

WELLS & SHEPTON MALLET, FROME and STREET
Swimming Clubs present

Avalon Spring Open Meet

L3 Long Course Open Meet

under ASA Laws & ASA Technical Rules

on

Saturday 10th April 2010

Sunday 11th April 2010

at

Millfield Pool, Street

50 metre 8 lane pool

Electronic timing

400+ seating

Girls & Boys (Age as at 11th April 2010) 50m 8 Lane pool, Electronic Timing
Licensed for Level 3 entry to District Competition

- 200m -10yr, 11yr, 12yr, 13yr, 14/15yr 16/over Backstroke, Butterfly and Breaststroke 9/10yrs, 11yr, 12yr, 13yr, 14/15yr, 16/over Freestyle & I.M.
- 100m -10yr, 11yr, 12yr, 13yr, 14/15yrs, 16/over all strokes
- 50m -9yr, 10yr, 11yr, 12yr, 13yr, 14/15yr, 16/over all strokes
- All Races HDW
- Medals 1st 2nd 3rd 4th 5th 6th

**Entry forms are on our website. Paper copies
can be obtained from Linda Davis
Closing Date for entries Sunday 29th January
2010**

PROGRAMME OF EVENTS

SATURDAY 10th April 2010

Session 1 Warm up 8.30 Start 9.30

Event No 1 Girls 9/over 200 freestyle HDW 2 Boys 9/over 200 I.M. HDW
3 Girls 10/over 100 butterfly HDW 4 Boys 10/over 100 backstroke HDW
5 Girls 10/over 200 backstroke HDW 6 Boys 10/over 200 breaststroke
HDW

Session 2 Warm up 13.30 Start 14.30

Event No 7 Girls 10/over 200 butterfly HDW 8 Boys 10/over 100 freestyle
HDW 9 Girls 10/over 100 breaststroke HDW 10 Boys 9/over 50
backstroke HDW 11 Girls 9/over 50 breaststroke HDW 12 Boys 9/over
50 butterfly HDW 13 Girls 9/over 50 freestyle HDW

SUNDAY 11th April 2010

Session 3 Warm up 8.30 Start 9.30

Event No 14 Boys 9/over 200 freestyle HDW 15 Girls 9/over 200 I.M
HDW 16 Boys 10/over 100 breaststroke HDW 17 Girls 10/over 100
backstroke HDW 18 Boys 10/over 200 butterfly HDW 19 Girls 10/over
200 breaststroke HDW

Session 4 Warm up 13.30 Start 14.30

Event No 20 Boys 10/over 200 backstroke HDW 21 Girls 10/over 100
freestyle HDW 22 Boys 10/over 100 butterfly HDW 23 Girls 9/over 50
backstroke HDW 24 Boys 9/over 50 breaststroke HDW 25 Girls 9/over
50 butterfly HDW 26 Boys 9/over 50 freestyle HDW

