



INVERNESS AMATEUR SWIMMING CLUB GRADED MEET

SATURDAY APRIL 23rd 2016

The licence number for this event is ND/L2/238/APR16

Inverness ASC invites you to their Graded Meet to be held at Inverness Leisure Centre on Saturday 23rd April 2016. (25m 8 lane pool, electronic timing)

SESSIONS

Session 1 Warm up 9.00am Start 10.00am
Session 2 Warm up 1.30pm Start 2.30pm

AGE GROUPS

8-10yrs, 11/12yrs and 13/14yrs
Age on day – 23rd April 2016 (minimum age 8, maximum 14 years)

EVENTS

Please see attached sheet for order of events
All events are heat declared winners.

ENTRIES

All entries to be submitted on HY-TEK files and emailed to heather@magill1.orangehome.co.uk. Entry file can be obtained from the SASA North District website or email Meet Secretary (as above).
CLOSING DATE Monday 28th March 2016
Late entries will not be accepted.

ENTRY TIMES

Entry times must be equal to or slower than those on attached sheet.

ENTRY FEE

£5.00 per swim and £7.00 per relay event.
Cheques made payable to Inverness Swimming Club.
Please forward officials sheets, entry sheet and fees to:
Heather Magill, 10 Carn Mor, Culbokie, Ross-shire, IV7 8NA.

MEDALS

Medals will be presented to 1st, 2nd and 3rd place.
Certificates will be presented to swimmers who exceed the cut-off times (5% faster than the attached qualifying times). A trophy will be presented to the club gaining the most points, 1st place 8 points, 2nd place 7 points, etc. with double points for relays.

OFFICIALS

Clubs must provide a list of officials willing to help on the day. Please complete the enclosed form and return it with entries or e-mail the details to STO Contact – Pauline Gillies – pauline@highlandplumbing.org

WITHDRAWALS

Withdrawals and relay team lines **MUST** be notified to the recorders desk at least one hour prior to the start of the appropriate session.

VIDEO

Please note anyone wishing to use photographic equipment, including video cameras, must register with the Meet Secretary.

MEET SECRETARY

Heather Magill – heather@magill1.orangehome.co.uk

INVERNESS GRADED MEET – 2016 ENTRY TIMES

Entry times must be equal to or slower than:

		BOYS	GIRLS
10 yrs and under	50m Freestyle	00:38.00	00:40.00
	50m Backstroke	00:45.00	00:46.00
	50m Breaststroke	00:50.00	00:52.00
	50m Butterfly	00:49.00	00:50.00
	100m IM	01:40.00	01:40.00
11/12 yrs	100m Freestyle	01:18.00	01:21.00
	100m Backstroke	01:30.00	01:32.00
	100m Breaststroke	01:43.00	01:44.00
	100m Butterfly	01:34.00	01:35.00
	100m IM	01:31.00	01:31.00
13/14 yrs	100m Freestyle	01:09.00	01:11.00
	100m Backstroke	01:22.00	01:24.00
	100m Breaststroke	01:32.00	01:34.00
	100m Butterfly	01:24.00	01:30.00
	100m IM	01:22.00	01:24.00

All members of the relay team(s) must have taken part in at least one individual event.

A maximum of two relay teams per club.

There will be a maximum of five heats in each event. Inverness ASC reserve the right to fill lanes with their own swimmers.

INVERNESS GRADED MEET - 2016

PROGRAMME OF EVENTS

Session 1 - Warm Up 9.00am

101	11/12 years
102	11/12 years
103	13/14 years
104	13/14 years
105	10yrs and under
106	10yrs and under
107	11/12 years
108	11/12 years
109	13/14 years
110	13/14 years
111	10yrs and under
112	10yrs and under
113	11/12 years
114	11/12 years
115	13/14 years
116	13/14 years
117	11/12 years
118	11/12 years
119	13/14 years
120	13/14 years

Start 10.00am

Boys	100m Backstroke
Girls	100m Backstroke
Boys	100m Breaststroke
Girls	100m Breaststroke
Boys	50m Backstroke
Girls	50m Backstroke
Boys	100m Freestyle
Girls	100m Freestyle
Boys	100m IM
Girls	100m IM
Boys	50m Butterfly
Girls	50m Butterfly
Boys	100m IM
Girls	100m IM
Boys	100m Backstroke
Girls	100m Backstroke
Boys	4x50m Medley Relay
Girls	4x50m Medley Relay
Boys	4x50m Medley Relay
Girls	4x50m Medley Relay

Session 2 - Warm Up 1.30pm

201	10yrs and under
202	10yrs and under
203	11/12 years
204	11/12 years
205	10yrs and under
206	10yrs and under
207	13/14 years
208	13/14 years
209	10yrs and under
210	10yrs and under
211	11/12 years
212	11/12 years
213	13/14 years
214	13/14 years
215	10yrs and under
216	10yrs and under
217	11/12 years
218	11/12 years
219	13/14 years
220	13/14 years

Start 2.30pm

Boys	100m IM
Girls	100m IM
Boys	100m Breaststroke
Girls	100m Breaststroke
Boys	50m Freestyle
Girls	50m Freestyle
Boys	100m Butterfly
Girls	100m Butterfly
Boys	50m Breaststroke
Girls	50m Breaststroke
Boys	100m Butterfly
Girls	100m Butterfly
Boys	100m Freestyle
Girls	100m Freestyle
Boys	4x50m Freestyle Relay
Girls	4x50m Freestyle Relay
Boys	4x50m Freestyle Relay
Girls	4x50m Freestyle Relay
Boys	4x50m Freestyle Relay
Girls	4x50m Freestyle Relay



INVERNESS GRADED MEET – 2016

Saturday 23rd April 2016

Please complete and return with entry fees within 3 days of closing date.

I confirm that all swimmers entered from _____ club have paid their current SASA membership fees.

Signed: _____ Position in Club: _____

Address (for refunds): _____

Email address: _____

SUMMARY OF ENTRY

10years and under swims @£5.00	_____
11/12 year swims@ £5.00	_____
13/14 year swims @ £5.00	_____
Relay Teams 10yrs & Under @£7.00	_____
Relay Teams 11/12 years @£7.00	_____
Relay Teams 13/14 years @£7.00	_____
TOTAL	_____

Cheques to be made payable to Inverness Swimming Club.

Please return to:

Heather Magill
10 Carn Mor
Culbokie
Ross-shire
IV7 8NA



INVERNESS GRADED MEET - 2016

Officials Sheet

Saturday 23rd April 2016

Please complete and return with entry fees.

Club: _____

STO Name: _____

Email contact for STO: _____

NAME	DUTY	SESSION 1	SESSION 2	SIGNATURE REQUIRED

STO CONTACT - PAULINE GILLIES - pauline@highlandplumbing.org