

London Borough of Redbridge SC

(AFFILIATED TO A.S.A London Region)

REDBRIDGE SPRINT MEET 08

LICENCE 3

ASA Licence no 3LR8026

Under A.S.A Law and ASA Technical Rules

SATURDAY 26th & SUNDAY 27th APRIL 2008

FULLWELL CROSS POOL

AGE GROUPS

9years, 10& 11 / 12 &13 / 14+ (Age is at midnight on the last day of the competition)

Heat Declared Winner

**Awards to the first six placed swimmers in each age group
£25 voucher the winner of the male & female skins FINALS**

Acceptance criteria:

The guide qualifying times will be that used for Essex ASA Championships 2007 plus 1 second for the 50m & 100m, and 2 seconds for the 200 events (based on the higher age group in each category). Entries faster than the Upper limit QT's will not be accepted.

Priority will be given to the fastest entries in each age group received by closing date and thereafter to home club swimmers. LBRSC have the right to reject entries for safety reason due to over subscription.

THIS COMPETITION WILL BE OPERATING A CARDLESS SYSTEM. ALL COMPETITOR MUST REPORT TO THE DESK AT THE SHALLOW END OF THE POOL AND SIGN THEIR NAME IN EACH EVENT THAT IS BEING SWUM IN THAT PARTICULAR SESSION. THE REGISTRATION WILL BE BY EVENT NUMBER AND THEN ALPHABETICAL ORDER BY NAME. SWIMMER / COACHES / PARENTS MUST NOT REGISTER OTHER SWIMMERS.

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Ages 9, 10 & 11 can compete in the 50m and 200 m events. They can also participate in the 100m IM. Ages 12+ can compete in the 100m & 200m events and the 50m skins. All 200m events will be swum as one event for ALL age groups. The 200m events will be split into separate age groups (9, 10&11, 12&13, 14+) for presentation purposes.

<p><u>Session One</u> Warm up:08:30 <u>Start: 09:20</u></p> <p>1 Girls 9 years ONLY 200 Butterfly 2 Girls 200 Butterfly (ages 10+) 3 Boys 9 years ONLY 200 Butterfly 4 Boys 200 Butterfly (ages 10+) 5 Girls 9, 10&11 50m Breast 6 Boys 9, 10&11 50m Breast 7 Girls 12, 13, 14+ 100 Free 8 Boys 12, 13, 14+ 100 Free 9 Girls 200 Medley 9 years ONLY 10 Girls 200 Medley (ages 10+) 11 Boys 100 Medley (ALL AGES)</p>	<p><u>Session Two</u> Warm up:13:30 <u>Start: 14:20</u></p> <p>12 Girls 200 Breast 9 years ONLY 13 Girls 200 Breast (ages 10+) 14 Boys 200 Breast 9 years ONLY 15 Boys 200 Breast (ages 10+) 16 Girls 9, 10&11 50m Back 17 Boys 9, 10&11 50m Back 18 Girls 12, 13, 14+ 100 Fly 19 Boys 12, 13, 14+ 100 Fly 20 Girls 100 Medley (ALL AGES) 21 Boys 200 Medley 9 years ONLY 22 Boys 200 Medley (ages 10+)</p>
<p><u>Session Three</u> Warm up: 08:30 <u>Start: 09:20</u></p> <p>23 Girls 200 Back 9 years ONLY 24 Girls 200 Back (ages 10+) 25 Boys 200 Back 9 years ONLY 26 Boys 200 Back (ages 10+) 27 Girls 9, 10&11 50m Free 28 Boys 9, 10&11 50m Free 29 Girls 12, 13, 14+ 100 Breast 30 Boys 12, 13, 14+ 100 Breast 31 Girls 12& Older 50m Free Skins 32 Boys 12& Older 50m Free Skins</p>	<p><u>Session Four</u> Warm up: 13:30 <u>Start: 14:20</u></p> <p>33 Girls 200 Freestyle 9 years ONLY 34 Girls 200 Freestyle (ages 10+) 35 Boys 200 Freestyle 9 years ONLY 36 Boys 200 Freestyle (ages 10+) 37 Girls 9, 10&11 50m Fly 38 Boys 9, 10&11 50m Fly 39 Girls 100 12, 13, 14+ Back 40 Boys 100 12, 13, 14+ Back 41 Girls 50m Free Skins FINAL 42 Boys 50 Free Skins FINAL</p>

CLOSING DATE 23rd MARCH 2008

