Renfrew Baths ASC – Order of Events

 Junior Meet – under SASA Rules

Licence Number: WD/L3/011/0123

Date: Sunday 29 January 2023

Venue: On-X Linwood

 Brediland Road, Paisley PA3 3RA

Pool: 6 lane 25m pool, anti-wave lane ropes, limited spectator seating.

Age: on day of competition

Age groups/events: 12 years 50m and 100m all strokes + 200 IM

13 years 50m and 100m all strokes + 200 IM

14 years 50m and 100m all strokes + 200 IM

15+ years 50m and 100m all strokes + 200 IM

Swimmers can only swim in own age group

 Number of heats will be limited to ensure the smooth running of the competition. Heats will be swum slowest to fastest. Entries will be accepted on time basis – swimmer must not be **FASTER** than noted times.

## Closing date: Wednesday 11 January 2023

Entry: Submit times on Hy-Tek available on request from:

 rbmeetsecretary@hotmail.com

Entry fee: Individual **£6.00** per event.

Coaches pass: **£8.00** per day – includes information pack and meal (only coaches with a pass will be allowed on poolside)

Payment: Payable by bank transfer to **Renfrew Baths ASC**

**Sort code 80-22-60 Account number 15887161**

Entry information: Please complete and submit entry information using this form <https://forms.office.com/r/kVGqytc2uE>

Awards: Medals to 1st, 2nd and 3rd places.

Spare lanes: Renfrew Baths ASC reserves the right of spare lanes if available.

**Order of events**

|  |  |  |
| --- | --- | --- |
| **Sunday – session one** |  | **Sunday – session two** |
| **12 years and over:****warm-up 1.00pm for 1.45pm start** |  | **12 years and over:****warm-up 4.15pm for 5.00pm start** |
| *Event* | *Girls/Boys* | *Distance* | *Stroke* |  | *Event* | *Girls/Boys* | *Distance* | *Stroke* |
| 101 | Boys | 200 | IM |  | 201 | Girls | 200 | IM |
| 102 | Girls  | 50 | Back |  | 202 | Boys  | 50 | Fly |
| 103 | Boys  | 50 | Back |  | 203 | Girls  | 50 | Fly |
| 104 | Girls  | 100 | Free |  | 204 | Boys  | 100 | Breast |
| 105 | Boys  | 100 | Free |  | 205 | Girls  | 100 | Breast |
| 106 | Girls  | 50 | Breast |  | 206 | Boys  | 50 | Free |
| 107 | Boys  | 50 | Breast |  | 207 | Girls  | 50 | Free |
| 108 | Girls | 100  | Fly |  | 208 | Girls | 100 | Back |
| 109 | Boys  | 100 | Fly |  | 209 | Boys | 100 | Back |

**GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event/Age** | **12 years** | **13 years** | **14 years** | **15+ years** |
| **50m Free** | 34.07 | 32.97 | 31.16 | 30.75 |
| **100m Free** | 1.13.89 | 1.10.86 | 1.07.02 | 1.05.92 |
| **50m Back** | 39.03 | 37.03 | 35.06 | 34.47 |
| **100m Back** | 1.23.19 | 1.19.30 | 1.14.72 | 1.13.40 |
| **50m Breast** | 43.73 | 41.96 | 39.67 | 39.13 |
| **100m Breast** | 1.35.12 | 1.30.50 | 1.25.78 | 1.24.35 |
| **50m Fly** | 37.68 | 35.98 | 33.87 | 33.27 |
| **100m Fly** | 1.23.90 | 1.19.76 | 1.14.68 | 1.13.55 |
| **200m IM** | 3.00.57 | 2.53.21 | 2.43.17 | 2.41.21 |

**BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event/Age** | **12 years** | **13 years** | **14 years** | **15+ years** |
| **50m Free** | 33.44 | 31.39 | 29.14 | 28.25 |
| **100m Free** | 1.12.88 | 1.07.78 | 1.03.21 | 1.01.03 |
| **50m Back** | 38.88 | 36.55 | 33.32 | 32.15 |
| **100m Back** | 1.23.02 | 1.17.19 | 1.11.13 | 1.08.68 |
| **50m Breast** | 43.49 | 40.66 | 37.17 | 36.04 |
| **100m Breast** | 1.34.70 | 1.27.49 | 1.20.59 | 1.17.73 |
| **50m Fly** | 37.43 | 34.87 | 31.95 | 30.74 |
| **100m Fly** | 1.23.25 | 1.16.45 | 1.10.70 | 1.07.54 |
| **200m IM** | 2.57.88 | 2.47.90 | 2.35.76 | 2.30.40 |

**Renfrew Baths Junior Meet**

**29 January 2023**

In order to comply with health and safety requirements, this form must be completed and returned along with the entry information

• I confirm that all the entered swimmers have paid their current SASA annual competitive fee

• I understand that any swimmer entered without a valid SASA ID number will be automatically rejected

• I confirm that all entered swimmers have been trained and are competent to dive into deep water in a safe manner as prescribed by current/planned legislation

• I confirm that the information regarding the use of photographic equipment has been passed on to swimmers and parents who intend to travel to the meet.

Please complete this form <https://forms.office.com/r/kVGqytc2uE> and send payment

**by 11 January 2023**