

**INVERCLYDE AMATEUR SWIMMING CLUB**

**Annual Club  
Swimming Championships  
2007**

**Waterfront Leisure Complex  
Greenock**

**Session One Sunday 23<sup>rd</sup> September 2007**

**Session Two Sunday 7<sup>th</sup> October 2007**

**Session Three Sunday 25<sup>th</sup> November 2007**

**Session Four Sunday 2nd December 2007**

**'Fitness, Fun and Friendship through Swimming'**



## **6.0 ENTRY FEES**

A single Entry of £8.00 will be charged irrespective of the number of events entered

## **7.0 ENTRY FORM**

The completed Entry Form accompanied by the Entry Fee should be forwarded directly to:

Donald Muirhead  
3 Ryan Road  
WEMYSS BAY  
PA18 6DH

or handed in to the Coaching/Teaching Staff at the Club's training sessions

- **NO FORM WILL BE ACCEPTED WITHOUT PAYMENT**
- **Closing Date: 16<sup>th</sup> September 2007**

## **8.0 ORDER OF EVENTS**

**Session One: Sunday - 23<sup>rd</sup> September - Warm Up 6:45pm - Start 7:00pm**

Event 101 400m Freestyle (Open)

**Session Two: Sunday - 7<sup>th</sup> October - Warm Up 6:45pm - Start 7:00pm**

Event 201 200m Freestyle (Open)

**Session Three: Sunday - 25<sup>th</sup> November - Warm Up 6pm - Start 6:15pm**

Event 301 200m Individual Medley  
302 25m Butterfly  
303 50m Backstroke  
304 100m Breaststroke  
305 25m Backstroke  
306 50m Breaststroke  
307 100m Butterfly

**Session Four: Sunday - 2nd December - Warm Up 6pm - Start 6:15pm**

Event 401 100m Individual Medley  
402 25m Breaststroke  
403 50m Freestyle  
404 100m Backstroke  
405 25m Freestyle  
406 50m Butterfly  
407 100m Freestyle

## **9.0 RESULTS**

The Results will be displayed on the Club's notice board in the passageway leading from the Pool after each Session has been completed.

## **10.0 AWARDS**

10.1 Age Group Award: A Trophy will be awarded in each Age Group (Male & Female) to the Swimmer who attains the most points.

10.2 Overall Club Champion (Male & Female) A Trophy will be awarded to the Swimmer having the highest total of points.

10.3 Points will be awarded in each Event as follows:

1 <sup>st</sup> - 8	4 <sup>th</sup> - 3
2 <sup>nd</sup> - 6	5 <sup>th</sup> - 2
3 <sup>rd</sup> - 4	6 <sup>th</sup> - 1

10.4 In the event of ties the Swimmer who achieves the fastest time in the 100m Individual Medley will be awarded the Age Group Trophy and in respect of the overall Club Championship Award the Swimmer who achieves the fastest time in the 200m Individual Medley will be designated the Club Champion.

## **11.0 PRESENTATION OF AWARDS**

The presentation of awards will take place at a Social Evening to be held within the Town Hall, Port Glasgow on Saturday 26<sup>th</sup> January 2008 commencing 6pm. (Details will be circulated nearer the date)

## **12.0 ADDITIONAL INFORMATION**

For additional information or queries please contact:

Donald Muirhead - Tel. No. (01475) 520440

Email address: [cumbrianduck@aol.com](mailto:cumbrianduck@aol.com)