



**20<sup>th</sup> EXETER SPRINT MEET**  
**SUNDAY 15th SEPTEMBER 2013**  
To be held at The Pyramids Leisure Centre, Exeter

## **PROGRAMME OF EVENTS**

Doors Open 08:10

### **SESSION ONE: 09:45      WARM UP 08:45**

**ALL heat declared winners**

BOYS 9,10,11,12,13,14,15+	100m	INDIVIDUAL MEDLEY
GIRLS 9,10,11,12	50m	BACKSTROKE
BOYS 13,14,15+	50m	BREASTSTROKE
GIRLS 13,14,15+	50m	BUTTERFLY
BOYS 9,10,11,12	50m	BREASTSTROKE
<b><u>15minutes break</u></b>		
GIRLS 9,10,11,12	50m	BUTTERFLY
BOYS 13,14,15+	50m	FREESTYLE
GIRLS 13,14,15+	50m	BACKSTROKE
BOYS 9,10,11,12	50m	FREESTYLE

### **SESSION TWO: 14:30      WARM UP 13:30**

**ALL heat declared winners**

GIRLS 9,10,11,12,13,14,15+	100m	INDIVIDUAL MEDLEY
BOYS 9,10,11,12	50m	BACKSTROKE
GIRLS 13, 14,15+	50m	BREASTSTROKE
BOYS 13,14,15+	50m	BUTTERFLY
GIRLS 9,10,11,12	50m	BREASTSTROKE
<b><u>15minutes break</u></b>		
BOYS 9,10,11,12	50m	BUTTERFLY
GIRLS 13,14,15+	50m	FREESTYLE
BOYS 13,14,15+	50m	BACKSTROKE
GIRLS 9,10,11,12	50m	FREESTYLE

**Presentations for Top Club, Top Girl and Top Boy**

Cost of entry: £4.50 per event or £20 for all 5 events

Coaches Pass: £10.00 (maximum 2 per Club)

Times should be 25m pool times.

**All entries for more than 6 swimmers to be made on Hytek  
File please**



**Exeter City Swimming Club**  
**The 20th Exeter SPRINT MEET**  
**SUNDAY 15th SEPTEMBER 2013**  
**At the Pyramids Leisure Centre, Exeter**

**Swimmers: please use one form per swimmer & give to your Club Competition Secretary**

FULL NAME..... MALE / FEMALE  
 (Block Capitals) (Delete as necessary)

CLUB.....TEAM MANAGER \* .....

ADDRESS.....  
 .....

Email .....

POSTCODE..... TEL No:.....

\* **A.S.A. Member I.D.**.....

\* **AGEon15thSEPTEMBER2013**..... \* **Date of Birth** .....

AGE GROUPS		ENTRY TIME	ENTRY TIME	ENTRY TIME	ENTRY TIME	ENTRY TIME
Please use 25m pool times	<b>AGE</b>	<b>50m FREE</b>	<b>50m BACK</b>	<b>50m BREAST</b>	<b>50m FLY</b>	<b>100m IM</b>
<b>GIRLS</b> 9,10,11,12,13,14 and15/over						
<b>BOYS</b> 9,10,11,12,13,14 and15/over						

Total number of events entered..... @ £4.50 per event = £  
 (or £20.00 for all five events)

Number of coaches passes..... @ £10.00 = £  
 (Maximum two per club)

**Total Fees = £**

I declare that the details I have entered are correct and agree to abide by the conditions laid down by the promoters of this event.

SIGNED.....Parent/Coach/Official/Self

Entry forms and cheques made payable to 'Exeter City Swimming Club' to be received no later than **Friday 9th August 2013**. Entries will be accepted on a first come, first served basis. Clubs must return **one cheque** in respect of all their entrants.

**All entries for more than 6 swimmers to be made on Hytek File**

\* The entry list for the whole club will be sent to this person and Clubs must enclose a SAE for the Club Coach/Team Manage or provide an email address.

Details are also available on our web site [www.exeterswimming.org](http://www.exeterswimming.org)