

INTENT TO PARTICIPATE FORM FOR BATHGATE ASC SWIMMERS



GALA & DATE – SWL OPEN MEET 2020

Sat 4th & Sun 5th January 2020

LOCATION – BATHGATE XCITE POOL

SESSION TIMES – MORNING - 9 AM WARM UP FOR 10 AM START

AFTERNOON - 1.30PM WARM UP FOR 2.30PM START

ELIGIBLE SWIMMERS – Bronze squad & upwards

AGE GROUPS – AGE AS AT 5/1/20 LEVEL 2 MEET 11&U, 12, 13, 14, 15 & over

ENTRY FEES – £7 PER EVENT

****PROGRAMME OF EVENTS IS ON PAGE 2****

FULL MEET INFO. – <http://www.swimscotland.co.uk/>

CLOSING DATE FOR SUBMITTING ENTRIES – **9pm FRI 29/11/19** – PLEASE E-MAIL YOUR SQUAD ADMIN WITH YOUR ENTRIES, THANK YOU

| SATURDAY 5 TH JANUARY | |
|----------------------------------|--------------------------------|
| SESSION 1 | SESSION 2 |
| Warm Up 9am Start 10am | Warm Up 1:30pm Start 2:30pm |
| Girls 50m Fly | Girls 50m Back |
| Boys 50m Fly | Boys 50m Back |
| Girls 200m Back | Girls 200m Breast |
| Boys 200m Back | Boys 200m Breast |
| Girls 100m Breast | Girls 100m Free |
| Boys 100m Breast | Boys 100m Free |
| Girls 400m Free | Girls 200m IM |
| Boys 400m Free | Boys 200m IM |
| Girls 4 x 50m Medley Open Relay | Girls 4 x 100m Free Open Relay |
| Boys 4 x 50m Medley Open Relay | Boys 4 x 100m Free Open Relay |
| SUNDAY 6 TH JANUARY | |
| SESSION 3 | SESSION 4 |
| Warm Up 9am Start 10am | Warm Up 1:30pm Start 2:30pm |
| Girls 50m Breast | Girls 50m Free |
| Boys 50m Breast | Boys 50m Free |
| Girls 200m Free | Girls 200m Fly |
| Boys 200m Free | Boys 200m Fly |
| Girls 100m Fly | Girls 100m Back |
| Boys 100m Fly | Boys 100m Back |
| Girls 400m IM | Girls 100m IM |
| Boys 400m IM | Boys 100m IM |
| Girls 4 x 50m Free Open Relay | Girls 4 x 100m Medley Relay |
| Boys 4 x 50m Free Open Relay | Boys 4 x 100m Medley Relay |

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