

INTENT TO PARTICIPATE FORM FOR BATHGATE ASC SWIMMERS



**GALA** – Aquanauts 18<sup>th</sup> Graded Meet (level 2 meet)

**DATE** – **Sat 22 and Sun 23 June 2019**

**LOCATION** – Bathgate Xcite Leisure Centre

**SESSION TIMES** – S1/S3 warm up 9am start 9.45am S2/S4 warm up 1.30pm start 2.15pm

**ELIGIBLE SWIMMERS** – Bronze, Silver, Gold, Perf & Platinum

**AGE GROUPS** – 10 and under, 11/12, 13/14, 15 & over (Age as at 23/06/19)

**ENTRY FEES** – £6 per 200m event £7 per 400m event £8 per 800m event

**FULL MEET INFO. DETAILS** – <http://www.swimscotland.co.uk/meetinfo.htm> Aquanauts 18th Graded Meet. The organiser reserves the right to restrict entries in order to facilitate the smooth running of the meet.

**CLOSING DATE FOR SUBMITTING ENTRIES** – **Wednesday 15/05/19 at latest**

PLEASE EMAIL YOUR SQUAD ADMINISTRATOR WITH YOUR ENTRIES - IT WOULD HELP IF YOU CAN STATE THE EVENT NUMBER AND THE EVENT NAME THAT YOUR SWIMMER WISHES TO ENTER

eg. Please enter John Smith in events #101 800 Free, #402 200 IM etc.

Session 1	Saturday 22nd	Warm Up 09.00	Session 2	Saturday 22nd	Warm Up 13.30
101	Mixed	800 Free	201	Female	400 IM
102	Female	200 Fly	202	Male	400 Free
103	Male	200 Back	203	Female	200 Back
			204	Male	200 Fly
Session 3	Sunday 23rd	Warm Up 09.00	Session 4	Sunday 23rd	Warm Up 13.30
301	Male	400 IM	401	Female	200 IM
302	Female	400 Free	402	Male	200 IM
303	Male	200 Breast	403	Female	200 Breast
304	Female	200 Free	404	Male	200 Free

**NB** – This is a graded meet – entry times must be slower than the consideration times in the table below – you can check your latest times on the BASC website - [http://www.bathgateasc.co.uk/page\\_21.html](http://www.bathgateasc.co.uk/page_21.html) your Squad Admin can give you the password if you don't know it.

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MALE/FEMALE	10YRS & U consideration times	11/12 YRS consideration times	13/14 YRS consideration times	15 YRS & O consideration times
200m FREESTYLE	3.05	2.50	2.35	2.15
200m BREASTSTROKE	3.35	3.15	3.08	2.55
200m BACKSTROKE	3.25	3.10	2.50	2.36
200m BUTTERFLY	3.32	3.12	3.02	2.44
200m IM	3.15	3.00	2.46	2.31
400m FREESTYLE	5.50	5.12	4.53	4.38
400m IM	7.15	6.40	6.15	5.48
800m FREE	12.00	11.35	11.05	10.25