



**LEWES SWIMMING CLUB
WINTER SPRINT MEET
SEAHAVEN SWIM AND FITNESS CENTRE**



27th January 2018 - 6PM

This is an exciting opportunity for all club members who can swim at least 25m. Come along and get a time recorded for your swims and win some medals.

Event List

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| <ul style="list-style-type: none"> 1. Girls 12 & Under 25m Frontcrawl 2. Boys 12 & Under 25m Frontcrawl 3. Girls 50m Frontcrawl 4. Boys 50m Frontcrawl 5. Girls 12 & Under 25m Backstroke 6. Boys 12 & Under 25m Backstroke 7. Girls 50m Backstroke | <ul style="list-style-type: none"> 8. Boys 50m Backstroke 9. Girls 12 & Under 25m Breaststroke 10. Boys 12 & Under 25m Breaststroke 11. Girls 50m Breaststroke 12. Boys 50m Breaststroke 13. Girls 12 & Under 25m Butterfly 14. Boys 12 & Under 25m Butterfly | <ul style="list-style-type: none"> 15. Girls 50m Butterfly 16. Boys 50m Butterfly 17. Girls 12 & Under Skins 18. Boys 12 & Under skins 19. Girls 13 & Over skins 20. Boys 13 & Over skins |
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Swimmers aged 12 and under may enter 25m and 50m events up to a maximum of 4 events per swimmer. Swimmers aged 13 and over may enter only 50m events. Ages are as at 27th January 2018.

All events will be run under ASA rules and will be seeded according to ability. Times achieved will be used for team selection for galas throughout the year.

There will be medals for the top six swimmers in each age group in each event.

At the end of the evening we will be running skins events. Full details of the skins events can be found overleaf.

Due to time restrictions entries will be accepted on a first come, first served, basis. Entries will close at midnight on 10th January, no late entries will be accepted.

Entries cost £2.50 per event, all entries must be paid via online banking or Paypal. (See overleaf)

To enter please complete the form below:

Swimmer's Name: _____ Date of Birth: _____ Age at 27/01/2018: _____

Girl / Boy _____ Email Address _____

Events Entered (Please tick)

Ev No.	Event	Tick	Ev No.	Event	Tick
1/2	25m Frontcrawl		3/4	50m Frontcrawl	
5/6	25m Backstroke		7/8	50m Backstroke	
9/10	25m Breaststroke		11/12	50m Breaststroke	
13/14	25m Butterfly		15/16	50m Butterfly	

Total amount due @£2.50 per event _____ This amount due should be paid online to Lewes Swimming Club via online banking or paypal before 10th January.

I confirm that I wish to enter the events indicated above. _____
Signed (Parent / Guardian if under 16)

Please hand completed entry forms to your pool organiser or Trixie Nisbet. Or post to 27 Roderick Avenue, Peacehaven, BN10 8JT to arrive no later than 10th January 2018

The Skins Event

The Skins event is an exciting series of races which operate on a knockout basis with the two remaining swimmers racing each other in a head to head final race.

To qualify for the Skins event you must enter the 50m races for girls and boys (Events 3 & 4). The fastest 5 in each of the following age groups will qualify. There will be a reserve for each event.

Girls 12 & under
Boys 12 & under
Girls 13 & over
Boys 13 & over

The important points of the Skins event are as follows:

- A skins event is a series of quick-succession races eliminating one swimmer each time. Each skins race will be swum over 50m freestyle. There will be four races in each skins event (200m) total.
- At the finish of each race, the slowest swimmer is eliminated. Any swimmer not back in time for the next start will be automatically eliminated even if they are not the slowest.
- In the event of a disqualification that swimmer will be deemed the slowest.
- If there is a dead heat for last place, then all swimmers remain in the race.
- Races are run consecutively with exactly 1 minute 30 seconds between the start of each one.
- After the initial start, there is no 'take your marks' only a warning whistle 10 seconds before the start to enable swimmers to get onto the blocks then a starting signal at the start.

During swimming sessions over the coming weeks we will be asking teachers and coaches to practise skins events so swimmers have a clear idea of how they work.

Club Bank Details:

1. INTERNET BANKING (preferred)

Account:	Lewes Swim Club
Sort Code:	20-49-76
Account No:	23185745
Reference:	<i>[Please quote the swimmer's first and last names. If more than one swimmer, use the names of the youngest]</i>

2. PAYPAL (www.paypal.co.uk)

'Send Money' to:	pay@lewesswimmingclub.org
Reference:	<i>[Please quote the swimmer's first and last names. If more than one swimmer, use the names of the youngest]</i>