



Dear Swimmer and Parent,

Welcome to Sandbach Sharks Mini Meet Grand Prix Series for 2010.

### **Introduction and aims**

The Mini Meet Grand Prix is a series of time trials for junior swimmers aged up to 12 years.

The aim of the Series is to give our younger swimmers the incentive to attend their training sessions and to work hard. It will provide early exposure to a competitive environment so that they can develop their racing skills, whilst remaining in the relax surroundings of the Club Arena.

The series will also provide an early introduction to the ASA "Bagcats" awards for swimmers, parents and coaches alike. See [www.sandbachsharks.co.uk/webdocs/handbook09.pdf](http://www.sandbachsharks.co.uk/webdocs/handbook09.pdf)

Regular mini meet attendance will allow your coach to monitor your progress as the series develops.

Parents are also to be actively encouraged to develop skills as technical officials, poolside helpers and "Coaches" during the running of the series.

### **Rules**

Ages will be calculated as at 26<sup>th</sup> June 2010.

The Grand Prix Series will be held under ASA Laws and ASA Technical Rules.

Any swimmer being disqualified will incur a time penalty as follows;

25m events plus 1 Sec. No BAGCAT Points Scored.

50m events plus 3 Secs. No BAGCAT Points Scored.

100m events plus 5 Secs. No BAGCAT Points Scored.

200m events plus 10 Secs. No BAGCAT Points Scored.

Any swimmer who does not compete the course (dnf) will be given the slowest legal (non disqualified) time in their age group.

### **Dates for the Mini Meet Series**

Gala 1 Sun 14<sup>th</sup> Feb 2010. 50m Freestyle, 50m Butterfly and 100 or 200m I.M

Gala 2 Sun 11<sup>th</sup> April 2010. 50 Breaststroke, 50m Backstroke and 100 or 200m Freestyle.

Gala 3 Sun 2<sup>nd</sup> May 2010. 50m Freestyle, 50m Butterfly and 100 or 200m I.M

Gala 4 Sun 6<sup>th</sup> June 2010. 50 Breaststroke, 50m Backstroke and 100 or 200m Freestyle.

Gala 5 (Finals) Sun 4<sup>th</sup> July 2010. 50m Freestyle, 50m Butterfly and 100 or 200m I.M

Gala 6 (Finals) Sun 11<sup>th</sup> July 2010. 50 Breaststroke, 50m Backstroke and 100 or 200m Freestyle.

### **What events should I enter?**

The Grand Prix Series is a group of events which give the opportunity for swimmers to practise racing skills on all strokes plus the 200m individual medley and 200m free. It is therefore recommended that **all** strokes across **all** distances in your particular age group are entered. Please see the attached entry form for details.

9 years and under @26.6.10 to enter 25m fly 25m back 25m breast 25m free 100m I.M. at all sessions

10 years @ 26.6.10 to enter 50m fly, 50m back, 50m breast, 50m free, 200m I.M.\* and 200m free.

\*Swimmer who are 10yrs and older **may only** with the agreement of their club coach enter 100m I.M. instead of the 200m I.M. it should be noted that there is no 10yrs and over 100 I.M. in the finals.

11 years @ 26.6.10 to enter 50m fly, 50m back, 50m breast, 50m free, 200m I.M. and 200m free.

12 years @ 26.6.10 to enter 50m fly, 50m back, 50m breast, 50m free, 200m I.M. and 200m free.

### **Awards**

In order to “win” an individual event a swimmer must swim in at least 1 round and then place first the corresponding final of each stroke/event.

Awards will be based as follows;

On completion of the preliminary galas in June 2010, swimmers who have completed in at least one round will be invited to the “Finals”. At the finals medals will be awarded for the top three athletes in each event on the day. This will help swimmers get used to the pressures of swimming in a final. As previously stated, in order to qualify for the final in a particular event the swimmer must have competed in at least one previous round in the corresponding event.

There will be no “Bagcat” awards though final placings and points will be published on the club’s website. [www.sandbachsharks.co.uk](http://www.sandbachsharks.co.uk)

If you want any more information please contact Jody Davies on 07931 591941