

# WORKSOP DOLPHINS SWIMMING CLUB

## THE 26th DUKERIES OPEN MEET

<b>Date:</b>	Saturday 4 <sup>th</sup> September 2010
<b>Venue</b>	Ponds Forge International Sports Centre – Sheffield 50m long course 10 lanes
<b>Time:</b>	Session 1          Warm-up from 8.00am      Start 9.00am Session 2          To be advised based on entry level
<b>Admission</b>	£6.00 day ticket, Senior Citizens & Children £3.00, under 5yrs free Full programme £2.00 Poolside passes £9, includes programme.
<b>Entry Fee</b>	£3.75 per individual event, £10 per relay team
<b>Age Groups</b>	AGE AS AT DATE OF GALA, 4 <sup>th</sup> September 2010. <b>To compete as a 9yr old, swimmers must have had their 9<sup>th</sup> birthday, on or before the 4<sup>th</sup> September . 9yrs may swim up to 4 events (50m only), 10yrs and older may swim up to 8 events (50m &amp;100m), not including relays.</b>  50m swims, 9yrs, 10yrs, 11/12yrs, 13/14yrs 15 & over 100m swims 10/11 12/13 14yrs & over
<b>Awards</b>	Trophies or medals to <b>First 6 in each Age Group</b> , Prizes for Skins winners Top Boy & Top Girl, Top Club. Relay Medals to <b>First 3 Teams</b> .
<b>Car Parking</b>	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 can be found on the website.
<b>Entry Procedure</b>	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. If entering electronically then entry forms are not required but you must send a completed summary form with payment. Entry forms and/or summary forms and payment must be received by the closing date.
<b>Entries and Payment</b>	Send to Mrs L Evans 15 Halifax Drive, Worksop, Notts S81 7NN e-mail openmeets@worksopdolphins.co.uk <b>Cheques payable to ‘Worksop Dolphins Swimming Club’</b>
<b>Problems or Queries</b>	e-mail openmeets@worksopdolphins.co.uk

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. Acceptance of entry will be via the published swimmer list on the website. If it is found necessary to restrict entries then these swimmers will be notified by email and entry fees will be refunded as soon as possible after the closing date.

**\*\* NEW FOR 2010 RELAYS !! - SEE MEET SCHEDULE \*\***

**ENTRIES CLOSE FRIDAY 16<sup>th</sup> JULY**

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

[www.worksopdolphins.co.uk](http://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
109	Boys	10yrs/under	4x50m	Free Relay
110	Girls	10yrs/under	4x50m	Free Relay
111	Boys	12yrs/under	4x50m	Medley Relay
112	Girls	12yrs/under	4x50m	Medley Relay
113	Boys	14yrs/under	4x50m	Free Relay
114	Girls	14yrs/under	4x50m	Free Relay

#### 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	10yrs/under	4x50m	Medley Relay
210	Girls	10yrs/under	4x50m	Medley Relay
211	Boys	12yrs/under	4x50m	Free Relay
212	Girls	12yrs/under	4x50m	Free Relay
213	Boys	14yrs/under	4x50m	Medley Relay
214	Girls	14yrs/under	4x50m	Medley Relay
215	Boys	50m Freestyle Skins Final		
216	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 2 heats, in the remaining heats only 1 will be eliminated until only two remain who 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!!**

The TOP BOY and TOP GIRL in each age group is based on the **Meet Best Swim**, this is calculated on FINA points 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.**