

INVERLEITH AMATEUR SWIMMING CLUB

EDINBURGH

SCOTLAND

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INTERNAL CUPS 2010

The Internal Cups will take place on Sunday's 25th April, 16th May, 23rd May and 13th June 2010.

These Cups are swum as "Age on the Day" of the Competition.

Full Details of the Cups are attached, but if you have any questions please ask myself or your coach.

All swimmers (except Prep Group and those on their initial month's trial) are automatically entered for these competitions. Those swimmers on their initial month's trial may swim on a "Time Only" basis.

Please remember that the Internal Cups are an important part of our Club Competition Calendar and whilst not everyone can win we need everyone to take part to make it a worthwhile and exciting competition.

Medals will be presented to first, second and third in each cup.

Medals and Trophies will be presented at the Club Championships on 18th December.

Peter Allan

10 January 2010

Round 1 Sunday 25th April

Warm-up 6.30 pm Start 7.00 pm

1	400 Trophies	12 & Over Ladies	400 Yds Freestyle (H.D.W.)
2	400 Trophies	12 & Over Men	400 Yds Freestyle (H.D.W.)

Round 2 Sunday 16th May

Event 1	Huntley Cup	12 & Under Girls	100 Yds I.M.
2	Huntley Cup	12 & Under Boys	100 Yds I.M.
3	Lee Trophies	13 Years old Girls	200 Yds Freestyle (H.D.W.)
4	Lee Trophies	13 Year old Boys	200 Yds Freestyle (H.D.W.)
5	Final of event 1		
6	Final of event 2		
7	Macfadyen Cups	14 & Over Girls/Ladies	800 Yds Freestyle (H.D.W.)
8	Macfadyen Cups	14 & Over Boys/Men	1650 Yds Freestyle (H.D.W.)

Warm-up 5.30 pm Start 6.00 pm (Events 1 - 6)

Warm-up 7.00 pm Start 7.30 pm (Events 7 - 8)

Round 3 Sunday 23rd May

- Event 1 **Fraser Cup**
Ladies & Men who have a current P.B. of 01:16.00 for 100 yds (01:23.50 for 100m) or better on freestyle recorded between the previous Club Championships and 22nd May in the year of the competition. The cup is awarded to the swimmer who records the greatest improvement in their entered time.
- 2 **Peter Allan Cup**
Girls & Boys who have a current P.B. of 01:50.00 for 100 Yds. (02:00.00 for 100M) or better on freestyle recorded between the previous Club Championships and 22nd May in the year of the competition. The cup is awarded to the swimmer who records the greatest improvement in their entered time.
Swimmers who qualify for the Fraser Cup are not allowed to swim in the Peter Allan Cup.
- 3 **McLeod Shield**
Men 16 & under on the day of the competition.
This event is swum between the five fastest eligible from the Fraser Cup.
- 4 **Junior Ladies Trophy**
Ladies 16 & under on the day of the Trophy Competition.
This event is swum between the five fastest eligible from the Fraser Cup.

Warm-up 6.00 pm. Start 6.30 pm.

Round 4

Sunday 13th June

Event 1	Knight Trophy	Girls 11 & Under	100 Yds. Butterfly
2	Knight Trophy	Boys 11 & Under	100 Yds. Butterfly
3	McMillan Cup	Ladies 12 & Over	100 Yds. I.M.
4	McMillan Cup	Men 12 & Over	100 Yds. I.M.
5	Knight Trophy	Final of Event 1	
6	Knight Trophy	Final of Event 2	
7	McMillan Cup	Final of Event 3	
8	McMillan Cup	Final of Event 4	

Warm-up 6.00 pm. Start 6.30 pm

- Notes:-1) All events are swum under SASA Laws.**
2) All events of 200 Yds or over will be Heat Declared Winners.
3) The Committee reserve the right to amend the programme.

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Huntley and Anderson Cups

28 February	}		
06 June	}	Warm Up	17.00
05 September	}	Start	17.30
28 November	}		

Club Championships

18 December 2010

All events will be held at Leith Victoria except the Club Championships which will be held at Leith Academy.