

Bathgate ASC Club Championships 2019

Meet Information & Entry Details

AGE GROUP CHAMPIONSHIP	Friday 15th Nov 2019
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Venue: Bathgate Pool **Warm up Time:** TBC

Age groups: 8/under, 9s, 10s, 11s, 12s, 13s, 14s, 15s, 16s, Open (Remember age as at 31st Dec)

Eligible Squads: Bronze squad & above inc. BASC SWL swimmers. Please speak to your coach before selecting events if you're unsure what to enter.

Age Group Events:

	Fly	Back	Breast	Free	IM
8/u & 9s	25m	50m	50m	50m	100m
10s	50m	50m	50m	100m	100m
11s	50m	100m	100m	100m	100m
12 & Over	100m	100m	100m	100m	200m

Entries; Swimmers are expected to enter all events but Bronze Squad swimmers **may** elect to do 3 out of 5 (age 8 and 9) or 4 out of 5 events (age 10 & overs). However to maximise your points total you are recommended to do all.

Points: There are separate competitions for Boys & Girls. For each age group swim, points will be awarded as follows:
1st – 6 points, 2nd - 5 points, 3rd - 4 point, down to 6th – 1 point

Awards/Trophies: The age group champion will be the swimmer with the most points. In the event of a tie, the AG Championship title will be shared.

OPEN 400m Freestyle EVENT	Wed 13th Nov 2019
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Venue: Bathgate Pool

Warm up Time: TBC (Please be ready poolside prior to the warm up time).

Age groups: OPEN TO ANY SWIMMER WHO CAN COMFORTABLY SWIM 16 LENGTHS (ALL EXPECTED TO ENTER FROM BRONZE SQUAD & ABOVE)

Places: 1st, 2nd & 3rd will be decided by who has achieved a time nearest to the East District record for their age (age as at 31st Dec 2019).

Entries are free for all events

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Age Group Championships

Bronze (8/Us and 9s) only – please indicate in your e-mail **if** you wish to omit events
Please state max two events to omit: **Butterfly / Backstroke / Breaststroke / Freestyle/ I.M.**

Bronze squad (10s and overs) only – please indicate in your e-mail **if** you wish to omit just one stroke:
Butterfly / Backstroke / Breaststroke / Freestyle / I.M.

Open 400m Freestyle

Note: You may still enter the 400m Freestyle Event, even if you cannot make the Club Championships evening

Closing Date: **STRICTLY Fri 26/10/19 AT LATEST** Please reply by e-mail to squad admin

NO LATE ENTRIES WILL BE ACCEPTED