

# Hillingdon Swimming Club

Affiliated to M.C.A.S.A. & L.R.A.S.A



## STAINES SWIMMING CLUB

### HILLINGDON MINI MEET

Under ASA Laws & FINA Technical Rules of Swimming

**Saturday 3<sup>rd</sup> March 2012**

**Warm up: 5.00pm Start Time: 5.45pm**

Times are approximate and may be adjusted

**Venue:** Hillingdon Sports and Leisure Complex  
Gatting Way, Uxbridge, UB8 1ES

25m Pool, 8 Lanes, full Electronic Timing

#### **Age Groups:**

Boys & Girls - 6 & under 7, 8, 9, 10, 11 and 12

Ages as at 3<sup>rd</sup> March 2012

This meet is intended for swimmers aged 12 & under that wish to compete in their first gala or more experienced swimmers that are below the county championship standard.

**Events:** 25m all strokes for 8 & under

25m and/or 50m all strokes & 100m IM for 9 years \*

50m all strokes & 100m IM for 10 – 12 years

(\* 25m & 50m races are not permitted for the same stroke)

Note - Swimmers aged 9 - 12 may enter a maximum of 5 events and 8 & under 4 events

**Fees:** £3.00 per 25m event / £4.00 all other events

**Spectator Entry:** £3.00 per person

**Awards:** Medals to 1<sup>st</sup> to 6<sup>th</sup> in 25m races

Certificate of attendance will be presented all 25m swimmers

Medals to 1<sup>st</sup> to 3<sup>rd</sup> in 50m races & 100 IM (in both B & C band races)

Please send entry forms to Tricia Taylor at 19 Darby Crescent, Sunbury, TW16 5LB

**By 18<sup>th</sup> January 2012 (no late entries will be accepted)**

Promoter reserves the right to amend session times and limit entries to ensure the meet runs smoothly



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## Staines SC Entry Form

Hillingdon SC Mini Meet 3<sup>rd</sup> March 2012

Please complete this form FULLY and CORRECTLY, to ensure that your entries can be accepted.  
Please use BLOCK CAPITALS

FORENAME ..... SURNAME .....

SQUAD ..... MALE / FEMALE

EMAIL..... TEL NO.....

SIGNED (PARENT) .....

THE SWIMMER HAS COMPLETED THE ASA COMPETITIVE START AWARD ..... YES/NO

SIGNED (COACH OR TEACHER).....

PLEASE ENSURE YOU SUBMIT AN ENTRY TIME BELOW. IF YOU ARE NOT SURE,  
ASK YOUR COACH OR SWIMMING TEACHER

ENTRY	ENTRY TIME	Date of Birth:  ____ / ____ / ____  Age as at 3 <sup>rd</sup> March 2012  _____ years
• 25m FREESTYLE £3		
• 25m BREASTSTROKE £3		
• 25m BACKSTROKE £3		
• 25m BUTTERFLY £3		
• 100 INDIVIDUAL MEDLEY £4		
• 50m BUTTERFLY £4		
• 50m BACKSTROKE £4		
• 50m BREASTSTROKE £4		
• 50m FREESTYLE £4		
Total Entry Fees	£	

Please return this form to Tricia Taylor, 19 Darby Crescent Sunbury, TW16 5LB

**CLOSING DATE IS Wednesday 18<sup>th</sup> January 2012 – no late entries are accepted**

By completing this form, the swimmer and parent agrees to abide by the meet conditions



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## Hillingdon Swimming Club Mini Meet March 3<sup>rd</sup> 2012

### Programme of events

All events Heat Declared Winner

<b>Warm up 17.00 Start 17.45 – to be confirmed</b>
<b>1 Girls 9 &amp; over 50m Butterfly</b>
<b>2 Boys 9 &amp; over 50m Butterfly</b>
<b>3 Girls 9 &amp; under 25m Freestyle</b>
<b>4 Boys 9 &amp; under 25m Freestyle</b>
<b>5 Girls 9 &amp; over 50m Backstroke</b>
<b>6 Boys 9 &amp; over 50m Backstroke</b>
<b>7 Girls 9 &amp; under 25m Breaststroke</b>
<b>8 Boys 9 &amp; under 25m Breaststroke</b>
<b>9 Girls 9 &amp; over 50m Breaststroke</b>
<b>10 Boys 9 &amp; over 50m Breaststroke</b>
<b>11 Girls 9 &amp; under 25m Backstroke</b>
<b>12 Boys 9 &amp; under 25m Backstroke</b>
<b>13 Girls 9 &amp; over 50m Freestyle</b>
<b>14 Boys 9 &amp; over 50m Freestyle</b>
<b>15 Girls 9 &amp; under 25m Butterfly</b>
<b>16 Boys 9 &amp; under 25m Butterfly</b>
<b>17 Girls 9 &amp; over 100m Individual Medley</b>
<b>18 Boys 9 &amp; over 100m Individual Medley</b>



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## Hillingdon Mini Meet 2012

### B/C Grade times only for swimmers aged 9-12

These are just for reference – swimmers going faster than these times will be resulted in the B Grade and slower will be resulted in the C Grade

Boys	9	10	11	12
50m Freestyle	46.31	43.23	40.60	37.40
50m Breaststroke	1:00.61	56.43	52.25	48.07
50m Backstroke	53.46	49.61	46.30	42.90
50m Butterfly	52.14	48.18	45.10	41.91
100m Individual Medley	1:58.14	1:49.20	1:42.90	1:34.82
Girls				
50m Freestyle	46.86	43.67	40.05	37.84
50m Breaststroke	1:01.49	56.32	51.50	47.96
50m Backstroke	53.79	49.72	45.60	42.90
50m Butterfly	52.69	48.18	44.20	41.47
100m Individual Medley	1:59.60	1:48.35	1:40.30	1:34.60

