

N.A.C. CLUB

SHORT COURSE MEET

OCT 11TH 2008.

MEET INFORMATION

- VENUE:** National Aquatic Centre – Abbotstown, Blanchardstown Dublin 15
- FACILITIES AVAILABLE:** 10 Lane 25m Competition Pool
2000 Spectator Accommodation
- DATE:** Saturday 11th October 2008
- SESSIONS:** Session 1: Warm Up 8am to 8.45am Heat Session Start 9am
Session 2: Warm Up 1.30pm to 2.15pm Heat session Start 2.30pm
- AGE GROUPS:** U/10; U/12; U/14; U/16; Senior
- EVENTS:** 100 Free; 100 Back; 100 Brs; 100 B/F * 50Fly (Under 10's)
200 Free 200 I.M. 400 Free

ALL EVENTS HDW

- SEEDING:** In each age group swimmers will be seeded according to their entry time
- ENTRY TIMES:** Where no entry times (NT) have been submitted, swimmers will be placed in the first heats of the particular event.
- AGE GROUPS:** Age as of the 31st of December 2008 determines your age group for this meet.
- ENTRY FEES:** €6.00 for each individual event entered
€15.00 for each relay team entered.

ENTRY ADDRESS: Completed Meet Entry Forms and payment together with any enquiries to:

The Meet Director,
NAC Age Group Swimming Meet
Three Oaks
Gragadder, Kilcock
County Kildare
Tel: 086-8508553
E-mail: michaelacaseley@hotmail.com



As the Meet is being run with HY-Tek Swim Software entries from clubs can be e-mailed using Commlink. The Organisers of the event reserve the right to limit entries

RESULTS: Full set of result sheets may be ordered from the Recorders Table for a charge of €10

CLOSING DATE: Latest date for receipt of entries is 29/09/08

Note: The Organisers of the event reserve the right to limit numbers in each event and will advise of any rejections

Session 1: Warm Up Start 8am / Finish 8.45 Heat Session Start 9am

Event 1 Open 400m Free Female
Event 2 Open 400m Free Male
Event 3 U/10 100m Backcrawl Female
Event 4 U/10 100m Backcrawl Male
Event 5 U/12 100m Backcrawl Female
Event 6 U/12 100m Backcrawl Male
Event 7 U/14 100m Backcrawl Female
Event 8 U/14 100m Backcrawl Male
Event 9 U/16 100m Backcrawl Female
Event 10 U/16 100m Backcrawl Male
Event 11 Senior 100m Backcrawl Female
Event 12 Senior 100m Backcrawl Male

Event 13 U/10 : 100m Breaststroke Female
Event 14 U/10 100m Breaststroke Male
Event 15 U/12 100m Breaststroke Female
Event 16 U/12 100m Breaststroke Male
Event 17 U/14 100m Breaststroke Female
Event 18 U/14 100m Breaststroke Male
Event 19 U/16 100m Breaststroke Female
Event 20 U/16 100m Breaststroke Male
Event 21 Senior 100m Breaststroke Female
Event 22 Senior 100m Breaststroke Male

Event 23 U/10 200 Free Female
Event 24 U/10 200 Free Male
Event 25 U/12 200 Free Female
Event 26 U/12 200 Free Male
Event 27 U/14 200 Free Female
Event 28 U/14 200 Free Male
Event 29 U/16 200 Free Female
Event 30 U/16 200 Free Male
Event 31 Senior 200 Free Female
Event 32 Senior 200 Free Male

Event 33 U/10 Female 200m Medley Team Relay
Event 34 U/10 Male 200m Medley Team Relay
Event 35 U/12 Female 200m Medley Team Relay
Event 36 U/12 Male 200m Medley Team Relay
Event 37 U/14 Female 200m Medley Team Relay
Event 38 U/14 Male 200m Medley Team Relay
Event 39 U/16 Female 200m Medley Team Relay
Event 40 U/16 Male 200m Medley Team Relay
Event 41 Senior Female 200m Medley Team Relay
Event 42 Senior Male 200m Medley Team Relay

Session 2: Warm Up Start 1.30pm / Finish 2.15 / Heat Session Start 2.30pm

Event 43 U/10 100m Free Female
Event 44 U/10 100m Free Male
Event 45 U/12 100m Free Female
Event 46 U/12 100m Free Male
Event 47 U/14 100m Free Female
Event 48 U/14 100m Free Male
Event 49 U/16 100m Free Female
Event 50 U/16 100m Free Male
Event 51 Senior 100m Free Female
Event 52 Senior 100m Free Male

Event 53 U/10 50 Fly Female
Event 54 U/10 50 Fly Male
Event 55 U/12 100 Fly Female
Event 56 U/12 100 Fly Male
Event 57 U/14 100 Fly Female
Event 58 U/14 100 Fly Male
Event 59 U/16 100 Fly Female
Event 60 U/16 100 Fly Male
Event 61 Senior 100 Fly Female
Event 62 Senior 100 Fly Male

Event 63 U/10 200 IM Female
Event 64 U/10 200 IM Male
Event 65 U/12 200 IM Female
Event 66 U/12 200 IM Male
Event 67 U/14 200 IM Female
Event 68 U/14 200 IM Male
Event 69 U/16 200 IM Female
Event 70 U/16 200 IM Male
Event 71 Senior 200IM Female
Event 72 Senior 200 IM Male

Event 73 U/10 Female 200 Free Team Relay
Event 74 U/10 Male 200 Free Team Relay
Event 75 U/12 Female 200 Free Team Relay
Event 76 U/12 Male 200 Free Team Relay
Event 77 U/14 Female 200 Free Team Relay
Event 78 U/14 Male 200 Free Team Relay
Event 79 U/16 Female 200 Free Team Relay
Event 80 U/16 Male 200 Free Team Relay
Event 81 Senior Female 200 Free Team Relay
Event 82 Senior Male 200 Free Team Relay

ENTRY SUMMARY

Club: _____ **Contact:** _____

Address: _____

Phone: _____ **Email:** _____

Individual Events	Number	Amount	Total
Male			
Female			
		Sub Total	
Relays	Freestyle	Medley	
Girls U/10			
Girls U/12			
Girls U/14			
Girls U/16			
Boys U/10			
Boys U/12			
Boys U/14			
Boys U/16			
Senior			
		Sub Total	
		TOTAL	