

Chair: Janet Davies

Head Coach: Oliver Waddington

Secretary: Greg McDonagh

Hemel Hempstead Swimming Club

Affiliated to ASA East Region and Hertfordshire ASA

Alan Doyle Memorial Sprint Meet

Sunday 9th December 2018

(Under ASA Laws & Regulations and ASA Technical Rules of Racing)

Level 3 License 3ER180888

At Hemel Leisure Centre, Park Road, Hemel Hempstead, Hertfordshire, HP1 1JS

Closing date for entries: Sunday 11th November 2018

All the information you need about entering our inaugural Alan Doyle Memorial Sprint Meet is now on the Competitions page of our website www.hhsc.org.uk. This one day Level 3 Licenced meet is designed as a celebration of Alan's enormous contribution to swimming at HHSC and the wider swimming community, and provides an opportunity to qualify for County & Regional Championships. Events comprise 50m all strokes (heats & finals) plus 100m IM (heat declared winner). Trophies will be awarded to the most improved Boy and Girl swimmer. 50% of the profits will be donated to The British Heart Foundation. See Meet Conditions on the website for more details.

This entry pack includes:

- Programme of events
- Meet Entry Summary Sheet
- Boys & Girls Individual Entry Forms
- Poster for your noticeboard

PROGRAMME OF EVENTS

Sunday 9 th December 12:45 for 13:45						Sunday 9 th December 17:15 for 18:15					
Session 1	Active withdrawal to meet recorders at least 45 mins before Session starts.					Session 2	Active withdrawal to meet recorders at least 45 mins before Session starts.				
	Warm up				12:45		Warm up				17:15
	Start				13:45		Start				18:15
	1	Boys 9+	50m	Butterfly	heats		6	Girls 9+	50m	Butterfly	heats
	2	Girls 9+	50m	Backstroke	heats		7	Boys 9+	50m	Backstroke	heats
	3	Boys 9+	50m	Breaststroke	heats		8	Girls 9+	50m	Breaststroke	heats
	4	Girls 9+	50m	Freestyle	heats		9	Boys 9+	50m	Freestyle	heats
	5	Boys 9+	100m	IM	HDW		10	Girls 9+	100m	IM	HDW
				INTERVAL	15 mins					INTERVAL	15 mins
				50m FINALS						50m FINALS	



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Entry Summary Sheet

Please complete & email to entries@hhsc.org.uk

Payment may be by cheque payable to Hemel Hempstead Swimming Club [HHSC]) or alternatively by electronic transfer as follows:- Account name: Hemel Hempstead Swimming Club, Sort Code: 80-11-60 Account Number: 06025702. Quote reference ADMem[Club name] to be received by midnight on 11th November 2018 . See Meet Conditions for more details.

BLOCK CAPITALS PLEASE

Club Name.....Contact Name.....

Address.....

Contact Telephone Number.....E Mail.....

Entries @ £5.50 each	Number	
		£
Coach passes @ £10.00 each per day	Number (max 4 per day)	
		£
Total Cheque enclosed (payable to HHSC) or online payment ref.....		Total
		£

Officials: Officials will be provided with mid-session refreshments. Complete below or email Louise Farrow at openmeets@hhsc.org.uk to provide details of officials from your club who can help.

<u>Name</u>	<u>Qualifications</u>	<u>Sessions available</u> please state 1, 2, 3, 4



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INDIVIDUAL ENTRY FORM: BOYS

ASA number									
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COMPLETE IN BLOCK CAPITALS PLEASE

Full Name _____ D.O.B: _/ _/ _

Age as at 9th December 2018 _____ Club _____

Address _____

Email _____ Telephone No _____

	EVENT NO.	Girls/ Boys	Age	EVENT	ENTRY TIME (or NT for no time)
Session 1	1	Boys	9+	50m Butterfly	
"	3	Boys	9+	50m Breaststroke	
"	5	Boys	9+	100m IM	
Session 2	7	Boys	9+	50m Backstroke	
"	9	Boys	9+	50m Freestyle	
	TOTAL ENTRY FEE			£ _____	

TOTAL NUMBER OF SWIMS £5.50 each = £.....

I ENCLOSE A CHEQUE FOR £.....

MADE PAYABLE TO [name] Swimming Club

No Faster than times:

Boys	
50FR	00:20.00
50BA	00:25.00
50BR	00:30.00
50FL	00:25.00
100IM	00:50.00

Girls	
50FR	00:25.00
50BA	00:30.00
50BR	00:35.00
50FL	00:28.00
100IM	01:00.00



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INDIVIDUAL ENTRY FORM: GIRLS

ASA number										
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COMPLETE IN BLOCK CAPITALS PLEASE

Full Name _____ D.O.B: / /

Age as at 9th December 2018 _____ Club _____

Address _____

Email _____ Telephone No _____

	EVENT NO.	Girls/ Boys	Age	EVENT	ENTRY TIME (or NT for no time)
Session 1	2	Girls	9+	50m Backstroke	
"	4	Girls	9+	50m Freestyle	
Session 2	6	Girls	9+	50m Butterfly	
"	8	Girls	9+	50m Breaststroke	
"	10	Girls	9+	100m IM	
	TOTAL ENTRY FEE			£ _____	

TOTAL NUMBER OF SWIMS £5.50 each = £.....

I ENCLOSE A CHEQUE FOR £.....

MADE PAYABLE TO [name] Swimming Club

No Faster than times:

Boys	
50FR	00:20.00
50BA	00:25.00
50BR	00:30.00
50FL	00:25.00
100IM	00:50.00

Girls	
50FR	00:25.00
50BA	00:30.00
50BR	00:35.00
50FL	00:28.00
100IM	01:00.00



HEMEL HEMPSTEAD SWIMMING CLUB

Affiliated to ASA East Region and Herts ASA

Invite you to their inaugural

Alan Doyle Memorial Sprint Meet

Level 3 License 3ER180888

(Under ASA Laws and Regulations and ASA Technical Rules of Racing)

Sunday 9th December 2018

Session 1: w/up 12.45pm

Session 2: w/up 5.15pm (approx)

At HEMEL HEMPSTEAD LEISURE CENTRE, HEMEL
HEMPSTEAD HP1 1JS

25 metre, 6 lanes, 'Olympic-style' starting blocks & anti-turbulence ropes,
Electronic Timing



- 50m all strokes heats & finals, 100m IM heat declared winner
- Trophies to Most Improved Girl & Boy
- 50% of profits to British Heart Foundation
- **Closing date for entries: Sunday 11th November 2018**

