

City of Sheffield 29th Annual Teaspoon Open Meet

Open to all, 50m pool, a great experience for all ages
Yes and you do get a teaspoon if you come 1st 2nd or 3rd



29th ANNUAL TEASPOON GALA

Held under ASA law

Sunday, 18th September 2011

Age As Day of Competition

VENUE: PONDS FORGE INTERNATIONAL SPORTS CENTRE
SHEFFIELD.

AGE GROUPS: 9/10, 11, 12, 13, 14, 15+ YRS.

AWARDS: 1st 2nd & 3rd will receive a Teaspoon symbolising Sheffield's Cutlery Industry.

A Trophy to be presented to the visiting club with the highest points at the end of the gala.

EVENTS: 50m Backstroke, 50m Butterfly, 50m Freestyle, 50m Breaststroke all age groups.
Freestyle and Medley team events. Age group (14/u boys, 13/u girls) Youth (15/Ov boys, 14/Ov girls)

SESSION 1: Warm up 8.15am. Start 9.15 – Events 1-24 finals 25 – 48 Relays 101 – 104.

SESSION 2: Warm up 13.45pm. Start 14.45pm. Events 49 – 72. Finals 73 –96 Relays 201 – 204

ENTRY FEE: £3.00 per Individual event £10 per Relay entry.

COACHES PASSES: (max 2 per club) available at £8.00 each including programme.

For more information Contact Lorraine Dand / Mark Smith or the events section on the web site. Entries in by **31st March** please.