



FLIXTON SWIM TEAM
CLUB CHAMPIONSHIP SPRINT MEET

Saturday 21st – Sunday 22nd May 2016

Venue – Urmston Leisure Centre, Flixton

PROGRAMME OF EVENTS



Affiliated to ASA North West Region & Lancashire
Under ASA Laws and Regulations and ASA Technical Rules of Swimming
Licensed meet level 4 (Licence no: 4NW167091)

SESSION 1 : Saturday 21st May 2016			
Warm Up : 5.15 pm			Start : 5.45 pm
EVENT NUMBER		AGE GROUPS	EVENT
101	Girls	8 & Under only	25m Backstroke
102	Boys	8 & Under only	25m Backstroke
103	Girls	9 & Over	100m Breaststroke
104	Boys	9 & Over	100m Breaststroke
105	Girls	9 & Over	50m Frontcrawl
106	Boys	9 & Over	50m Frontcrawl
107	Girls	8 & Under only	25m Breaststroke
108	Boys	8 & Under only	25m Breaststroke
	Mens	Over 18	25m Dash (any stroke)
	Ladies	Over 18	25m Dash (any stroke)
109	Girls	9 & Over	100m Backstroke
110	Boys	9 & Over	100m Backstroke
111	Girls	9 & Over	50m Butterfly
112	Boys	9 & Over	50m Butterfly
113	Girls	9 & Over	100m IM
114	Boys	9 & Over	100m IM
SESSION 2 : Sunday 22nd May 2016			
Warm Up : 4.15 pm			Start : 4.45 pm
EVENT NUMBER		AGE GROUPS	EVENT
201	Boys	8 & Under only	25m Frontcrawl
202	Girls	8 & Under only	25m Frontcrawl
203	Boys	9 & Over	100m Butterfly
204	Girls	9 & Over	100m Butterfly
205	Boys	9 & Over	50m Backstroke
206	Girls	9 & Over	50m Backstroke
	Mens	Over 18	25m Dash (any stroke)
	Ladies	Over 18	25m Dash (any stroke)
207	Boys	8 & Under only	25m Butterfly
208	Girls	8 & Under only	25m Butterfly
209	Boys	9 & Over	100m Frontcrawl
210	Girls	9 & Over	100m Frontcrawl
211	Boys	9 & Over	50m Breaststroke
212	Girls	9 & Over	50m Breaststroke



FLIXTON SWIM TEAM
CLUB CHAMPIONSHIP SPRINT MEET
Saturday 21st – Sunday 22nd May 2016
COMPETITION RULES AND CONDITIONS



Affiliated to ASA North West Region & Lancashire
Under ASA Laws and Regulations and ASA Technical Rules of Swimming
Licensed meet level 4 (Licence no: 4NW167091)

<u>FACILITY</u>	4 lane 25 metre pool Manual timing
<u>PROMOTER</u>	Flixton Swim Team
<u>RULES</u>	The meet will be held under ASA laws and ASA Technical rules The ONE-START RULE will be in operation throughout the meet This meet is licensed by the ASA at level 4 and is for swimmers who are members of Flixton SC at the time of the gala intending to achieve Level 3 and County qualifying times. There are no qualifying entry times for this gala.
<u>INFORMATION</u>	Winifred Woodcock: Urmston Leisure Centre, Bowfell Road, Flixton, M41 5RR Tel: 07864 104858 Email: flixtonswimteam@googlemail.com
<u>AGE GROUPS</u>	Girls 8yrs+Un, 9/10yrs, 11/12yrs, 13/14yrs, 15 & Over Boys 8yrs+Un, 9/10yrs, 11/12yrs, 13/14yrs, 15 & Over Ages as at 31 st December 2016
<u>ENTRIES</u>	Closing date for entries Friday 6 th May 2016 Times maybe submitted, but not essential All entries must show the swimmers full date of birth and ASA registration number Entries are restricted to members of Flixton SC as at date of gala. Completed entries are to be returned to meet information address above. Cheques made payable to Flixton Swim Team
<u>ENTRY FEE</u>	£2.50 per event to include license fee
<u>AWARDS</u>	Awards will be given to the first three placed swimmers in each age group.
<u>ENTRY CARDS</u>	This will be a cardless meet. All entries from Flixton SC members will be accepted provided they are received by the promoter on, or before, the closing date. Late entries will be accepted at the discretion of the promoter
<u>SEEDING</u>	All events will be heat declared winner (HDW), heats being seeded, slowest to fastest, based on submitted entry times.
<u>SPECTATORS</u>	Entry fee – £3.00 which includes a program & raffle tickets

Any points not covered to be at the discretion of the meet director



FLIXTON SWIM TEAM
CLUB CHAMPIONSHIP SPRINT MEET
Saturday 21st – Sunday 22nd May 2016
ENTRY FORM



Affiliated to ASA North West Region & Lancashire
 Under ASA Laws and Regulations and ASA Technical Rules of Swimming
 Licensed meet level 4 (Licence no:4NW167091)

First name.....Surname.....

Date of Birth...../...../..... Age at 31st December 2016.....yrs

Male / Female

ASA reg number:

(tick all events to be entered)

EVENT	Age	TIME
25m Backstroke	8 & under	
25m Breaststroke	8 & under	
50m Frontcrawl	9 & over	
50m Butterfly	9 & over	
100m Backstroke	9 & over	
100m Breaststroke	9 & over	
100m IM	9 & over	
Mens 25m Dash	Over 18	
Ladies 25m Dash	Over 18	

EVENT	Age	TIME
25m Frontcrawl	8 & under	
25m Butterfly	8 & under	
50m Backstroke	9 & over	
50m Breaststroke	9 & over	
100m Frontcrawl	9 & over	
100m Butterfly	9 & over	
Mens 25m Dash	Over 18	
Ladies 25m Dash	Over 18	

Number of entries.....x £2.50 Total - £.....

Cheques made payable to Flixton Swim Team

Return entry forms to Winifred By Friday 6th May 2016.