



Loughborough Town Swimming Club

2009 Annual Gala – Under ASA Law and Technical Rules

Those who swam during the first of this year's three Annual Galas will be aware that we were able to complete the schedule within approximately 1¾ hours. In reality LTSC had hired the pool for significantly longer. Whilst it was always our intention to undertake a 'Lessons learnt' exercise after the galas, it is already apparent that there is likely to be significant unused water time at the end of the other two galas. This will enable the Masters to train after the Thursday gala following our normal practice. On Saturday the 3rd October following event 16, the last one, we are going to offer, on a free of charge basis, the opportunity for swimmers aged over 10 to complete a 400m freestyle swim. This, as with the other events, will be offered on the basis of potentially mixed gender occupancy of adjacent lanes, with the heats taken in ascending age order (10 years or youngest first). If swimmers submit times, these will be considered.

This event will commence shortly after event 16, and be identified as 'event A'. Should there be sufficient entries medallions will be made available, failing that the time will be registered on the 'Spring Gala certificate'. Positions in 'event A' will not be taken into consideration for the assessment of the best swimmers in the 2009 Annual Gala.

Entries close on Friday 25th September.

Given the experimental nature of this event LTSC reserve the right to decline the opportunity to complete this event to any swimmer they consider not able to complete the distance within an age related target time, based on the LASA age group entry requirements.

LTSC 2009 Annual Gala - 400m Freestyle ENTRY FORM

Swimmers Name:

Age in years on 31st December 2009, or 'Over 15':

Submitted time:

LTSC 2009 Annual Gala - 400m Freestyle ENTRY FORM

Swimmers Name:

Age in years on 31st December 2009, or 'Over 15':

Submitted time