

WORKSOP DOLPHINS SWIMMING CLUB

THE 25th DUKERIES OPEN MEET

- Date:** Saturday 5th September 2009
- Venue** Ponds Forge International Sports Centre – Sheffield 50m long course 10 lanes
- Time:** Session 1 Warm-up from 8.00am Start 9.00am
Session 2 to be advised on return of entry cards and will be based on entry level
- Admission** £6.00 day ticket, Senior Citizens & Children £3.00, under 5yrs free Full programme £2.00
Poolside passes £9, includes programme.
- Entry Fee** £3.50 per event
- Age Groups** AGE AS AT DATE OF GALA, 5th September 2009.
To compete as a 9yr old, swimmers must have had their 9th birthday, on or before the 5th September . 9yrs may swim up to 4 events (50m only), 10yrs and older may swim up to 8 events (50m &100m).

50m swims, 9yrs, 10yrs, 11/12yrs, 13/14yrs 15 & over
100m swims 10/11 12/13 14yrs & over
- Awards** Trophies or medals to **First 6 in each Age Group**, Prizes for Skins winners
Top Boy & Top Girl, Top Club
- Car Parking** Note that there is very limited parking at the pool itself (operated by NCP) a map showing the location of the pool and nearby car parks will be sent on request. Please indicate on your entry form. If you do not know Sheffield then allow plenty of time for parking. Worksop Dolphins cannot accept any responsibility for the parking arrangements or the charges incurred at the pool or in the City of Sheffield car parks.
- Buses** There is limited parking available for buses at the rear of the pool and Ponds Forge do make a small charge for this. The spaces are allocated on a first come first served basis Please telephone Mr David Rush (01909 481310) to reserve your place, the cost will be advised when it is known.
- Problems or Queries**
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| Entries | Mrs L Evans 15 Halifax Drive, Worksop, Notts S81 7NN
01909 478714 e-mail openmeets@worksopdolphins.co.uk |
| After Closing Date | Mr David Rush, 8 Sheaf Place, Worksop, Notts S81 7LE
01909 481310 e-mail openmeets@worksopdolphins.co.uk |
- Entry Procedure** Entries must be on the forms supplied (Photocopies accepted) and sent together with the entry fees and returned to Mrs L Evans at the above address.
Clubs are encouraged to use Sportsystems Electronic Entry. The entry file set and full instructions can be downloaded from the website, please email if help is required.

Cheques payable to Worksop Dolphins Swimming Club.

Entries are accepted on a first come first served basis until the closing date or when the gala capacity has been reached, whichever occurs first. PLEASE NOTE THAT SUBMITTED TIMES SHOULD BE BASED ON A 25M POOL. Acceptance reports will be returned by email as soon as possible after the closing date. If it is found necessary to restrict entries then all monies will be returned to those swimmers not accepted as soon as possible after the closing date.

ENTRIES CLOSE TUESDAY 21st JULY

A draft programme (read only) will be available on our website as soon as possible after the entries close

www.worksopdolphins.co.uk

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Meet Schedule

SESSION 1

101	Boys	10yrs/over	100m	Breaststroke
102	Girls	10yrs/over	100m	Breaststroke
103	Boys	9yrs/over	50m	Butterfly
104	Girls	9yrs/over	50m	Butterfly
105	Boys	10yrs/over	100m	Freestyle
106	Girls	10yrs/over	100m	Freestyle
107	Boys	9yrs/over	50m	Backstroke
108	Girls	9yrs/over	50m	Backstroke

SESSION 2

201	Boys	10yrs/over	100m	Butterfly
202	Girls	10yrs/over	100m	Butterfly
203	Boys	9yrs/over	50m	Freestyle
204	Girls	9yrs/over	50m	Freestyle
205	Boys	10yrs/over	100m	Backstroke
206	Girls	10yrs/over	100m	Backstroke
207	Boys	9yrs/over	50m	Breaststroke
208	Girls	9yrs/over	50m	Breaststroke
209	Boys	50m Freestyle Skins Final		
210	Girls	50m Freestyle Skins Final		

SKINS EVENT

The fastest 10 from the 50m freestyle boys and girls will go into the skins final. The slowest 2 will be eliminated in the first 3 heats, the next 2 heats only 1 will be eliminated until the last two go head to head winner takes all. Boys and girls will swim alternately. You will have three minutes between heats and will be told when there is 10 seconds left it is then take your marks **BANG!!**

Awards & Presentations

Awards will be made to the first six swimmers in the following categories

50m ALL STROKES

9 yrs
10 yrs
11/12 yrs
13/14 yrs
15 & over

100m ALL STROKES

10/11 yrs
12/13 yrs
14 & over

The TOP BOY and TOP GIRL in each age group is based on the **Meet Best Swim**, this is calculated on Bagcat points or British points where appropriate, and is the single swim that achieves the highest points score. These awards will be presented at the end of the gala, before the skins event takes place. To avoid undue delay at this time, please help us by making yourself available for presentations when announced.

**The winners of the Skins event receive gift vouchers and a trophy,
the runners up also receive a trophy.**