Presentation of Top Club awards

Avalon Open Meet 10th & 11th April 2010

Qualifying & Cut Off Times for a 50m pool

	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS	BOYS		GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS	GIRLS
	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yr s	16/over	EVENT	9yrs	10yrs	11yrs	12yrs	13yrs	14/15yr s	16/over
Cut Off	34.00	32.00	30.00	28.00	27.00	26.00	25.00	50	35.00	32.00	30.00	29.00	29.00	28.00	28.00
QT	56.00	50.00	45.00	42.00	40.00	37.00	35.00	FREE	56.00	50.00	45.00	42.00	40.00	38.00	36.00
Cut Off	42.00	39.00	36.00	34.00	32.00	30.00	29.00	50	42.00	39.00	36.00	35.00	33.00	31.00	30.00
QT	1.00.00	55.00	52.00	47.00	44.00	42.00	40.00	FLY	1.00.00	55.00	52.00	48.00	44.00	43.00	41.00
Cut Off	43.00	39.00	36.00	35.00	33.00	31.00	30.00	50	43.00	41.00	37.00	36.00	34.00	33.00	31.00
QT	1.02.00	1.00.00	55.00	50.00	48.00	44.00	42.00	BACK	1.03.00	1.01.00	55.00	50.00	48.00	47.00	45.00
Cut Off	47.00	43.00	41.00	39.00	37.00	34.00	32.00	50	48.00	43.00	41.00	40.00	38.00	37.00	36.00
QT	1.00.00	1.00.00	58.00	55.00	53.00	50.00	48.00	BREAS T	1.10.00	1.05.00	1.00.00	58.00	54.00	50.00	48.00
Cut Off		1.13.00	1.11.00	1.09.00	1.02.00	59.00	58.00	100		1.15.00	1.13.00	1.11.00	1.06.00	1.03.00	1.02.00
QT		1.42.00	1.37.00	1.32.00	1.22.00	1.16.00	1.16.00	FREE		1.47.00	1.42.00	1.37.00	1.32.00	1.21.00	1.20.00
Cut Off		1.21.00	1.16.00	1.11.00	1.06.00	1.02.00	59.00	100		1.26.00	1.21.00	1.19.00	1.15.00	1.11.00	1.07.00
QT		2.02.00	1.52.00	1.42.00	1.32.00	1.26.00	1.25.00	FLY		2.07.00	1.57.00	1.52.00	1.37.00	1.31.00	1.29.00
Cut Off		1.21.00	1.19.00	1.13.00	1.08.00	1.05.00	1.02.00	100		1.25.00	1.21.00	1.19.00	1.15.00	1.11.00	1.08.00
QT		2.07.00	1.57.00	1.47.00	1.32.00	1.26.00	1.22.00	BACK		2.12.00	1.52.00	1.50.00	1.40.00	1.32.00	1.29.00
Cut Off		1.31.00	1.26.00	1.21.00	1.16.00	1.11.00	1.05.00	100		1.36.00	1.29.00	1.23.00	1.17.00	1.16.00	1.15.00
QT		2.02.00	1.57.00	1.52.00	1.47.00	1.39.00	1.31.00	BREAS T		2.12.00	2.02.00	1.57.00	1.52.00	1.47.00	1.41.00
Cut Off		3.03.00	2.53.00	2.40.00	2.27.00	2.22.00	2.17.00	200		3.09.00	2.58.00	2.47.00	2.37.00	2.27.00	2.23.00
QT		4.05.00	3.55.00	3.34.00	3.14.00	3.03.00	2.58.00	FLY		4.15.00	4.05.00	3.59.00	3.49.00	3.44.00	3.34.00
Cut Off		3.04.00	2.48.00	2.43.00	2.37.00	2.22.00	2.17.00	200		3.14.00	2.54.00	2.43.00	2.38.00	2.28.00	2.22.00
QT		3.44.00	3.34.00	3.23.00	3.13.00	3.02.00	2.52.00	BACK		3.55.00	3.45.00	3.34.00	3.24.00	3.13.00	3.03.00
Cut Off		3.23.00	3.13.00	3.03.00	2.52.00	2.47.00	2.42.00	200		3.34.00	3.16.00	3.03.00	2.58.00	2.53.00	2.48.00
QT		4.25.00	4.14.00	4.04.00	3.53.00	3.43.00	3.32.00	BREAS T		4.30.00	4.20.00	4.10.00	3.59.00	3.49.00	3.39.00
		9/10yrs								9/10yrs					
Cut Off		2.59.00	2.38.00	2.28.00	2.17.00	2.12.00	2.07.00	200		3.01.00	2.40.00	2.28.00	2.23.00	2.17.00	2.12.00
QT		3.29.00	3.19.00	3.08.00	2.58.00	2.47.00	2.37.00	FREE		3.39.00	3.34.00	3.29.00	3.13.00	2.58.00	2.47.00
Cu Off		3.23.00	2.58.00	2.43.00	2.33.00	2.22.00	2.17.00	200		3.26.00	3.03.00	2.48.00	2.38.00	2.27.00	2.22.00
QT		4.10.00	3.44.00	3.23.00	3.18.00	3.13.00	3.03.00	IM		4.15.00	3.48.00	3.34.00	3.28.00	3.23.00	3.12.00

AVALON SPRING OPEN MEET
to be held on Saturday & Sunday 10th & 11th April 2010
at Millfield School 50m pool complex, Street, Somerset



ENTRY FORM – GIRLS

NAME OF CLUB : _____

First name	Surname	Date of birth	ASA Reg No. must be completed	ENTRY TIMES (50m pool times please)												
				BACKSTROKE			BREASTSTROKE			BUTTERFLY			FREESTYLE			IM
				50m 9/O	100m 10/O	200m 10/O	50m 9/O	100m 10/O	200m 10/O	50m 9/O	100m 10/O	200m 10/O	50m 9/O	100m 10/O	200m 9/O	200m 9/O

No. of entries : ____ @ £4.00 = £ ____ No. of entries : ____ @ £6.50 = £ ____ (c/f to Summary Sheet) Signed : _____ Club Official

AVALON SPRING OPEN MEET
to be held on Saturday & Sunday 10TH & 11TH April 2010
at Millfield School 50m pool complex, Street, Somerset



ENTRY FORM – BOYS

NAME OF CLUB : _____

First name	Surname	Date of birth	ASA Reg No. must be completed	ENTRY TIMES (50m pool times please)												
				BACKSTROKE			BREASTSTROKE			BUTTERFLY			FREESTYLE			IM
				50m 9/O	100m 10/O	200m 10/O	50m 9/O	100m 10/0	200m 10/O	50m 9/O	100m 10/0	200m 10/O	50m 9/O	100m 10/O	200m 9/O	200m 9/O

No. of entries : _____ @ £4.00 = £_____ No. of entries : _____ @ £6.50 = £_____ (c/f to Summary Sheet) Signed : _____ Club Official