**FORRES BLUEFINS SWIMMING CLUB**

AFFILIATED SASA NORTH DISTRICT

# TWO-DAY MEET

**Saturday 14th and Sunday 15th March 2020**

Forres Bluefins invite you to their annual two day meet, which will be held at Forres Swimming Pool on Saturday 14th and Sunday 15th March 2020

**SESSIONS** Session One Warm up 0900 Start 1005

Session Two Warm up 1400 Start 1505

Session Three Warm up 0900 Start 1005

Session Four Warm up 1400 Start 1505

**AGE GROUPS** 8/10 years;

11,12,13,14 years and 15 and over.

Relays: 8/12 years,13 years/over.

**Age is at last day of meet the 15thMarch 2020.**

**EVENTS** Please see attached sheet for order of events.

All events will be HDW.

Entries can be obtained via the North District website or by e-mailing the Match Sec.

**ENTRY** Entries should be sent as a HY-TEK file.

**CLOSING DATE FOR ENTRIES IS 8pm on Friday 14th FEBRUARY 2020.**

**Late entries will not be accepted.**

**Entry Times** There are no consideration times.

Forres Bluefins Swimming club reserve the right to restrict the number of heats in any event/s, and reserves the right to swim a slower heat for their swimmers and to fill any empty lanes with Forres Bluefin swimmers.

**Entry Fees** £5.00 per individual event and £8.00 per relay.

Cheques should be made payable to: Forres Bluefins ASC

Alternatively, a BACS payment can be made to the **‘Forres Bluefins Gala Account’** using your club name as the reference.

**Account Number 14079462 Sort Code 80-22-60**

**Accreditation** Has been applied for, therefore, please complete the registration declaration.

**Medals** Medals will be present for 1st, 2nd, and 3rd place.

The ‘Forres Bluefins Trophy’ will be awarded to the highest scoring club.

**Relays** Relays are mixed, and must consist of 2 boys and 2 girls per team. No points will be awarded for the relay events. Swimmers must have been entered in an individual event to swim as part of a relay team. **Individuals may swim up an age group to make a relay team BUT they may not swim down.**

**Withdrawals** Early withdrawals prior to the meet may be sent by email to matchsec@forresbluefins.co.uk to arrive no later than 1200 on Friday 6th March 2020. NB all details must be included (Name, Event Number, Stroke). Telephone withdrawals will not be accepted.

**Withdrawals at the meet:** Withdrawals from heats at the meet should be notified on the withdrawal form issued in the coaches’ pack. The sheets should be handed to the recorders table at least 1 hour prior to the start of the appropriate session.

**Officials** We would be grateful for 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 the address below.

Catering for Technical officials will be provided in the Classroom adjacent to the Fitness Suite.

**Video**  Please note that anyone wishing to use photographic equipment, including video cameras must register with Forres Swimming Pool, form for which can be found at reception.

**Gala Convener** Sarah Mcnally

Telephone 07403956820

Email galaconvener@forresbluefins.co.uk

**Gala Entries** Amy Mitchell

3 Spires Crescent

Nairn

Highlands

IV12 5PZ

Telephone 07502215463

E-Mail matchsec@forresbluefins.co.uk

**Notes** **The** **Forres Swimming Pool has extremely limited seating poolside**, the school gymnasium can be used as an overflow. It is required that all clubs have at least one adult supervising, whilst their swimmers are making use of the school facilities.

Packed lunches may be eaten in the Gymnasium.

Meals for coaches will be provided in the Classroom adjacent to Fitness Suite.

Shoes and Tee Shirts must be worn by swimmers when in pool foyer and school Gymnasium.

If available a swim shop will be open next to the Gymnasium or in the viewing area.

A draft Program will be e-mailed when completed with a list of rejected swims.

Warm-ups must be supervised.

Relay team lines on the day can be found in the coaches’ pack and must be submitted to the recorders table during the warm up in which the event takes place. Please ensure the team lines record the names, in swimming order, of team members and any reserves.

