



**GLENROTHES AMATEUR SWIMMING
CLUB**

**Ann Arnold Novice Gala
2013**

**Saturday 28th September
2013**

**Michael Woods Sports and Leisure Centre,
Glenrothes.**

Meet Information

Date	Saturday 28 th September 2013
Venue	Michael Woods Sports and Leisure centre, Viewfield, Glenrothes, Fife.
Pool	8 lane, 25m pool, electronic timing, anti-wave lane ropes, swim down facilities.
Events	Age 9 & Under 25 Fly, 50 Back, 50 Breast, 50 Free Age 10 & Over 50 Fly, 50 Back, 50 Breast, 50 Free All events will be heat declared.
Age Groups	Age groups will be Age on the Day, and are 8yrs and under 9yrs 10yrs 11yrs and over
Sessions	There will be 2 sessions as follows:- Morning Warm-up 9.00 a.m. Start 10.00 a.m. Afternoon Warm-up 1.30 p.m. Start 2.30 p.m.
Entry Fees	£4.50 per event. Cheques should be made payable to "Glenrothes ASC" . Entries will not be accepted without the correct fee or with the entry file incorrectly completed.
Entries	Entries should be made by Hy-Tek file. Entry file requests should be made by email to Heather McIntyre (see below) quoting club, name, address and telephone number. Completed entries should be returned by email All completed forms and appropriate fees should be sent to:
Entry Secretary	Heather McIntyre, The Bungalow, Carslogie Rd, Cupar, KY15 4HY Tel 01334 656559 hjp.mcintyre@btinternet.com

Closing Date The closing date for entries is midnight on Saturday 31st August 2013.
Cheques to arrive no later than 7 days after closing date.

Closing date: Midnight 31st August.

Awards Awards will be presented to the first six in all events. Trophies will be awarded to the female and male swimmers acquiring the highest number of points. Points will be awarded to the top six in each event.

Technical Officials We will be pleased to welcome T.O.'s who are travelling to the meet. Lunches and refreshments will be offered. Please give names to Gill Scott (Meet Convenor) by e-mail – Gill.Scott@blueyonder.co.uk

Coaches Meal Passes Coaches Meal Passes are available at a cost of £8.00 each. Please fill in the appropriate part of the summary sheet, if required.

Amenities The restaurant will be open most of the day for meals and snacks. Michael Woods Centre provides good spectator accommodation and there is ample parking to the rear of the building.

Events

Please do not submit times faster than

EVENT	8yrs & under	9yrs	10yrs	11yrs & over
25m Fly	24.00	23.00		
50m Fly			45.00	44.00
50m Back	50.00	48.00	46.00	43.00
50m Breast	57.00	55.00	52.00	50.00
50m free	41.00	40.00	37.00	35.00

Speeding awards will be issued to those swimming faster than times above.

Morning Session 9am warm up 10am start

- 101 Girls 9 & Under 25 Metre Fly
- 102 Boys 9 & Under 25 Metre Fly
- 103 Girls 10 & Over 50 Metre Fly
- 104 Boys 10 & Over 50 Metre Fly
- 105 Girls 9 & Under 50 Metre Back
- 106 Boys 9 & Under 50 Metre Back
- 107 Girls 10 & Over 50 Metre Back
- 108 Boys 10 & Over 50 Metre Back
- 109 Mixed 9 & Under 100 Metre Freestyle Relay

Afternoon Session 1:30pm Warm up 2:30 start

- 201 Girls 9 & Under 50 metre Breast
- 202 Boys 9 & Under 50 Metre Breast
- 203 Girls 10 & Over 50 Metre Breast
- 204 Boys 10 & Over 50 Metre Breast
- 205 Girls 9 & Under 50 Metre Free
- 206 Boys 9 & Under 50 Metre Free
- 207 Girls 10 & Over 50 Metre Free
- 208 Boys 10 & Over 50 Metre Free
- 209 Mixed 10 & Over 100 Metre Freestyle Relay

**GLENROTHES AMATEUR SWIMMING CLUB
SPRING MEET 2012**

SUMMARY SHEET

**** This form must be completed and returned with your cheque. ****

Club:

Contact Name:

Address:

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Post Code: Tel No.

e-mail address:
(important for urgent distribution of information and updates pertaining to the meet).

Total Male Entries @ £ 5.00 £.....

Total Female Entries @ £ 5.00 £.....

Lunch Ticket @ £8.00 £.....

Total cheque enclosed £

Please make cheques payable to GLENROTHES ASC

Form to be returned to:
Heather McIntyre
Meet Entry Secretary
The Bungalow,
Carslogie Road,
Cupar, KY15 4HY
Tel 01334 656559
Email: hjp.mcintyre@btinternet.com

TO BE RETURNED BY SATURDAY 31st August 2013