

Hemel Hempstead Swimming Club

Affiliated to ASA East Region and Hertfordshire ASA

Alan Doyle Memorial Sprint Meet

Sunday 9th December 2018

(Under ASA Laws & Regulations and ASA Technical Rules of Racing)

Level 3 License 3ER180888

At Hemel Leisure Centre, Park Road, Hemel Hempstead, Hertfordshire, HP1 1JS

Closing date for entries: Sunday 11th November 2018

All the information you need about entering our inaugural Alan Doyle Memorial Sprint Meet is now on the Competitions page of our website www.hhsc.org.uk. This one day Level 3 Licenced meet is designed as a celebration of Alan's enormous contribution to swimming at HHSC and the wider swimming community, and provides an opportunity to qualify for County & Regional Championships. Events comprise 50m all strokes (heats & finals) plus 100m IM (heat declared winner). Trophies will be awarded to the most improved Boy and Girl swimmer. 50% of the profits will be donated to The British Heart Foundation. See Meet Conditions on the website for more details.

This entry pack includes:

- Programme of events
- Meet Entry Summary Sheet
- Boys & Girls Individual Entry Forms
- Poster for your noticeboard

PROGRAMME OF EVENTS

Sunday 9 th December 12:45 for 13:45					Sunday 9 th December 17:15 for 18:15					
Session 1	Active withdrawal to meet recorders at least 45 mins before Session starts.					Session 2	Active withdrawal to meet recorders at least 45 mins before Session starts.			
	Warm up			12:45		Warm up			17:15	
	Start			13:45		Start			18:15	
1	Boys 9+	50m	Butterfly	heats	6	Girls 9+	50m	Butterfly	heats	
2	Girls 9+	50m	Backstroke	heats	7	Boys 9+	50m	Backstroke	heats	
3	Boys 9+	50m	Breaststroke	heats	8	Girls 9+	50m	Breaststroke	heats	
4	Girls 9+	50m	Freestyle	heats	9	Boys 9+	50m	Freestyle	heats	
5	Boys 9+	100m	IM	HDW	10	Girls 9+	100m	IM	HDW	
			INTERVAL	15 mins				INTERVAL	15 mins	
			50m FINALS					50m FINALS		



HEMEL HEMPSTEAD SWIMMING CLUB

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Invite you to their inaugural

Alan Doyle Memorial Sprint Meet

Level 3 License 3ER180888

(Under ASA Laws and Regulations and ASA Technical Rules of Racing)

Sunday 9th December 2018

Session 1: w/up 12.45pm

Session 2: w/up 5.15pm (approx)

At HEMEL HEMPSTEAD LEISURE CENTRE, HEMEL
HEMPSTEAD HP1 1JS

25 metre, 6 lanes, 'Olympic-style' starting blocks & anti-turbulence ropes,
Electronic Timing



- 50m all strokes heats & finals, 100m IM heat declared winner
- Trophies to Most Improved Girl & Boy
- 50% of profits to British Heart Foundation
- **Closing date for entries: Sunday 11th November 2018**

