

Grangemouth Amateur Swimming Club



Presents

The 31st Annual MAGS Meet

Saturday 11TH February 2012

At Grangemouth Sports Complex

Abbots Road Grangemouth

FK3 9JD

Events:

Individual: 100 Metres in each of the four strokes
200 Metres IM
200 Metres Freestyle
Squadron Relay: 6 x 50 Metres freestyle (1 boy + 1 girl from each age group)
All relay teams will comprise of swimmers who have swam in the meet

Age Groups:

Three age Groups: - 8-11 years
12/13 years old
14/15 years old

(Age on the DAY. All swims will be heat declared, heats will be swam based on times but split into age groups for medals. A ONE start rule and age group rules will apply in line with SASA accreditation procedures)

This Gala will be a Level 2 Gala

2 Sessions:

Morning Session: - Warm up 09.00am Start 10am

Afternoon Session: Warm up 13.30 pm Start 14.30pm

Entries: Entries to be accepted on a FASTER THAN basis and should be submitted to:

**Gala Convener: Mrs Val Holmes
32 Marshall Drive California FALKIRK FK1 2AB
Tel: 01324 718248
valholmes@F2S.com**

The meet will be run using the HY-Tek system
Hy-Tek system disk can be obtained by E-Mail please contact
grangemouthasc@gmail.com

AGE		100 FLY	100 BACK	100 BREAST	100 FREE	200 IM	200 FREE
8-11 years	Boys &Girls	1.52.00	1.50.00	2.03.00	1.37.00		
12/13 years	Boys &Girls	1.43.00	1.36.00	1.46.00	1.25.00		
14/15 years	Boys &Girls	1.37.00	1.30.00	1.40.00	1.19.00		
8-11 years	Boys					3.25.00	3.10.00
8-11 years	Girls					3.35.00	3.20.00
12/13 years	Boys					3.05.00	2.50.00
12/13 years	Girls					3.15.00	3.00.00
14/15 years	Boys					2.50.00	2.30.00
14/15 years	Girls					3.00.00	2.40.00

QUALIFYING TIME MUST BE FASTER THAN ABOVE

The organisers reserve the right to limit the number of heats in any event.

No "Time only" swims will be considered

All entries should be in before Midnight 13 January 2012.

No late entries will be considered.

Entries Fees: Entry fees are £4.50 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 1st, 2nd & 3rd in each Event

Medals or pennants will be awarded to 4th, 5th & 6th in each Event

Relay team medals will be awarded to 1st, 2nd & 3rd only.

A TOP CLUB Trophy is awarded to the club scoring most points in the Gala.

Trophies will be awarded for best BOY & GIRL in each age group.

(Trophies are worked on a Points System)

Officials:

WE REQUEST 2 OFFICIALS PER CLUB FOR EACH SESSION PLEASE

Meals:

Cost £5.00 per Coach. Must be paid for with the Gala Entry fee.

Relay

<u>SQUADRON RELAY</u>	RELAY YES / NO
1x boy and girl from each age	

LIMITED TO "A" RELAY TEAMS ONLY

SIGNATURE OF CLUB OFFICIAL: _____

NAME: _____ **No. Entries Boys @ £4.50** _____ **£** _____

Address: _____ **No. Entries Girls @ £4.50** _____ **£** _____

_____ **Squadron Relay Entry** **@ 5.00 £** _____

_____ **Meal Tickets @ £5.00** **£** _____

_____ **Total Amount enclosed** **£** _____

Tel. No _____

E-mail _____