

INTENT TO PARTICIPATE FORM

TROJAN OPEN TIME BANDED GALA

SUNDAY 9th June 2019

Location: Xcite, Whitburn

Session Times:

Sun am - Warm up 9.00 am – Start 9.45 am

Sun pm - Warm up 1.00 pm – Start 1.45 pm

Eligibility: - **open to Blue, Red, Bronze, Silver, Gold, Perf & Platinum** SASA level 3 Meet

Cost: £5.00 per event

**** Please note** The club will pay for 2 events for any swimmer wishing to enter this gala – so £10 will be funded by the club**

Events:

4 x 50m events - entries are grouped together by swimmer's current times for 50m events – Butterfly, Backstroke, Breaststroke and Freestyle – if you don't have a 50m time then we can enter a custom time based on your 25m time - the organiser will allocate similar times into heats denoted by Bands A to D – if you wish to check your current time please go to http://www.bathgateasc.co.uk/page_21.html (password can be supplied by your Squad Admin if you don't know it) **Details on the A to D time bandings are on page 2 below.**

Full program & event details:

<http://www.swimscotland.co.uk/meetinfo.htm> Trojan Open Time Banded Meet

Closing Date: All entries by email to your squad administrator **Friday 3rd May** at latest – no late entries accepted –

Thank you.

TROJAN TIME BANDED GALA SUNDAY 9TH JUNE 2019 – XCITE WHITBURN

Session 1 warm up 9 am	Session 2 warm up 1.00 pm
50m Butterfly	50m Breaststroke
50m Backstroke	50m Freestyle

OPEN TIME BANDED GALA – Sunday 9th June 2019

PROGRAMME OF EVENTS

SESSION 1:		9.00am warm-up	9.45am start	
Event 101	Boys	50m Butterfly	BAND D	50.00 seconds and over
Event 102	Girls	50m Butterfly	BAND D	50.00 seconds and over
Event 103	Boys	50m Butterfly	BAND C	45.00 - 49.99 seconds
Event 104	Girls	50m Butterfly	BAND C	45.00 - 49.99 seconds
Event 105	Boys	50m Butterfly	BAND B	40.00 - 44.99 seconds
Event 106	Girls	50m Butterfly	BAND B	40.00 - 44.99 seconds
Event 107	Boys	50m Butterfly	BAND A	35.00 - 39.99 seconds
Event 108	Girls	50m Butterfly	BAND A	35.00 - 39.99 seconds
Event 109	Boys	50m Backstroke	BAND D	50.00 seconds and over
Event 110	Girls	50m Backstroke	BAND D	50.00 seconds and over
Event 111	Boys	50m Backstroke	BAND C	45.00 - 49.99 seconds
Event 112	Girls	50m Backstroke	BAND C	45.00 - 49.99 seconds
Event 113	Boys	50m Backstroke	BAND B	40.00 - 44.99 seconds
Event 114	Girls	50m Backstroke	BAND B	40.00 - 44.99 seconds
Event 115	Boys	50m Backstroke	BAND A	35.00 - 39.99 seconds
Event 116	Girls	50m Backstroke	BAND A	35.00 - 39.99 seconds
SESSION 2:		1.00pm warm-up	1.45pm start	
Event 201	Boys	50m Breaststroke	BAND D	55.00 seconds and over
Event 202	Girls	50m Breaststroke	BAND D	55.00 seconds and over
Event 203	Boys	50m Breaststroke	BAND C	50.00 - 54.99 seconds
Event 204	Girls	50m Breaststroke	BAND C	50.00 - 54.99 seconds
Event 205	Boys	50m Breaststroke	BAND B	45.00 - 49.99 seconds
Event 206	Girls	50m Breaststroke	BAND B	45.00 - 49.99 seconds
Event 207	Boys	50m Breaststroke	BAND A	40.00 - 44.99 seconds
Event 208	Girls	50m Breaststroke	BAND A	40.00 - 44.99 seconds
Event 209	Boys	50m Freestyle	BAND D	45.00 seconds and over
Event 210	Girls	50m Freestyle	BAND D	45.00 seconds and over
Event 211	Boys	50m Freestyle	BAND C	40.00 - 44.99 seconds
Event 212	Girls	50m Freestyle	BAND C	40.00 - 44.99 seconds
Event 213	Boys	50m Freestyle	BAND B	35.00 - 39.99 seconds
Event 214	Girls	50m Freestyle	BAND B	35.00 - 39.99 seconds
Event 215	Boys	50m Freestyle	BAND A	31.00 - 34.99 seconds
Event 216	Girls	50m Freestyle	BAND A	31.00 - 34.99 seconds
Event 217	Relay		4x 50m Mixed Freestyle Relay	

