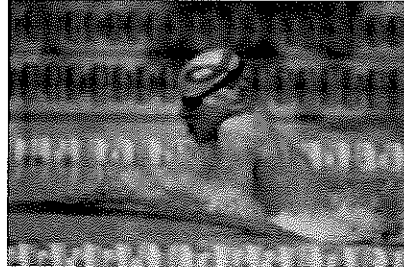




HAILSHAM SWIMMING CLUB
In Partnership with Bedes Senior School, The Dicker, Hailsham

Present the 3rd Annual
MIKE PASHLER INVITATION MEET 2018



SATURDAY 7 JULY 2018
At: Bedes Senior School, The Dicker, Hailsham

LICENSED LEVEL 4SE181450

Open to Hailsham SC and 5 invited Swimming clubs within Sussex,
competing for the Top Club trophy and Top Boy and Top Girl awards in each age group

Medals for 1st, 2nd and 3rd in each age group

6 Lane, 25m Pool, with anti-turbulence lane ropes. Manual Timing

Age Groups: 10 & Under, 11/12yrs, 13/14yrs, 15/16yrs and 17+yrs
Age as of midnight on 07.07.2018

Events: 50m, 100m and 200m in all strokes,
100m, 200m and 400m Individual Medley and 400m freestyle.
across 3 sessions. All events HDW.
No faster than (Upper limit) qualifying times

Cost: £4.00 per event (includes ASA Levy)



**HAILSHAM SC in partnership with BEDES SENIOR SCHOOL present the
MIKE PASHLER INVITATION MEET 2018 Licenced Level 4**

PROGRAMME OF EVENTS

SATURDAY 7 JULY	MIKE PASHLER MEET		No Faster Than (Cut-off) Times						
			Age	8-10yrs	11/12yrs	13/14yrs	15/16yrs	17+yrs	
SESSION 1 Warm Up 08.00 Start 8.35 2x15mins w/lp	101	Mixed	400m freestyle	5.30.00	5.00.00	4.40.00	4.30.00	4.20.00	
	102	Mixed	200m butterfly	3.00.00	2.40.00	2.25.00	2.20.00	2.15.00	
	103	Mixed	200m breaststroke	3.30.00	3.00.00	2.45.00	2.30.00	2.25.00	
	104	Mixed	400m Ind. Medley	5.50.00	5.25.00	5.10.00	5.00.00	4.50.00	
SESSION 2 Warm Up 10.15 Start 11.20 4x15mins w/up	201	Boys	100m backstroke	1.20.00	1.10.00	1.05.00	1.00.00	0.57.00	
	202	Girls	100m breaststroke	1.32.00	1.25.00	1.20.00	1.17.00	1.15.00	
	203	Boys	50m freestyle	0.33.00	0.29.00	0.26.00	0.24.00	0.23.00	
	204	Girls	50m butterfly	0.35.00	0.31.00	0.30.00	0.29.00	0.28.00	
	205	Boys	200m Ind. Medley	2.50.00	2.35.00	2.25.00	2.20.00	2.15.00	
	206	Girls	200m backstroke	2.45.00	2.33.00	2.26.00	2.22.00	2.20.00	
	<i>5 minute comfort break and swim down</i>								
	207	Boys	100m butterfly	1.20.00	1.10.00	1.05.00	1.00.00	0.57.00	
	208	Girls	100m freestyle	1.12.00	1.05.00	1.01.00	0.59.00	0.58.00	
	209	Boys	50m breaststroke	0.43.00	0.38.00	0.34.00	0.32.00	0.30.00	
	210	Girls	50m backstroke	0.39.00	0.35.00	0.33.00	0.31.00	0.30.00	
	211	Boys	200m freestyle	2.30.00	2.15.00	2.06.00	2.00.00	1.58.00	
212	Girls	100m Ind. Medley	1.24.00	1.15.00	1.11.00	1.08.00	1.06.00		
SESSION 3 Warm Up 14.30 Start 15.35 4x15mins w/up	301	Boys	100m breaststroke	1.32.00	1.23.00	1.15.00	1.11.00	1.07.00	
	302	Girls	100m backstroke	1.20.00	1.12.00	1.07.00	1.05.00	1.04.00	
	303	Boys	50m butterfly	0.35.00	0.31.00	0.29.00	0.27.00	0.25.00	
	304	Girls	50m freestyle	0.33.00	0.29.00	0.28.00	0.27.00	0.26.00	
	305	Boys	200m backstroke	2.45.00	2.30.00	2.20.00	2.17.00	2.15.00	
	306	Girls	200m Ind. Medley	2.50.00	2.40.00	2.35.00	2.30.00	2.28.00	
	<i>5 minute comfort break and swim down</i>								
	307	Boys	100m freestyle	1.12.00	1.02.00	0.58.00	0.54.00	0.53.00	
	308	Girls	100m butterfly	1.20.00	1.15.00	1.10.00	1.06.00	1.04.00	
	309	Boys	50m backstroke	0.39.00	0.35.00	0.31.00	0.28.00	0.26.00	
	310	Girls	50m breaststroke	0.43.00	0.38.00	0.36.00	0.35.00	0.34.00	
	311	Boys	100m Ind. Medley	1.24.00	1.14.00	1.06.00	1.02.00	0.59.00	
312	Girls	200m freestyle	2.30.00	2.24.00	2.18.00	2.12.00	2.10.00		

All session timings and warm up are indicative, and will be confirmed once all entries are received

KEY INFORMATION

AGE GROUPS

10&Under, 11/12yrs, 13/14yrs, 15/16 and 17+years (age as on 7 July 2018)

The minimum age for entry is 8yrs old on the day of the competition.

All events will be Heat Declared winners in the age groups above.

All events in Session 1 will be swam mixed boys and girls, with awards given for separately for boys and girls by age group.

ENTRIES AND CLUBS

Entries are allowed from Hailsham SC and a maximum of 5 other invited clubs within Sussex County. Entries will cost £4.00 for each event.

Swimmers are only allowed to enter a maximum of 8 events.

Entries should be received by the Meet Manager **by midday on Friday 15th June 2018.**