



edmonton phoenix
swimming club

www.edmontonphoenix.co.uk

126 willow road
enfield
middlesex
en1 3ay

epsc@btinternet.com

07948 120 185

25 October 2009

You are invited to our Junior Winter Sprint Gala Licence number 3LR0133 which will be held on Saturday 23rd January 2010 at Southbury Leisure Centre. The warm-up will be at 6pm for a 6.45pm start and swimmers should be registered to swim 30 minutes before the start of the session.

Entries to be submitted using the Hy-Tek entry file which is attached and should be returned by email to: epsc@btinternet.com

If you do not have the Hy-Tek Team Manager programme a free programme, TEAM MANAGER LITE, can be downloaded from the Hy-Tek website: www.hy-tek ltd.com/downloads.html Scroll down to the table under the Swimming heading. The first line is currently 'Team Manager 4.0' and the word LITE appears in the right hand column.

Cost of entry is £3.50 per event, age at date of gala.
Age groups 9, 10, 11 and 12 years.

Please ensure there is a contact name, address and telephone number in case of any queries.

Closing date for entries is Midnight Friday 8 January 2010. No late entries will be accepted.



edmonton phoenix
swimming club

www.edmontonphoenix.co.uk

126 willow road
enfield
middlesex
en1 3ay
epsc@btinternet.com

JUNIOR WINTER SPRINT

3LR0133

SATURDAY 23RD JANUARY 2010

PROGRAMME DETAILS

All ages will swim together and will be allocated heats according to their submitted entry times. Please therefore try to use recently achieved times rather than personal best times.

Age as at day of gala

EVENT 1	GIRLS	9 – 12 YEARS	50M BACKSTROKE
EVENT 2	BOYS	9 – 12 YEARS	50M BACKSTROKE
EVENT 3	GIRLS	9 – 12 YEARS	50M BUTTERFLY
EVENT 4	BOYS	9 – 12 YEARS	50M BUTTERFLY
EVENT 5	GIRLS	9 – 12 YEARS	50M BREASTSTROKE
EVENT 6	BOYS	9 – 12 YEARS	50M BREASTSTROKE
EVENT 7	GIRLS	9 – 12 YEARS	50M FREESTYLE
EVENT 8	BOYS	9 – 12 YEARS	50M FREESTYLE



edmonton phoenix
swimming club

www.edmontonphoenix.co.uk

126 willow road
enfield
middlesex
en1 3ay
epsc@btinternet.com

EDMONTON PHOENIX SWIMMING CLUB

Affiliated to London Region ASA

Present
THEIR JUNIOR WINTER SPRINT GALA
3LR0133.
To be held at

SOUTHBURY LEISURE CENTRE
192 SOUTHBURY ROAD, ENFIELD

ON SATURDAY 23RD JANUARY 2010
Under ASA Laws and Technical Rules of Swimming

CONDITIONS OF ENTRY

Southbury Road Pool is 8 lanes in width, 25m long, with anti-turbulence lane ropes and Colorado Electronic Timing system.

All events will be swum under ASA law and in the event of a dispute the Referee's decision will be final. Age groups are 9, 10, 11 and 12 years: age at day of gala.

Presentations will be made to the 6 fastest swimmers in each age group, not disqualified.

All swimmers should have registered to swim by 6.15pm. Registration desk will be situated beside the Teaching pool, by the changing room exit. Coaches are asked not to register swimmers who are not present as this causes problems with the heat allocation. Swimmers must be members of an ASA affiliated club.

The cost of entry is **£3.50** per event. Payment by cheque is preferred, please make cheques payable to EPSC.

ALL ENTRIES TO BE RECEIVED BY FRIDAY 8 JANUARY 2010. NO LATE ENTRIES WILL BE ACCEPTED.

The Promoter (Edmonton Phoenix Swimming Club) retains the right to make any changes that may be considered necessary for the good order and discipline of the event. Maximum of 4 coaches/chaperones are allowed on the poolside with the team. This is to keep poolside as clear as possible.

