

BISHOP'S STORTFORD SWIMMING CLUB

(Affiliated ASA East Region)



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Tuesday, 27 July 2010

Dear Club Contact

HERTS SWIMMING LEAGUE SENIORS GALA

DATE Saturday 27th November 2010
TIME 6:45 pm Warm up for 7:15pm Start
VENUE Bishop's Stortford College, Maze Green Road, Bishop's Stortford CM23 2PJ

This year's Senior League Gala is being hosted by Bishop's Stortford Swimming Club at the above pool.

The requirements for the League are that the gala should be held in a 25 metre pool. There will be two heats for each event so the limit on number of teams for the gala is twelve the college pool has 6 lanes.

If your club wishes to enter a team (or teams), please contact me by e-mail, 'phone or letter using the contact details above.

All Hertfordshire Leagues are open to all **members** of affiliated clubs, not just **registered** swimmers. This should allow you to make up numbers from teachers and coaches and parents provided that they are **members** of your club.

As previously, the gala will be run under Herts ASA rules, so there is no change to the programme of events from 2005. All individual events will be 2 lengths (50m)

Under ASA Law

One round only

Points scoring 1st = 6 points, 2nd 5 points and so on 0 points disqualification or no swimmer this will allow Bishop's Stortford to run the gala using SportSystems

No swimmer may compete in more than two individual events in their own age group

Age groups are 25+ and 35+; ages at **31st December 2010**.

35+ may swim down but 25+ may **NOT** swim up

Each team is requested to bring a Judge & timekeeper

The gala will be as follows, Ladies events are odd numbered

1 & 2	25+	Butterfly	13 & 14	25+	Backstroke
3 & 4	35+	Butterfly	15 & 16	35+	Backstroke
5 & 6	25+	Freestyle	17 & 18	25+	Breaststroke
7 & 8	35+	Freestyle	19 & 20	35+	Breaststroke
9 & 10	25+	4 x 1 Free Relay	21 & 22	25+	4 x 1 medley relay
11 & 12	35+	4 x 1 Free Relay	23 & 24	35+	4 x 1 medley relay
25	140+	Mixed Free Relay	26	180+	Mixed Free relay

Entries will be accepted on a first come first served basis so to ensure your lane in this gala please send your cheque for £30 to me at the above address and made payable to B.S.S.C by Friday 29th October 2010.