

St Thomas ASC Age Group Championships 2011
Saturday 3rd December 12-4 pm

Names are now being taken for the Age Group Championship Heats which will take place on the following dates. Please note that these heats will only run if numbers require so.

Freestyle- Monday 14th November 5.30 start
Butterfly- Thursday 17th November 5.45 start
Backstroke- Monday 21st November 5.30 start
Breaststroke- Thursday 24th November 5.45 start

Age is at the end of the year i.e. 31/12/11

- 8+under and 9 age groups:
25m all strokes
- 10 and 11 years age groups:
25m Fly, 50m for Back, Breast and Free
- 12, 13 and 14 and over age groups:
50m Fly, 100m for Back, Breast and Free
MD events 25/50/100 all strokes depending on age.

Please note that the heats and finals will be run according to Scottish Swimming procedures and rules

All swimmers competing in the 9 years age group and above can be disqualified during the heats and finals.

Closing date for entries is Monday 7th November

On these days, training will still be provided for National, District, Intermediate and Junior swimmers. The training sessions will run immediately after the heats. Learn to Swim sessions will not be affected.

Will all swimmers and parents be aware that if a swimmer is unable to make the above dates, alternative dates will not be provided.

If there is a genuine reason that a swimmer is unable to make the heats e.g. illness, injury coaches will try to arrange an alternative time on another of the heat nights but this is cannot be guaranteed.

Some heats may be straight finals i.e. where 6 or less swimmers have entered the heats. If this is the case, swimmers do not need to attend the heats unless for training; they have a guaranteed final place.

Please give names to Marion or Scott

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