

Consideration Times - 100m Individual Medley Events

MALE

Stroke	Distance (m)	10/11 Years	12 Years	13/14 Years	15/16 Years	17 + Years
IM	100	1.34.00	1.28.00	1.25.00	1.20.00	1.14.00

FEMALE

Stroke	Distance (m)	10/11 Years	12 years	13/14 Years	15/16 Years	17+ Years
IM	100	1.36.00	1.30.00	1.27.00	1.22.00	1.20.00

Please note: These are **MINIMUM** consideration times.

Midland District Sprint Championships Saturday 3

September 2011 - Programme of Events

SESSION 1 SATURDAY 3 SEPTEMBER 2011 Session 1				
WARM UP 0900 - 0925 GIRLS				
0925 - 0950 BOYS START 1000 HRS				
101	11 YRS +	F	100M INDIVIDUAL MED	HDW
102	11 - 14 YRS	M	50M BUTTERFLY	HTS
103	11 - 14 YRS	F	50M BUTTERFLY	HTS
104	15 - 17+ YRS	M	50M BREASTSTROKE	HTS
105	15 - 17+ YRS	F	50M BREASTSTROKE	HTS
106	11 - 14 YRS	M	50M FREESTYLE	HTS
107	11 - 14 YRS	F	50M FREESTYLE	HTS
108	15 - 17+ YRS	M	50M BACKSTROKE	HTS
109	15 - 17+ YRS	F	50M BACKSTROKE	HTS
PRESENTATION - EVENT 101 finals fly/brs				
PRESENTATIONS EVENTS 102 - 105 finals fc bk				
PRESENTATIONS EVENTS 106 - 109				

SESSION 2 SATURDAY 3 SEPTEMBER 2011 - Session 2				
WARM UP 1400 - 1425 BOYS				
1425 - 1450 GIRLS START 1500 HRS				
201	11 YRS +	M	100M INDIVIDUAL MED	HDW
202	11 - 14 YRS	F	50M BACKSTROKE	HTS
203	11 - 14 YRS	M	50M BACKSTROKE	HTS
204	15 - 17+ YRS	F	50M BUTTERFLY	HTS
205	15 - 17+ YRS	M	50M BUTTERFLY	HTS
206	11 - 14 YRS	F	50M BREASTSTROKE	HTS
207	11 - 14 YRS	M	50M BREASTSTROKE	HTS
208	15 - 17+ YRS	F	50M FREESTYLE	HTS
209	15 - 17+ YRS	M	50M FREESTYLE	HTS
PRESENTATION - EVENT 201 finals bk fly				
PRESENTATIONS EVENTS 202 - 205 finals brs fc				
PRESENTATIONS EVENTS 206 - 209				

Arbroath St Thomas Gala Entry Form **Midland District Sprint Championships 3rd September**

Name _____ D.O.B. _____ SASA No. _____

Email: _____ Tel: _____

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Fly	Event No: Time:
Back	Event No: Time:
Breast	Event No: Time:
Freestyle	Event No: Time:
IM	Event No: Time:

All entries must be accompanied by payment no later than the entry closing date **5th AUGUST**- addressed to the Entries Sec (Marion Durham, Tel 07718909504). Cheques are preferred and should be made payable to Arbroath St Thomas Swim Club. Times should be included. **ALL entries should be discussed with your coach prior to submission.** If you do not have a time for an event please see your coach, who may be able to arrange a time trial.

Arbroath St Thomas Gala Entry Form **Midland District Sprint Championships 3rd September**

Name _____ D.O.B. _____ SASA No. _____

Email: _____ Tel: _____

	50
Fly	Event No: Time:
Back	Event No: Time:
Breast	Event No: Time:
Freestyle	Event No: Time:
IM	Event No: Time:

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