

Trafford Metro Sprint Meet 2008

Saturday/Sunday 12-13th July

Timetable Each Gala should take no longer than 2 1/2 hours including presentations.
Events 1 - 9, Saturday 12th July, Warm-up 6.15 for 6.45 Start
Events 10 - 18, Sunday 13th July, Warm-up 5.15 for 5.45 Start
Swimmers only allowed on poolside 5 minutes before warm-up

Rules All Events are Heat Declared winner with no Finals.
 Seeding for Heats based on Personal Best Times.

Awards Medals for first 6 in each age Group as follows
 10 and under, 11-12 years, 13-14 years for 50 and 100m events
 Junior - under 17 on 13th July 2008 for 100m events
 Senior - for all 100m events
 Open - 50m events only and open to all ages
 All Results will be posted during the gala.

Aggregate Awarded in each age group to the swimmer gaining the most points from all eligible events.
 1st = 6 points, 2nd = 5 points etc.

Entry **Closing Date Sunday 29th June 2008.**
Age will be as at 13th July 2008.
 No late entries will be accepted under any circumstances
 Fee is £2 per event including programme.
NO cards will be issued for this Meet.
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 Events 10 - 18 on Sunday 13th July, Warm-up 5.15 for 5.45 Start

Swimmer record of entries indicated on attached Entry Form.

	Freestyle		Backstroke		Breaststroke		Butterfly		IM
	50	100	50	100	50	100	50	100	100
Girls	E1	E17	E11	E7	E5	E13	E15	E3	E9
Boys	E10	E8	E2	E16	E14	E4	E6	E12	E18

Keep this sheet in a safe place as your record of dates and entries.

