

St Thomas ASC Open Championships 2015  
 Monday 14<sup>th</sup>, Thursday 17<sup>th</sup> and Sunday 20<sup>th</sup> September

All swimmers who enter this gala **must attend** land training that precedes the events on the Sunday and Thursday. This will allow coaches to keep the pool warm up to 20 mins. Failure to attend land training may result in exclusion from the Championship events.

Thursday: land training 5.00-5.30; warm up 5.45-6.05; start time 6.10 approx. Sunday: land training 8.00-9.00; warm up 9.00-9.20; start time 9.25 approx. If time allows a swimdown will be provided.

Name:

200m IM (Senior only)	
100m IM (Junior only)	
100m FC	
200m BK	
100m BR	
Technical Swimming (100m IM)	
100m BK	
200m FC (Junior only)	
50m FLY (Junior only)	
100m FLY (Senior only)	
50m FC	
½ Mile FC (Senior only) (Thursday 17 <sup>th</sup> September)	
¼ Mile FC (Junior only) (Monday 14 <sup>th</sup> September)	
400m IM (Senior only) (Monday 14 <sup>th</sup> September)	
200m IM (Junior only) (Thursday 17 <sup>th</sup> September)	

Please complete by placing a tick against the events you wish to enter.

Junior Boys (12 Years & Under as at 31/12/15) are permitted to enter 4 events + ¼ Mile + Technical Swimming +200 IM

Junior Girls (12 Years & Under as at 31/12/15) are permitted to enter 4 events + ¼ Mile + Technical Swimming + 200 IM

Senior Boys (over 12 Years as at 31/12/15) are permitted to enter 4 events + ½ Mile + 400m IM + Technical Swimming

Senior Girls (over 12 Years as at 31/12/15) are permitted to enter 4 events + ½ Mile + 400m IM + Technical Swimming

For your convenience, a copy of the programme is printed overleaf.

Entry forms must be completed and returned to Scott on or before 12<sup>th</sup> September

Programme of Events for 20<sup>th</sup> September as follows:-

- 1 Boys 200m Individual Medley – HDW (Senior only)
- 2 Girls 200m Individual Medley – HDW (Senior only)
- 3 Boys Junior 100m Individual Medley – HDW
- 4 Girls Junior 100m Individual Medley – HDW
- 5 Boys 100m Freestyle – HDW
- 6 Girls 100m Freestyle – HDW
- 7 Boys 200m Backstroke - HDW
- 8 Girls 200m Backstroke- HDW
- 9 Boys 100m Breaststroke – HDW
- 10 Girls 100m Breaststroke – HDW
- 11 Boys 100m Backstroke – HDW
- 12 Girls 100m Backstroke – HDW
- 13 Boys Junior 200m Freestyle – HDW
- 14 Girls Junior 200m Freestyle – HDW
- 15 Boys Junior 50m Butterfly – HDW
- 16 Girls Junior 50m Butterfly – HDW
- 17 Boys 100m Butterfly – HDW (Senior Only)
- 18 Girls 100m Butterfly – HDW (Senior Only)
- 19 Boys 50m Freestyle – HDW
- 20 Girls 50m Freestyle – HDW

Please note that the TECHNICAL SWIMMING EVENT will be judge over the course of training sessions from now until September 2015

Awards will be made as follows:-

Senior Events – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>  
Open Events – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> & Junior Champion  
Junior Events – 1<sup>st</sup> only

SWIMMERS AND PARENTS SHOULD BE AWARE THAT THE PROGRAMME OF EVENTS AND/OR TIMINGS MAY BE ALTERED DUE TO ENTRY NOS. AND TIME RESTRICTION.