

# **RUSHMOOR ROYALS**

## **NOVICE SPRINT GALA - Licenced Level4 4SE0590**

### **INTRODUCTION AND AIMS**

- The aim of this gala is to give our young swimmers an introduction to competition and to give them added incentive to attend their training sessions and to work hard, by providing an ideal competitive environment in which to develop their racing skills.

### **RULES**

- **Ages are age at 2nd October 2010**
- Swimmers aged 13 and under in Silver and Olympic squads may enter
- The competition will be held under ASA Laws & ASA Technical Rules.

### **EVENTS**

Silver and Olympic 2 - 50 m All strokes

Olympic 1 - 50m free, back, breast, 25m fly

If Olympic 1 swimmers want to swim 50 fly instead they should speak to their coach first

If Olympic 2 swimmers are worried about swimming 50 fly speak to Liz – she may allow you to do 25m instead

If we have too many entries we may have to limit number of swims for each swimmer

Please indicate on entry form preference order of swims

### **PROGRAMME**

**Sat 2<sup>nd</sup> October                      Aldershot Lido                      Warm up 6.00 pm (please do not arrive before 5.45pm)**

13/under	Girls & Boys	50m Freestyle
13/under	Girls & Boys	50m Breaststroke
13/under	Girls & Boys	50m Backstroke
13/under	Girls & Boys	50m Butterfly ( <b>Olympic 2 and Silver</b> )
13/under	Girls & Boys	25m Butterfly ( <b>Olympic 1</b> )

**Important: Swimmers are reminded that they must not enter the small pool at the Lido during this gala**

### **AWARDS**

Medals will be awarded to the top 3 Girls and Boys in each age group, i.e. 8yrs/un, 9yrs, 10yrs, 11yrs, 12yrs, 13yrs for every 50m event and for top 3 girls and boys in Olympic 1 in each age group for 25m fly. Olympic 2 swimmers opting for 25fly will not be eligible for awards.

All swimmers will receive a certificate for participating in the gala.

### **ENTRY FEES**

The entry fee is £6 per swimmer. Please complete the entry form and return with a cheque to 'Rushmoor Royals S.C' addressed to RR Novice Sprint Gala, 81 Manor Rd, Farnborough, Hants. GU14 7HJ or hand in to your coach for the attention of Chris Wall. **Closing date for entries is 26<sup>th</sup> September 2010**

### **OFFICIALS AND HELPERS**

### **Novice Timekeepers and Volunteers Needed Please!**

All our officials and helpers are volunteers and these meets could not run without them. We need your help to make the gala a success for all the swimmers. Volunteers are needed to help serve squash, sell programmes, input data, whip and help younger swimmers to the starting blocks. We also need officials and in particular any novices who may be interested in training as timekeepers. If you've never helped before, this is the ideal opportunity to volunteer a couple of hours of your time and start helping your child's club.

**All poolside helpers will be required to have filled in ASA registration forms and CRB forms for the club in line with ASA policy.** These can be supplied and will only take a few minutes to complete.

**Please offer your help on the entry form. Many thanks.**

If you have any questions please speak to your coach or contact Chris on 01252 546509