**CENTRAL SWIMMING**

**CHAMPIONSHIPS 2019**

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**SUNDAY 1st September 2019**

**GRANGEMOUTH SPORTS COMPLEX**

**Licence: WD/L2/010/0919**

**OPEN TO ALL SWIMMERS FROM THE FIVE MEMBER CLUBS**

***ALLOA, BO’NESS, FALKIRK, GRANGEMOUTH & STIRLING***

**INVITATION**

The Central Swimming Committee would like to invite, all swimmers from the five member clubs (Alloa, Bo’ness, Falkirk, Grangemouth & Stirling), to take part in the Central Swimming Championships.

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| **Venue** | Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JD |
| **Sessions** | Session 1 | Warm Up – 09:00 | Start 10:00 |
| Session 2 | Warm Up: 13:30 | Start: 14:30 |
| **Age Criteria**  | Age on 1st September 2019All swimmers must be **8 years and over** |
| **Events & Age Groups** | 10 & Under  | * 50m back, breast, fly & free
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| 11 -12 years old  | * 100m back, breast, fly & free
 |
| 13 - 14 years old  | * 100m back, breast, fly & free
 |
| 15 years & over | * 100m back, breast, fly & free
 |
| All age groups  | * 4 x 50m Medley relay
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| All age groups  | * 8 x 50m Cannon “freestyle Relay” (1 boy & 1 girl from each age group
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| **RELAY RULES** | Medley relays will comprise of swimmers who have been entered into meet only taking part in one age group. Swimmers must swim in the order entered. Younger swimmers may swim up an age group.Event 221 the Cannon “freestyle relay” will consist of 8 swimmers swum in the order:-10 & under girl/boy, 12 & under girl/boy, 14 & under girl/boy, 15& over girl/boy. Swimmers may swim in this relay even if they have appeared in a medley relay.  |
| **ENTRIES** | The meet will be run using the Hy-Tek systemThe Hy-Tek entry file can be obtained by email from:admin@bonessasc.org |
| **CLOSING DATE** | **Sunday 4th August 2019** |
| **ENTRY FEE** | Entry fees are **£7.00** per individual event and **£8.00** per relay team. All gala entries to be paid by Bacs transfer after the meet to be  Bank of Scotland Sort Code: 80-22-60 Account No: 10060660 |
| **MEDALS & TROPHIES** | Medals will be awarded to the 1st, 2nd, 3rd, 4th, 5th & 6th places for all non- relay events and 1st, 2nd & 3rd for relays. Trophies awarded to best boy & girl in each age group and overall performance.A trophy will be presented to best overall club. |

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**ORDER OF EVENTS**

**ALL EVENTS HEAT DECLARED**

|  |  |  |
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| **SESSION 1** |  | **SESSION2** |
| EVENT 101 Boys 10 Yrs/Under 50m Butterfly EVENT 102 Girls 10 Yrs/Under 50m Butterfly EVENT 103 Boys 11-12 Yrs 100m Backstroke EVENT 104 Girls 11-12 Yrs 100m Backstroke EVENT 105 Boys 13-14 Yrs 100m Breaststroke EVENT 106 Girls 13-14 Yrs 100m Breaststroke EVENT 107 Boys 15/Over Yrs 100m Freestyle EVENT 108 Girls 15/Over Yrs 100m Freestyle EVENT 109 Boys 10yrs/Under 50m Backstroke EVENT 110 Girls 10yrs/Under 50m Backstroke EVENT 111 Boys 11-12 100m Butterfly EVENT 112 Girls 11-12 100m Butterfly EVENT 113 Boys 13-14 100m Freestyle EVENT 114 Girls 13-14 100m Freestyle EVENT 115 Boys 15/Over 100m Butterfly EVENT 116 Girls 15/Over 100m Butterfly EVENT 117 Boys 10/Under 200m Medley Relay EVENT 118 Girls 10/Under 200m Medley Relay EVENT 119 Boys 12/Under 200m Medley Relay EVENT 120 Girls 12/Under 200m Medley Relay  |  | EVENT 201 Boys 14/Under 200m Medley RelayEVENT 202 Girls 14/Under 200m Medley Relay EVENT 203 Boys 15/Over 200m Medley Relay EVENT 204 Girls 15/Over 200m Medley Relay EVENT 205 Boys 10/Under 50m Breaststroke EVENT 206 Girls 10/Under 50m Breaststroke EVENT 207 Boys 11-12 100m Freestyle EVENT 208 Girls 11-12 100m Freestyle EVENT 209 Boys 13-14 100m Butterfly EVENT 210 Girls 13-14 100m Butterfly EVENT 211 Boys 15/Over 100m Backstroke EVENT 212 Girls 15/Over 100m Backstroke EVENT 213 Boys 10/Under 50m Freestyle EVENT 214 Girls 10/Under 50m Freestyle EVENT 215 Boys 11-12 100m Breaststroke EVENT 216 Girls 11-12 100m Breaststroke EVENT 217 Boys 13-14 100m Backstroke EVENT 218 Girls 13-14 100m Backstroke EVENT 219 Boys 15/Over 100m Breaststroke EVENT 220 Girls 15/Over 100m BreaststrokeEVENT 221 Mixed Cannon 400m Freestyle Relay |

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**SUMMARY SHEET**

**CLUB: Boness ASC**

**NAME:**

**Jacqueline Smith No. Entries Boys @ £7.00 \_\_66\_\_\_£462**

**Address:**

**28 Craigs Crescent No. Entries Girls @ £7.00 \_70\_\_£490**

**Rumford Relay Entry @ £8.00 2 £16**

**FK2 0EN Total Amount enclosed £968**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tel. No:\_07745097433**

**E-mail:**competitions@boness.asc.org

**DECLARATION: I confirm that all swimmers entered have paid their current SASA fees.**

**SIGNATURE OF CLUB OFFICIAL: Jacqueline Smith**