



# Abingdon Vale Swimming Club

(Affiliated to South East Region ASA, Oxon & North Bucks ASA)

www.avsc.co.uk

## Winter Open Meet

White Horse Leisure & Tennis Centre, Audlett Drive, Abingdon  
8 Lanes 25 m Pool, Electronic Timing

**DATE SATURDAY 9<sup>th</sup> & SUNDAY 10<sup>th</sup> JANUARY 2010**

Saturday: doors open 18.20 warm-up starts 18.30  
registration closes 18.30 first event 19.10

Sunday: doors open 12.15 warm-up starts 12.30  
registration closes 12.30 first event 13.10

**AGE GROUPS 9/10 11/12 13/14 15&OVER (MASTERS WELCOME)**  
**AGE AS 10-01-2010**  
**9/10 - 50m races and 100 IM ONLY**  
**11 & over - 100 m races ONLY and both IM'S**

**ENTRY** Approved entry form  
ASA registered swimmers  
**FEES £4 PER EVENT**

Swimmers faster than published times will be rejected. Entries will be accepted in strict order as "first come first served".

**CLOSING DATE** Sunday 6/12/2009  
**AWARDS** 9/10 AWARDS TO 1<sup>ST</sup> – 6<sup>TH</sup> PLACED SWIMMERS  
11 & OVER 1<sup>ST</sup> 2<sup>ND</sup> 3<sup>RD</sup> PLACED SWIMMERS  
BEST 9/10 Boy & Girl & BEST 11/over Boy & Girl

Swimmers exceeding the time band will receive a speeding ticket

**SPECTATORS** Entry Saturday £2, Sunday £4.00 - to include programme where possible

**COACHES** Pass Saturday £3.00, Sunday £6 Maximum of two per club  
Pass includes programme and full set of results

**Swimmers may not swim faster than the times below**

Boys				Girls				
9/10	11/12	13/14	15/over	Event	9/10	11/12	13/14	15/over
35.00				50 free	37.00			
48.00				50 breast	50.00			
40.50				50 fly	43.00			
44.00				50 back	44.00			
1.35.00	1.22.00	1.15.00	1.09.00	100 IM	1.39.00	1.22.50	1.17.00	1.10.00
	2.50.00	2.40.00	2.25.00	200 IM		2.50.00	2.40.00	2.25.00
	1.05.00	1.03.00	1.00.00	100 free		1.06.00	1.04.00	1.01.00
	1.33.00	1.21.00	1.16.00	100 breast		1.33.00	1.26.00	1.20.00
	1.19.00	1.12.00	1.07.00	100 fly		1.19.00	1.15.00	1.10.00
	1.17.50	1.12.00	1.07.00	100 back		1.19.00	1.13.00	1.07.50

## Event order.

### Session 1 - Saturday 9<sup>th</sup> Jan

- |    |       |          |           |
|----|-------|----------|-----------|
| 1. | Boys  | 100m IM  | all ages  |
| 2. | Girls | 100m IM  | all ages  |
| 3. | Boys  | 50m fly  | 9 & 10    |
| 4. | Girls | 50m fly  | 9 & 10    |
| 5. | Boys  | 100m fly | 11 & over |
| 6. | Girls | 100m fly | 11 & over |

### Session 2 – Sunday 10<sup>th</sup> Jan

A short break will be held between events 14 and 15 depending on time.

- |     |       |             |           |
|-----|-------|-------------|-----------|
| 7.  | Boys  | 200m IM     | 11 & over |
| 8.  | Girls | 200m IM     | 11 & over |
| 9.  | Boys  | 50m free    | 9 & 10    |
| 10. | Girls | 50m free    | 9 & 10    |
| 11. | Boys  | 100m back   | 11 & over |
| 12. | Girls | 100m back   | 11 & over |
| 13. | Boys  | 50m breast  | 9 & 10    |
| 14. | Girls | 50m breast  | 9 & 10    |
| 15. | Boys  | 100m breast | 11 & over |
| 16. | Girls | 100m breast | 11 & over |
| 17. | Boys  | 50m back    | 9 & 10    |
| 18. | Girls | 50m back    | 9 & 10    |
| 19. | Boys  | 100m free   | 11 & over |
| 20. | Girls | 100m free   | 11 & over |





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## SUMMARY SHEET

GIRL ENTRIES @ £4 PER EVENT \_\_\_\_\_ TOTAL £ \_\_\_\_\_

BOY ENTIES @ £4 PER EVENT \_\_\_\_\_ TOTAL £ \_\_\_\_\_

COACH PASSES @ £3 EACH FOR SAT \_\_\_\_\_ TOTAL £ \_\_\_\_\_

COACH PASSES @ £6 EACH FOR SUN \_\_\_\_\_ TOTAL £ \_\_\_\_\_

(Free if entering via RANX)

GRAND TOTAL \_\_\_\_\_ £ \_\_\_\_\_

Cheques payable to: Abingdon Vale Swimming Club

CLUB NAME \_\_\_\_\_ CLUB CODE \_\_\_\_\_

WE CAN PROVIDE TIMEKEEPERS \_SAT – no. \_\_\_\_\_ SUN – no. \_\_\_\_\_

WE CAN PROVIDE JUDGES SAT \_\_\_\_\_ SUN \_\_\_\_\_

CLOSING DATE \_\_\_\_\_ 6/12/2009 \_\_\_\_\_

Please post or email to  
Terry Field 21 Station Road Wallingford Oxon OX10 0JX  
[terry.field@bbsrc.ac.uk](mailto:terry.field@bbsrc.ac.uk)

This will be a CARDLESS meet. An entry summary sheet will be emailed to the club contact detailed below. If a hard copy is required please also provide a stamped addressed envelope.

If e-mailing entries and summary sheet please remember to send a cheque in the post.

Signed \_\_\_\_\_ Position in Club \_\_\_\_\_

Contact details:

phone \_\_\_\_\_ e-mail \_\_\_\_\_

address \_\_\_\_\_

\_\_\_\_\_