

INVERNESS GRADED MEET – 2005

- Date:** Saturday 7 May 2005
- Time:** Session 1 – Warm-up 9.00am ,Start 10.05am
Session 2 – Warm-up 1.30pm, Start 2.30pm
- Venue:** Inverness Aquadome, 25m, 8 lane pool, electronic timing.
- Age:** **Age on day - 7 May**
- Events:** 10yrs and under – 50m all strokes, 100m IM, 4 x 50 freestyle relay
11/12 yrs – 100m all strokes, 100m IM, 4 x 50 freestyle relay
13/14 yrs – 100m all strokes, 100m IM, 4 x 50 freestyle relay
All events are heat declared winner.
Accreditation is being applied for and all competitors must be registered with SASA
- Entries:** Entries to be submitted on **disk**. To obtain a disk please contact Tom Tracey on 01463 240111 or e-mail ttracey@globalnet.co.uk **Time cards are not required.** Lists of accepted/rejected swims will be sent to participating clubs.
- Entry Fees:** £3.50 per individual event, £6.00 per relay event
Cheques payable to Inverness Swimming Club
- Please return disks, officials' sheets and entry fees to:
Bob Ewen, 5 Forbes Drive, Nairn, IV12 4QY
- CLOSING DATE FOR ENTRIES IS FRIDAY 1 APRIL 2005**
- Medals:** Will be presented to 1st, 2nd and 3rd places. Certificates will be presented to swimmers who exceed the cut-off times (5% faster than Qualifying times – attached). A **trophy** will be presented to the club gaining most points. Points are awarded to the first eight places, 1st place – 8 points, 2nd place 7 points etc. and double points will be awarded for relays.
- Officials:** To ensure the smooth running of the meet we need a full complement of Officials and would be very grateful if clubs could return the enclosed officials sheet with entries (or at least one week before the meet)
- Notes:** ISC reserve the right to amend the programme at any time.

We look forward to seeing you on 8 May.

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ENTRY TIMES

Entry times must be equal to or slower than:

		BOYS	GIRLS
10 yrs and under	50m Freestyle	00.42.00	00.43.00
	50m Backstroke	00.50.00	00.51.00
	50m Breaststroke	00.53.00	00.55.00
	50m Butterfly	00.53.00	00.55.00
	100m I.M.	01.45.00	01.45.00
11/12 yrs	100m Freestyle	01.27.00	01.28.00
	100m Backstroke	01.38.00	01.39.00
	100m Breaststroke	01.50.00	01.53.00
	100m Butterfly	01.38.00	01.40.00
	100m I.M.	01.38.00	01.38.00
13/14yrs	100m Freestyle	01.17.00	01.19.00
	100m Backstroke	01.28.00	01.30.00
	100m Breaststroke	01.39.00	01.41.00
	100m Butterfly	01.28.00	01.36.00
	100m I.M.	01.30.00	01.32.00

- 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.

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PROGRAMME OF EVENTS

Session 1 – Warm-up 9.00am Start 10.05am

101	Boys 10 yrs and under	50m Freestyle
102	Girls 10 yrs and under	50m Freestyle
103	Boys 11/12 yrs	100m Backstroke
104	Girls 11/12 yrs	100m Backstroke
105	Boys 13/14 yrs	100m Breaststroke
106	Girls 13/14 yrs	100m Breaststroke
107	Boys 10 yrs and under	50m Backstroke
108	Girls 10 yrs and under	50m Backstroke
109	Boys 11/12 yrs	100m Freestyle
110	Girls 11/12 yrs	100m Freestyle
111	Boys 13/14 yrs	100m I.M.
112	Girls 13/14 yrs	100m I.M.
113	Boys 10 yrs and under	50m Butterfly
114	Girls 10 yrs and under	50m Butterfly
115	Boys 11/12 yrs	100m I.M.
116	Girls 11/12 yrs	100m I.M.
117	Boys 13/14 yrs	100m Backstroke
118	Girls 13/14 yrs	100m Backstroke
119	Boys 11/12 yrs	4x50m Medley Relay
120	Girls 11/12 yrs	4x50m Medley Relay
121	Boys 13/14 yrs	4x50m Medley Relay
122	Girls 13/14 yrs	4x50m Medley Relay

Session 2 – Warm-up 1.30pm Start 2.35pm

201	Boys 10 yrs and under	100m I.M.
202	Girls 10 yrs and under	100m I.M.
203	Boys 11/12 yrs	100m Breaststroke
204	Girls 11/12 yrs	100m Breaststroke
205	Boys 13/14 yrs	100m Butterfly
206	Girls 13/14 yrs	100m Butterfly
207	Boys 10 yrs and under	50m Breaststroke
208	Girls 10 yrs and under	50m Breaststroke
209	Boys 11/12 yrs	100m Butterfly
210	Girls 11/12 yrs	100m Butterfly
211	Boys 13/14 yrs	100m Freestyle
212	Girls 13/14 yrs	100m Freestyle
213	Boys 10 yrs and under	4x 50m Freestyle Relay
214	Girls 10 yrs and under	4x 50m Freestyle Relay
215	Boys 11/12 yrs	4x 50m Freestyle Relay
216	Girls 11/12 yrs	4x 50m Freestyle Relay
217	Boys 13/14 yrs	4x 50m Freestyle Relay
218	Girls 13/14 yrs	4x 50m Freestyle Relay

