO "A" RELAYS ONLY.**

**SIGNATURE OF CLUB OFFICAL :** \_\_\_\_\_

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

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