



Abertillery Piranhas Tri Team Tournament 2009

Dates:

WEDNESDAY 23TH September 2009

Time: 6.00pm-8:00pm

Venue: Abertillery Leisure Centre

THURSDAY 24TH September 2009

Time: 5.30pm-6.30pm Small pool

Venue: Abertillery Leisure Centre

SUNDAY 27TH September 2009

Time: 3:45pm-8:00pm

Venue: Abertillery Leisure Centre

WEDNESDAY 30TH September 2009

Time: 6.00pm-8:00pm

Venue: Abertillery Leisure Centre

Meet Information

25 metre 5 lane pool, anti wave lane ropes, electronic timing

Age Groups will be:

Small Pool Races for ducklings – NPTS level 2

Shallow widths – NPTS levels 3-5

Middle widths – NPTS levels 6-7

Juniors: Aged 7, 8, & 9 Boys and Girls

Age Groups: 10/11, 12/13, 14/15 & Over Boys and Girls

Age as on day of competition.

CLOSING DATE FOR ENTRIES: July 31st 2009

The meet will be held under FINA and Swim Wales Laws and Technical Rules.

Entries to be made on the attached entry form. The closing date will be 31st July 2009. Entries received after this time cannot be guaranteed for consideration.

A cardless entry system will be in operation.

All events are Heat Declared Winners (HDW).

There will be over the top starts where the referee and promoter feel it is appropriate

There is strictly no diving until instructed to do so. Only those that have achieved the required standard are able to dive using a shallow dive. Swimmers are to exit the pool at the sides.

All competitors must be a member of Abertillery Piranhas Swimming Club.

All Competitors, Coaches and Chaperones must adhere to poolside safety at all times. Anyone not adhering to the rules may be removed from the pool.

All valuables, clothing and items of importance left within the building will be left at the owners' risk.

Any one wishing to use video equipment, still cameras or mobile phones with camera facilities, will be required to sign a photography declaration form before entering the spectator gallery. You will be asked to provide identification.

The Promoter reserves the right to remove anyone from the building for misconduct and will inform the Governing Body.

Age Groups will be:

Small Pool: Ducklings – NPTS level 2

Shallow widths – NPTS levels 3-5

Middle widths – NPTS levels 6-7

Juniors: Aged 7, 8, & 9 Boys and Girls

Age Groups: 10/11, 12/13, 14/15 & Over Boys and Girls

Age as on day of competition.

All events will be swum slowest to fastest, with all age groups grouped together on entry times for racing purposes only. Awards will be given to each team member depending on the overall finishing position of their team.

Points will be calculated in each event as below. Therefore swimmers may enter all events in their age group to attain as many points as possible for their team.

Points will be: 1st place = 5 points

2nd place = 4 points

3rd place = 3 points

4th place = 2 points

5th place = 1 point

Events

Small pool

Various widths of the small pool

Shallow widths

Various widths of the main pool (Shallow end)

Juniors 7, 8 & 9/middle widths

25m on all strokes

100m IM

Age Groups:

10/11

100m on all strokes

100m IM

200m Freestyle

200m IM

12 & over

100m on all strokes

200 Freestyle

200 IM

400 Freestyle

400 IM

Sessions

The program will take place over 4 sessions on; Wednesday 23rd September 2009, Thursday 24th September 2009(Small Pool only) Sunday 27th September 2009 and Wednesday 30th September 2009

Warm up's will commence at:

Wednesday 23rd September 2009 6.00pm

Sunday 27th September 2009 4.15pm

Wednesday 30th September 2009 6.00pm

Racing will commence shortly after the completion of the warm up sessions.

Awards

Awards will be presented to each team member, and will be dependant on the overall finishing position of their team. All awards will be presented at the clubs presentation evening, details to follow.

