

Inverness Graded Meet – 2010

- Date Saturday 1st May 2010
- Time Session 1- Warm up 9.00am Start 10am
Session 2 – Warm up 1.30pm Start 2.30pm
- Venue Inverness Aquadome, 25m 8 lane pool, electronic timing
- Age Age on day 1st May
- Events 10yrs under 50m all strokes 100m IM 4 x 50m freestyle relay
11/12yrs –100m all strokes 100m IM 4 x 50m freestyle relay
13/14yrs –100m all strokes 100m IM 4 x 50m freestyle relay
All events are heat declared winners
Accreditation is being applied for and all competitors must be registered with SASA.
- Entries Entries to be submitted by Hy-tek team manager and email to iasctech@hotmail.co.uk. Entry file can be obtained from the North District website www.sasanorth.org.uk Time cards not required. Lists of accepted and rejected swims will be sent to participating clubs.
- Entry fees £4.00 per swim and £6.00 per relay event
Cheques payable to Inverness Swimming Club
Please forward officials sheets and entry sheet and fees to:
Garry Urquhart, 12 Errogie Road, Lochardil, Inverness. IV2 4BY
CLOSING DATE FOR ENTRIES Saturday 17th April 2010
- 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 Qualifying times- attached) A trophy will be presented to the club gaining the most points 1st place 8 points, 2nd place 7 points etc and double points for relays.
- Officials To ensure the smooth running of the meet we need a full compliment of Officials and would be grateful if clubs could return the enclosed officials sheet with entries
- Notes ISC reserve the right to amend the programme at any time.
For further information please contact

Meet Secretary
Sarah Duncan
22a Southside Road
Inverness
IV2 3BG

Tel; 07788883367
Email; swimminginverness@tiscali.co.uk

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		BOYS	GIRLS
10yrs 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
11/12yrs	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

ENTRY TIMES

Entry times must be equal or slower than:

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 10.05 am

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

Session 2 – Warm up 1.30pm Start 2.35pm

201	Boys 10yrs and under	100m IM
202	Girls 10yrs and under	100m IM
203	Boys 11/12yrs	100m Breaststroke
204	Girls 11/12yrs	100m Breaststroke
205	Boys 13/14yrs	100m Butterfly
206	Girls 13/14yrs	100m Butterfly
207	Boys 10yrs and under	50m Breaststroke
208	Girls 10yrs and under	50m Breaststroke
209	Boys 11/12yrs	100m Butterfly
210	Girls 11/12yrs	100m Butterfly
211	Boys 13/14yrs	100m Freestyle
212	Girls 13/14yrs	100m Freestyle
213	Boys 10yrs and under	4x50m Freestyle Relay
214	Girls 10yrs and under	4x50m Freestyle Relay
215	Boys 11/12yrs	4x50m Freestyle Relay
216	Girls 11/12yrs	4x50m Freestyle Relay
217	Boys 13/14yrs	4x50m Freestyle Relay
218	Girls 13/14yrs	4x50m Freestyle Relay

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Saturday 1st May 2010

CLUB.....

SECRETARY.....

ADDRESS.....

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TEL.....

AGE GROUPS	BOYS	GIRLS	TOTAL
10yrs and under			
11/12yrs			
13/14yrs			
RELAY TEAMS			
10yrs and under			
11/12yrs			
13/14yrs			

Entries @ £4.00.....

Relay @ £6.00.....

Total Amount.....

Return to [Garry Urquhart](#)
[12 Errogie Road](#)
[Lochardil](#)
[Inverness](#)
[IV2 4BY](#)

