



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

7th July 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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| 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 | 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 | 15. Girls 50m Butterfly
16. Boys 50m Butterfly
17. Girls 100m IM
18. Boys 100m IM |
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Swimmers aged 12 and under may enter 25m, 50m and 100m events up to a maximum of 5 events per swimmer. Swimmers aged 13 and over may enter only 50m events and 100m Medley. Ages are as at 7th July 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.

Due to time restrictions, entries will be accepted on a first come, first served, basis. Entries will close at midnight on Friday 15th June, no late entries will be accepted.

The summer sprints will be a level 4 licensed meet.

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 07/07/2018: _____

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	
			17/18	100m Individual Medley	

Total amount due @£2.50 per event _____ This amount due should be paid online to Lewes Swimming Club via online banking or paypal before 15th June.

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 15th June 2018

LEWES SWIMMING CLUB - SUMMER SPRINT MEET

Promoter's Conditions

1. The competition will be held at Seahaven Swim and Fitness Centre.
2. The competition will be held under ASA Laws and Technical Rules and will be a Level 4 Licensed Meet.
3. All events will be Heat Declared Winners (HDW). There will be no Finals. 'One Start' procedures will apply.
4. Events will be seeded according to entry times. All entry times will be taken from the swimmers' current PBs.
5. Competitors must be active members of Lewes Swimming Club and registered with the ASA under CAT 1 or CAT 2.
6. AGE GROUPS: 8yrs & Under, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs & Over. Ages are as at 7th July 2018.
7. Swimmers aged 12 and under may enter 25m, 50m and 100m events up to a maximum of 5 events per swimmer. Swimmers aged 13 and over may enter only 50m events and 100m Medley. Time trials may be allowed and will be at the discretion of the referee.
8. ENTRY FEES - The fee is £2.50 per event. Payments must be made electronically by internet banking or PayPal, as we are unable to accept cards, cash or cheques. Payment details are on the entry form.
9. ADMISSION – There will be no charge for spectators. Programmes will be on sale at 50p each.
10. AWARDS - There will be medals for the top six swimmers in each age group in each event
11. The competition format will be based on disability inclusion within the able-bodied programme. Swimmers will be integrated on a time-banded basis in all events. Results for disability swimmers S1-S14 will be declared separately.
12. A swimmer who is late will lose the right to swim but may be placed in an unoccupied lane at the discretion of the promoter.
13. The Club reserves the right to change the programme in the event of unforeseen circumstances.
14. The closing date for entries is Friday 15th June.
15. Entries can be emailed to Trixie@Nisbets.me.uk or posted to 27 Roderick Avenue, Peacehaven, East Sussex. BN10 8JT.
16. If any of the above rules are subsequently found to have been contravened, the promoter shall decide what action, if any, shall be taken.

Trixie Nisbet
LSC Summer Sprints Promoter

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>