



# Loughborough Town Swimming Club

## Distance Gala 2009 – Under ASA Law and Technical Rules

Loughborough Towns first ever Distance Gala will be held over two evenings, Thursday 22<sup>nd</sup>, & Saturday 24<sup>th</sup> October.

- All events will be heat declared.
- Age limits are ages on the 21<sup>st</sup> March 2010.
- Heats may consist of swimmers of both genders in adjacent lanes.
- Heat rankings according to LTSC recorded or submitted times (by email to [secretary@ltsc.org.uk](mailto:secretary@ltsc.org.uk) with the subject 'Distance Gala'), failing that by age. The fastest heat 'spear headed'.
- LTSC reserve the right to restrict entries by use of age related consideration times based on the LASA age group entry consideration times.
- Dependant on the number of entries, there may be short intervals between events.

Certificates will be awarded during the Presentations Evening with the swimmers times on.

Event programme

	Thursday 22 <sup>nd</sup> October		Saturday 24 <sup>th</sup> October	
	Event	Distance/stroke	Event	Distance/Stroke
All swimmers 9 & over	1	200m Butterfly	5	200m IM
Boys 9 and over	2	200m Breaststroke		
	3	200m Backstroke		
Girls 9 and over			6	200m Breaststroke
			7	200m Backstroke
Girls 11 and over	4	800m Freestyle		
Boys 12 and over			8	1500m Freestyle

Each evening commencing at 6:00 pm with a warm up & the first event start at 6:30pm.

Entries close on Thursday 15<sup>th</sup> October.

### LTSC Distance Gala 2009 ENTRY FORM

Swimmers Name:

Age in years on 31<sup>st</sup> December 2010, or 'Over 16':

Please tick the events you wish to enter

200m Backstroke       200m Breaststroke       200m Butterfly   
 200m Freestyle       200m IM

The entry fee is £1.50 per event.

Total fee £..... (Cheques made payable to LTSC, return to coach on pool side)

LTSC are keen to identify any volunteers to help run this event. If you are willing please indicate below.

Name

Email address