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Meet Programme

Thursday 24/09/09

EVENT No	SEX	AGE GROUP	DISTANCE	STROKE
1	Girls	Small Pool	1 width	Running
2	Boys	Small Pool	1 width	Running
3	Girls	Small Pool	1 width	Jumping
4	Boys	Small Pool	1 width	Jumping
5	Girls	Small Pool	1 width	Kick with float front
6	Boys	Small Pool	1 width	Kick with float front
7	Girls	Small Pool	1 width	Kick with float back
8	Boys	Small Pool	1 width	Kick with float back
9	Girls	Small Pool	1 width	Swim on Front or Back
10	Boys	Small Pool	1 width	Swim on Front or Back
Wednesday	23.09.09			
11	Girls	10/o	200	Freestyle
12	Boys	10/o	200	Freestyle
13	Girls	12/o	400	IM
14	Boys	12/o	400	IM

Sunday 27/09/09

EVENT No	SEX	AGE GROUP	DISTANCE	STROKE
15	Girls	Shallow widths	1 width	Kick with float on front
16	Boys	Shallow widths	1 width	Kick with float on front
17	Girls	Shallow widths	1 width	Kick with float on back
18	Boys	Shallow widths	1 width	Kick with float on back
19	Girls	Shallow widths	1 width	Swim on front
20	Boys	Shallow widths	1 width	Swim on front
21	Girls	Shallow widths	1 width	Swim on back
22	Boys	Shallow widths	1 width	Swim on back
23	Girls	Shallow widths	1 width	FUN RACE
24	Boys	Shallow widths	1 width	FUN RACE
WARM UP FOR LENGTH SWIMMERS				
25	Girls	7, 8 & 9 Mid/ widths	25m	Butterfly
26	Boys	7, 8 & 9 Mid/ widths	25m	Butterfly
27	Girls	10&o	100m	Backstroke
28	Boys	10&o	100m	Backstroke
29	Girls	7, 8 & 9 Mid/ widths	25m	Backstroke
30	Boys	7, 8 & 9 Mid/ widths	25m	Backstroke
31	Girls	10&o	100m	Breaststroke
32	Boys	10&o	100m	Breaststroke
33	Girls	7-11 middle widths	100m	IM
34	Boys	7-11 middle widths	100m	IM
35	Girls	10&o	100m	Butterfly
36	Boys	10&o	100m	Butterfly
37	Girls	7, 8 & 9 Mid/ widths	25m	Breaststroke
38	Boys	7, 8 & 9 Mid/ widths	25m	Breaststroke
39	Girls	10&o	100m	Freestyle
40	Boys	10&o	100m	Freestyle
41	Girls	7, 8 & 9 Mid/ widths	25m	Freestyle
42	Boys	7, 8 & 9 Mid/ widths	25m	Freestyle
43	Girls	Cannon	Various	Freestyle
44	Boys	Cannon	Various	Freestyle

Wednesday 30/09/09

EVENT No	SEX	AGE GROUP	DISTANCE	STROKE
45	Girls	10/o	200	IM
46	Boys	10/o	200	IM
47	Girls	12/o	400	Freestyle
48	Boys	12/o	400	Freestyle



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2009
Entry form

NAME IN FULL: _____

AGE: _____ D.O.B _____ M/F? _____

ADDRESS:

POST CODE: _____ TEL: _____

SWIM WALES NUMBER (If known): _____

Entry Fee: £3.50

ENTER EVENT NUMBER HERE	EVENT	ENTRY TIME
	25 Butterfly	
	100 Butterfly	
	25 Backstroke	
	100 Backstroke	
	25 Breaststroke	
	100 Breaststroke	
	25 Freestyle	
	100 Freestyle	
	200 Freestyle	
	400 Freestyle	
	100 IM	
	200 IM	
	400 IM	
All Cannon swimmers will be selected on the day		



Abertillery Piranhas Tri Team Tournament 2009

Small Pool Entry Form

NAME IN FULL: _____

AGE: _____ D.O.B _____ M/F? _____

ADDRESS:

POST CODE: _____ TEL: _____

SWIM WALES NUMBER (If known): _____

Entry Fee: £3.00

ENTER EVENT NUMBER HERE	EVENT	TICK TO INDICATE YOUR ENTRY
	1 length running	
	1 length jumping	
	1 length kicking with float front	
	1 length kicking with float back	
	1 length swimming front or back	



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Shallow Widths Entry Form

NAME IN FULL: _____

AGE: _____ D.O.B _____ M/F? _____

ADDRESS:

POST CODE: _____ TEL: _____

SWIM WALES NUMBER (If known): _____

Entry Fee: £3.00

ENTER EVENT NUMBER HERE	EVENT	TICK TO INDICATE YOUR ENTRY
	1 width kicking with a float on front	
	1 width kicking with a float on back	
	1 width swim on Front	
	1 width Swim on Back	
	1 width (Fun swim?)	