**FORRES BLUEFINS SWIMMING CLUB**

**TWO DAY GALA**

**14th and 15h March 2020**

**Summary Sheet**

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

**Signed …………………………………… Position in club ……………………**

**SUMMARY OF ENTRY**

**Individual Girl swims @ £5.00 £**

**Individual Boy swims @ £5.00 £**

**Relay Teams @ £8.00 £**

**Total enclosed payable to Forres Bluefins Gala Account £**

**Name and address of Club Contact**

**Name:**

**Address:**

**Post Code:**

**Tel:**

**E-mail:**

**Forres Bluefins Two Day Gala Officials Sheet**

**Club:**

**STO Contact:**

**E-mail:**

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| --- | --- | --- | --- | --- | --- | --- |
| **NAME** | **DUTY**  **TK/J1/J2s** | **MENTORING RQUIRED\*** | **SESSION 1** | **SESSION 2** | **SESSION 3** | **SESSION 4** |
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Officials sheet to be emailed to: [bluefinssto@live.com](mailto:Forresbluefins@forresbluefins.orangehome.co.uk) by 14th February 2020

**Two Day Meet 2020**

# SESSION 2 AND 4 WARM UP TIMES ARE PROVISIONAL

## **Session One – Saturday Morning 14/03/2020** **Warm up: 0900-1000** **Start: 1005 Hrs**

101 Boys 13 Years 100m Breaststroke

102 Girls 13 Years 100m Breaststroke

103 Boys 14 years 100m Breaststroke

104 Girls 14 Years 100m Breaststroke

105 Boys 8/10 Years 50m Freestyle

106 Girls 8/10 Years 50m Freestyle

107 Boys 11 Years 100m Backstroke

108 Girls 11 Years 100m Backstroke

109 Boys 12 Years 100m Backstroke

110 Girls 12 Years 100m Backstroke

111 Boys 15 Years/Over 100m Butterfly

112 Girls 15 Years/Over 100m Butterfly

113 Boys 13 Years100m Individual Medley

114 Girls 13 Years100m Individual Medley

115 Boys 14 Years100m Individual Medley

116 Girls 14 Years100m Individual Medley

## **Session Two – Saturday Afternoon 14/03/2020** **Warm up: 1400-1500** **Start: 1505 Hrs**

201 Boys 8/10 Years 50m Backstroke

202 Girls 8/10 Years 50m Backstroke

203 Boys 11 Years 100m Breaststroke

204 Girls 11 Years 100m Breaststroke

205 Boys 12 Years 100m Breaststroke

206 Girls 12 Years 100m Breaststroke

207 Boys 13 Years 100m Butterfly

208 Girls 13 Years 100m Butterfly

209 Boys 14 Years 100m Butterfly

210 Girls 14 Years 100m Butterfly

211 Boys 15 Years/Over 100m Freestyle

212 Girls 15 Years/Over 100m Freestyle

213 Boys 8/10 Years 100m Individual Medley

214 Mixed 8/12 Years 4 x 50m Medley Relay

215 Mixed 13/Over 4 x 50m Medley Relay

## **Session Three – Sunday Morning 15/03/2020** **Warm up: 0900-1000** **Start: 1005**

301Girls 11 Years 100m Individual Medley

302Girls 12 Years 100m Individual Medley

303 Boys 8/10 Years 50m Breaststroke

304 Girls 8/10 Years 50m Breaststroke

305 Boys 15 Years/Over 100m Backstroke

306 Girls 15 Years/Over 100m Backstroke

307 Boys 14 Years 100m Freestyle

308 Girls 14 Years 100m Freestyle

309 Boys 13 Years 100m Freestyle

310 Girls 13 Years 100m Freestyle

311 Boys 12 Years 100m Butterfly

312 Girls 12 Years 100m Butterfly

313 Boys 11 Years 100m Butterfly

314 Girls 11 Years 100m Butterfly

315 Girls 8/10 Years 100m Individual Medley

## **Session Four – Sunday Afternoon 15/03/2020** **Warm up: 1400-1500** **Start: 1505 Hrs**

401Boys 11Years 100m Individual Medley

402Boys 12 Years 100m Individual Medley

403 Boys 15 Years/Over 100m Breaststroke

404 Girls 15 Years/Over 100m Breaststroke

405 Boys 8/10 Years 50m Butterfly

406 Girls 8/10 Years 50m Butterfly

407 Boys 13Years 100m Backstroke

408 Girls 13Years 100m Backstroke

409 Boys 14 Years 100m Backstroke

410 Girls 14 Years 100m Backstroke

411 Boys 11Years 100m Freestyle

412 Girls 11Years 100m Freestyle

413 Boys 12 Years 100m Freestyle

414 Girls 12 Years 100m Freestyle

415 Boys 15 Years/Over 100m Individual Medley

416 Girls 15 Years/Over 100m Individual Medley

417 Mixed 8/12 Years 4 x 50m Freestyle Relay

418 Mixed 13/Over 4 x 50m Freestyle Relay