

Interclub TRI - Meet

Barracuda Swimming Club

V

South China Athletic Association

V

Hong Kong Island Stingrays Swim Club

Sprint meet invitation

Date: Saturday 18 September 2010 from 5:15pm-8:30pm

Venue: West Island School, 250 Victoria Road, Pokfulam

(car parking is available)

Fee: \$80 / swimmer (maximum 50 participants per club)

Meeting Place

PLEASE REPORT TO THE 3rd FLOOR GYM ON ARRIVAL. All events are marshalled in the gym. The children are required to wait in the gym until their event – please note there is no food or drink allowed in the gym area. We have to leave the gym in a clean and tidy condition for the school. In additional parents, please do not allow your children to play ball games or play on the climbing wall during marshalling

Spectators

ONLY PARENTS WHO ARE HELPING ARE ALLOWED on POOL DECK. Viewing area for spectators is located on the 2nd floor balcony.

Points

Fastest 2 swimmers from each club for each event / gender / age group receive points.
1ST = 7pts; 2ND = 5pts; 3RD = 4pts; 4TH = 3pts;
5TH = 2pts; 6TH = 1pt

Schedule

Warm up 5:15pm, Start 5:45pm sharp. Marshalling begins for Events 1-6 at 5:30pm in the 3rd floor gym upstairs.

Medal Events

8 years and Under, 9, 10,
11, 12, 13 and 14 years and over

50m butterfly, backstroke, breaststroke and freestyle

Staristep Relay

7 x 50m freestyle relay

one swimmer from each age group, relay participants need to be confirmed prior to the meet. Maximum of 2 relay teams per club

Medals

Medals will be presented to the First, Second and Third placed swimmer of each event. PLEASE NOTE: If there is more than one heat in any event, the fastest overall times will determine the placing; please explain this to younger children. Please note no medals for time trial events

Payment

ENTRY FEE: \$80 per swimmer – to cover all events. PLEASE PAY THE \$80 FEE IN CASH WITH YOUR ENTRY FORM (entries will not be accepted by the coach without the entry fee)

ENTRY FORM Please tick event entered and entry time (if known)!

Please keep top half your information, Do not fax or email – this form must be submitted with the fee of \$80 in cash, to your coach before MONDAY 13 SPETEMBER.

1. Name: _____ D.O.B.: _____ Age: _____ M / F

Training Venue: _____ Butterfly _____ : _____

Backstroke _____ : _____ Breaststroke _____ : _____ Freestyle _____ : _____

2. Name: _____ D.O.B.: _____ Age: _____ M / F

Training Venue: _____ Butterfly _____ : _____

Backstroke _____ : _____ Breaststroke _____ : _____ Freestyle _____ : _____

PARENTS– are you willing to help? This is the best way to see your child swim!!! Please enter your name below and we will contact you

Name: _____ Contact No.: _____

Email: _____