

PAIGNTON AMATEUR SWIMMING & LIFE SAVING SOCIETY.

(Affiliated to the Western Counties A.S.A., Devon County A.S.A., and Royal Life-saving Society)

CLUB CHAMPIONSHIPS MIDDLE DISTANCE EVENTS 2003.

(UNDER A. S. A. LAWS & A.S.A. TECHNICAL RULES.)

Torbay Leisure Centre,
Paignton.

Wednesday 15th October, 2003.

Warm Up :- 6.30 P. M.

Start :- 6.45 P. M.

To comply with A.S.A. Laws & "Health & Safety" guidelines only those swimmers who have shown repeated competency in shallow racing dives & HAVE PASSED THEIR COMPETITIVE START AWARD will be allowed to dive in during these championships. To this endeavour, the Club reserves the right to & will stop any competitor from diving in at the start of their races; if there any doubt of their competency to do so safely or they have not passed their competitive start award.

We thank you for your understanding and co-operation.

We would also be grateful if you would ensure that any swimmer who wishes to start in the water due to any uncertainty in their diving skills would inform the marshals whilst being called for their respective events so that this can be arranged for them.

We will Be using the one (1) Start Rule.

EVENT 1 BOYS & GIRLS 400 Metres FREESTYLE.

Heat 1

Lane 1.		
Lane 2.	Luke Jonas	10.03.21 u10 1st
Lane 3.	Harry Harley	DNS u12
Lane 4.	Sam Hedges	DNS u12
Lane 5.	Claire Brooking	9.40.89 u10 1st
Lane 6.		

Heat 3

Lane 1.	Rebecca Bolton	DNS oP
Lane 2.	Simon Williams	DNS u16
Lane 3.	Rebecca Webb	DNS u16
Lane 4.	Charlotte Moss	6.06.41 u16/oP 1st/1st
Lane 5.	Jinnie Wilson	5.59.67 u14 1st
Lane 6.		

Heat 2

Lane 1.		
Lane 2.	Matthew Heaselden	7.06.96 u12 1st
Lane 3.	Thomas O'Neill	6.15.62 u14 1st
Lane 4.	Adam Boulton	6.22.94 u14 2nd
Lane 5.	Luke Hedges	DNS u12
Lane 6.		

Heat 4

Lane 1.	Andrew Wilson	DNS oP
Lane 2.	Derek Wyatt	5.14.80 oP 4th
Lane 3.	Philip Giles	5.01.03 oP 3rd
Lane 4.	Gareth Cowell	4.44.41 oP 1st
Lane 5.	Oliver Ward	5.22.47 u16 1st
Lane 6.	Mark Witchell	5.00.24 oP 2nd

Heats have been pre seeded. I apologise in advance for any mistakes in seeding, if you think this is the case show us you are right in the pool.

All Race results will be undeclared this evening. Results will be posted on the board as soon as possible. All presentations will be made at the club presentations evening on Sunday 4th January 2004. Watch the board for details.