

# MIDDLESBROUGH JUNIOR CHRISTMAS GALA

## SUNDAY 13 DECEMBER, 2009

(ASA Licence 4NE9087)

1. Gala to be held at The Neptune, Middlesbrough – 8 lane, 25m pool with full Colorado electronic timing system. Swim-down pool will be in operation.
2. Open to 9, 10 and 11 year old swimmers. **Ages are as at 13 December 2009**
3. Individual events will be 50m all strokes plus 100m Individual Medley for 9 yrs and 100m all strokes (incl IM) for 10 yrs and 11 yrs. All individual events will be Heat Declared . Additionally there are freestyle and medley relays for each age group (maximum of 3 teams per club in each event). All relays will have finals open to top six teams in heats (subject to a minimum 7 teams entering).
4. Clubs may swim **ONE** swimmer up an age group in the team events (eg one 10 year old in an 11 years old team).
5. Entry fees are £3.00 per individual swim, £6 per team entry .
6. Entry forms should be returned to the meet manager by **21 November 2009**, enclosing fees and a large SAE for return of meet information (accepted entries etc). Disk entry will be accepted – please request details from the meet manager. Payment should be made to Middlesbrough ASC.
7. **Should entries be over-subscribed, entries will be accepted on a first-come, first-serve basis.**
8. All entry withdrawal forms must be presented in the recorders office no later than 60 minutes before the commencement of each session.
9. Medals will be awarded to the first six in each individual age group and the first three teams in each relay event.
10. Swimmers will be permitted to compete for only one club during the meet.
11. Over-the-top starts will be used during the meet at the discretion of the referee. Swimmers are requested to remain in the water until asked to leave the pool.
12. Coach passes cost £6.00 which includes programme, lunch ticket and results sheets. Coaches will not be permitted on poolside without the necessary pass. All swimmers must be supervised by a responsible person possessing a coach's pass.
13. Admission for spectators will be £3 per session, £5 for the full day. Children, accompanied by adults, will be admitted free.
14. Directions to pool etc can be found on club website [www.middlesbroughasc.co.uk](http://www.middlesbroughasc.co.uk)

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**MIDDLESBROUGH ASC – JUNIOR CHRISTMAS GALA**  
**Sunday 13 December 2009**

**Age as at 13 December 2009**

**Age groups 9 yrs, 10yrs, 11 yrs**

**Programme of events**

**Session 1 – warmup 0900, start 1000**

- |                         |                                 |
|-------------------------|---------------------------------|
| 101. Girls 9 /10 /11yrs | 100m Individual Medley          |
| 102. Boys 9 yrs         | 50m Backstroke                  |
| 103. Boys 10/11 yrs     | 100m Freestyle                  |
| 104. Girls 9 yrs        | 50m Butterfly                   |
| 105. Boys 9 yrs         | 50m Breaststroke                |
| 106. Girls 10/11 yrs    | 100m Backstroke                 |
| 107. Boys 10/11 yrs     | 100m Butterfly                  |
| 108. Girls 9 yrs        | 4 * 25m Freestyle relay (heats) |
| 109. Boys 9 yrs         | 4 * 25m Medley relay (heats)    |
| 110. Girls 10 yrs       | 4 * 50m Freestyle relay (heats) |
| 111. Boys 10 yrs        | 4 * 50m Medley relay (heats)    |
| 112. Girls 11 yrs       | 4 * 50m Freestyle relay (heats) |
| 113. Boys 11 yrs        | 4 * 50m Medley relay (heats)    |
| 114. Girls 9 yrs        | 50m Freestyle                   |
| 115. Boys 9 yrs         | 50m Butterfly                   |
| 116. Girls 10 yrs       | 4 * 50m Freestyle relay (final) |
| 117. Boys 10 yrs        | 4 * 50m Medley relay (final)    |
| 118. Girls 11 yrs       | 4 * 50m Freestyle relay (final) |
| 119. Boys 11 yrs        | 4 * 50m Medley relay (final)    |
| 120. Girls 9 yrs        | 4 * 25m Freestyle relay (final) |
| 121. Boys 9 yrs         | 4 * 25m Medley relay (final)    |

**Session 2 TBA**

- |                        |                                 |
|------------------------|---------------------------------|
| 201. Boys 9 /10 /11yrs | 100m Individual Medley          |
| 202. Girls 9 yrs       | 50m Backstroke                  |
| 203. Girls 10/11 yrs   | 100m Breaststroke               |
| 204. Boys 9 yrs        | 50m Freestyle                   |
| 205. Girls 9 yrs       | 50m Breaststroke                |
| 206. Boys 10/11 yrs    | 100m Backstroke                 |
| 207. Girls 10/11 yrs   | 100m Freestyle                  |
| 208. Boys 9 yrs        | 4 * 25m Freestyle relay (heats) |
| 209. Girls 9 yrs       | 4 * 25m Medley relay (heats)    |
| 210. Boys 10 yrs       | 4 * 50m Freestyle relay (heats) |
| 211. Girls 10 yrs      | 4 * 50m Medley relay (heats)    |
| 212. Boys 11 yrs       | 4 * 50m Freestyle relay (heats) |
| 213. Girls 11 yrs      | 4 * 50m Medley relay (heats)    |
| 214. Boys 10/11yrs     | 100m Breaststroke               |
| 215. Girls 10/11 yrs   | 100m Butterfly                  |
| 216. Boys 9 yrs        | 4 * 25m Freestyle relay (final) |
| 217. Girls 9 yrs       | 4 * 25m Medley relay (final)    |
| 218. Boys 10 yrs       | 4 * 50m Freestyle relay (final) |
| 219. Girls 10 yrs      | 4 * 50m Medley relay (final)    |
| 220. Boys 11 yrs       | 4 * 50m Freestyle relay (final) |
| 221. Girls 11 yrs      | 4 * 50m Medley relay (final)    |





MIDDLESBROUGH JUNIOR CHRISTMAS GALA 2009

TEAM ENTRIES

CLUB \_\_\_\_\_

	4 * 25m Freestyle No of teams	4 * 50m Freestyle No of teams	4 * 25m Medley No of teams	4 * 50m Medley No of teams
9 Year old Boys		n/a		n/a
9 Year old Girls		n/a		n/a
10 Year old Boys	n/a		n/a	
10 Year old Girls	n/a		n/a	
11 Year old Boys	n/a		n/a	
11 Year old Girls	n/a		n/a	

**Total no of boys' team entries** \_\_\_\_\_

**Total no of girls' team entries** \_\_\_\_\_

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SUNDAY 13 DECEMBER 2009

SUMMARY OF ENTRIES

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELE NO \_\_\_\_\_

E-mail \_\_\_\_\_

£

Girls Entries \_\_\_\_\_ @ £3.00

Boys Entries \_\_\_\_\_ @ £3.00

Girls Teams \_\_\_\_\_ @ £6.00

Boys Teams \_\_\_\_\_ @ £6.00

Coach Passes \_\_\_\_\_ @ £6.00

Total Entry Fee Enclosed \_\_\_\_\_

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