

WELLINGBOROUGH AMATEUR SWIMMING CLUB

FASTWATER TROPHY GALA A GRADE

Pool length 25 metres

Age groups 11/u, 13/u, 15/u and open. Age at date of gala

Each age group to consist of 4 named swimmers (4 in girls group, 4 in boys group)

Each swimmer to swim 1 individual and both relays.

A swimmer can swim in 2 age groups provided 1 individual and both relays are swum in each age group.

Team lists to be handed in to recording desk on arrival.

All individual events 50m.

The winning team is that with the lowest aggregate time.

Disqualified or non swimmers will be given the slowest time (legal or not) in that event plus a 5 second penalty.

All starts from the deep end.

Squadron relay 1 from each age group in ascending order.

One Start Rule Applies

TEAMS								
EV	STROKE		LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
1	M 50m open back							
2	L 50m open back							
3	B 50m 13/u butterfly							
4	G 50m 13/u butterfly							
5	B 50m 11/u breast							
6	G 50m 11/u breast							
7	B 50m 15/u freestyle							
8	G 50m 15/u freestyle							
9	M 4x50m open medley relay							
10	L 4x50m open medley relay							
AGGREGATE TIME								
11	B 4x50m 13/u freestyle relay							
12	G 4x50m 13/u freestyle relay							
13	B 50m 11/u back							
14	G 50m 11/u back							
15	B 50m 15/u breast							
16	G 50m 15/u breast							
17	M 50m open butterfly							
18	L 50m open butterfly							
19	B 50m 13/u freestyle							
20	G 50m 13/u freestyle							
AGGREGATE TIME								

FASTWATER TROPHY (cont.)			LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
21	B 4x50m 11/u medley relay							
22	G 4x50m 11/u medley relay							
23	B 4x50m 15/u freestyle relay							
24	G 4x50m 15/u freestyle relay							
25	M 4x50m open freestyle relay							
26	L 4x50m open freestyle relay							
27	B 4x50m 13/u medley relay							
28	G 4x50m 13/u medley relay							
29	B 50m 11/u butterfly							
30	G 50m 11/u butterfly							
AGGREGATE TIME								
31	B 50m 15/u back							
32	G 50m 15/u back							
33	M 50m open freestyle							
34	L 50m open freestyle							
35	B 50m 13/u breast							
36	G 50m 13/u breast							
37	B 4x50m 11/u freestyle relay							
38	G 4x50m 11/u freestyle relay							
39	B 4x50m 15/u medley relay							
40	G 4x50m 15/u medley relay							
AGGREGATE TIME								
41	M 50m open breast							
42	L 50m open breast							
43	B 50m 13/u back							
44	G 50m 13/u back							
45	B 50m 11/u freestyle							
46	G 50m 11/u freestyle							
47	B 50m 15/u butterfly							
48	G 50m 15/u butterfly							
49	B 4x50m squadron relay							
50	G 4x50m squadron relay							
AGGREGATE TIME								
FINAL POSITIONS								

Splits to be recorded on all 50m relays

Reset 7-8-00 Amended 25-02-02
Amended 16-08-07
Amended 25-07-10