



CARNEGIE SPRING MINI MEET

Sunday 5th May 2019

Location: Michael Wood Centre, Glenrothes

Session Times:

SESSION 1 WARM UP – 8.30am START 9.30am

SESSION 2 WARM UP - 1.00pm START 2.00pm

Eligible Swimmers:

Level 3 Meet – **Ages 7-11 – Green squad and above.** If events are oversubscribed, the Gala Convenor reserves the right to restrict entries in order to facilitate the smooth running of the meet.

Events & Age Groups (age as at 5th May 2019)

7-8 years, 9 years, 10 years, 11years

7-8 years - 25m OR 50m events in all four strokes and 100m IM.

9 years - 50m events in all four strokes, 100 IM, 100 freestyle and 100 backstroke

10 years and 11 years - 50m all four strokes, 100 backstroke, 100 breaststroke, 100 freestyle, 200m freestyle and 200IM.

Freestyle relays - 4 x 50m for all age groups.

7-8 yrs. all events in morning session; 9 – 11 years have events in both sessions.

Age as on day of competition

Note: 7-8 yr olds must choose either 25m or 50m event in each stroke. They may swim 25m in some strokes and 50m in others. 25m events will start in the water from a push off. Those entered in 50m events are expected to be able to use diving blocks in accordance with the stroke rules.

Entry Fee:

£4.50 per 25m/50m event and £5.50 per 100m/200m event

Closing Date:

Entry by email to your squad admin by **Fri 29/03/18 at the latest**

Spring Mini Meet programme 2019

Session 1		Warm - up 08:30. Start 09:30		
101	7-8, 9	Boys	100m	IM
102	7-8, 9	Girls	100m	IM
103	10, 11	Boys	200m	IM
104	10, 11	Girls	200m	IM
105	7-8	Boys	25m	Butterfly
106	7-8	Girls	25m	Butterfly
107	7-8	Boys	50m	Butterfly
108	7-8	Girls	50m	Butterfly
109	7-8	Boys	25m	Backstroke
110	7-8	Girls	25m	Backstroke
111	7-8, 9, 10, 11	Boys	50m	Backstroke
112	7-8, 9, 10, 11	Girls	50m	Backstroke
Presentations for events 101 - 108				
113	9, 10, 11	Boys	100m	Freestyle
114	9, 10, 11	Girls	100m	Freestyle
115	7-8	Boys	25m	Breaststroke
116	7-8	Girls	25m	Breaststroke
117	7-8, 9, 10, 11	Boys	50m	Breaststroke
118	7-8, 9, 10, 11	Girls	50m	Breaststroke
119	7-8	Boys	25m	Freestyle
120	7-8	Girls	25m	Freestyle
121	7-8	Boys	50m	Freestyle
122	7-8	Girls	50m	Freestyle
123	7-8	Mixed	4 x 50m	Freestyle relay
Presentations for events 109 - 123				

Session 2		Warm - up 13:00. Start 14:00		
201	10, 11	Boys	200m	Freestyle
202	10, 11	Girls	200m	Freestyle
203	9, 10, 11	Boys	50m	Butterfly
204	9, 10, 11	Girls	50m	Butterfly
205	10, 11	Boys	100m	Breaststroke
206	10, 11	Girls	100m	Breaststroke
Presentations for events 201 - 204				
207	9, 10, 11	Boys	50m	Freestyle
208	9, 10, 11	Girls	50m	Freestyle
209	9, 10, 11	Boys	100m	Backstroke
210	9, 10, 11	Girls	100m	Backstroke
211	9	Mixed	4 x 50m	Freestyle relay
212	10	Mixed	4 x 50m	Freestyle relay
213	11	Mixed	4 x 50m	Freestyle relay
Presentations for events 205 - 213				

Entry by email to your squad admin by **Fri 29/03/19 at the latest**– no late entries accepted