

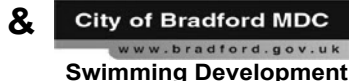
Please return this form together with your payment (made out to "Bradford Development Group") to;

Matt Ward,  
Meet Administrator,  
9 Bradley Grove,  
Silsden,  
Keighley.  
BD20 9LX

Enquiries: Andy Foulds meetdir@cobsc.co.uk - 07803 222578  
or Matt Ward meetentries@cobsc.co.uk - 07739 641304

Entries close on **Friday 5th March 2010**  
*www.cobsc.co.uk*

In conjunction with



**Promoting Swimming in Bradford**

*Any proceeds from this event will be used by the Bradford Swimming Development Group for the promotion and development of Competitive Swimming in Bradford*

## OTHER INFORMATION

- Suggested Equipment; Standard, close fitting swimwear (no baggy shorts!), goggles, swim hats (especially if you have longer hair), flip flops or poolside shoes, Towel/s, waterproof bag to keep 'outside clothes' dry, a T shirt to wear to keep warm between races.
- The minimum standard required is to have completed your Level 10 swimming Award or equivalent or to have been recommended for entry by your Swimming Club Coach. (If you are not sure if you have reached a suitable level, contact the Junior Development Coach, Sarah Fisher on Sarah.Fisher@bradford.gov.uk) You will have the option of using racing dives from blocks if you have had training in them, otherwise you will be able to start in the water or from the poolside.
- This gala is aimed at those just beginning in Competitive Swimming. In order to encourage as many swimmers as possible to enjoy success, those swimmers who have achieved a Yorkshire Championships Qualifying Time in the last 12 months will not be allowed to enter the stroke event in which they achieved it. (They can enter for any other strokes of course!) Details of these times on the website.
- The winners will be based on the fastest times from the all the heats for each age group in each event.
- In order to allow swimmers to leave promptly there will be no formal presentation of medals & awards. Winners will be announced as the results are finalised and medals will be available for collection from the medals desk. The results will also be published on the cobsc.co.uk website and in the Telegraph & Argus.
- All swimmers will be assessed by the Development Coach for the Bradford Swimming Development training scheme operated for the City of Bradford Swimming Club and where they feel that a swimmer has reached the appropriate standard, they may be invited to a trail session. This is the elite training scheme for swimmers in the area - members have gone on from here to swim at national & international levels before now.

Your invitation to the

# Rising Stars Swimming Gala



**Sunday 14th March 2010**

At Shipley Pool  
5.00pm - 8.30pm

In conjunction with



## ABOUT THE GALA

We would like to invite the young swimmers of Bradford to join us for the next in the series of Rising Stars Swimming Galas where they will be able to compete against other swimmers of their age for medals and the chance of a place in the training scheme for the elite swimmers of the area.

For some, it may be their first taste of competitive swimming - a chance to enjoy the thrill of competition

For those who have taken part before it will be the chance to measure their progress.

For everyone it could be the first step on the road to Olympic glory!

### The Gala includes;

- **Medals and awards** for the top 6 swimmers in each age group
- An **Introduction to Competitive Swimming for Swimmers** who do not belong to a club will take place on the poolside including rules, starts, turns and other advice & info
- **Information on Competitive Swimming for Parents** including info about swimming in Bradford, levels of competition, advice on equipment, costs etc. will be available.
- **Poolside 'Team Leaders'** for swimmers not attached to a local club who will guide and advise them throughout the meet.
- **Assessment of swimmers** by the Junior Development Coach.

Full Details on our website [www.cobsc.co.uk](http://www.cobsc.co.uk)

## SCHEDULE OF EVENTS

### Sunday 14th March 2010

Event No	Age Group	Distance	Stroke
1/2	10 years boys/ girls	50m	Backstroke
3/4	11 years boys/ girls	50m	Backstroke
5/6	12-13 years boys/ girls	50m	Backstroke
7/8	7-8 years boys/ girls	25m	Backstroke
9/10	9 years boys/ girls	50m	Backstroke
11/12	10 years boys/ girls	50m	Breaststroke
13/14	11 years boys/ girls	50m	Breaststroke
15/16	12-13 years boys/ girls	50m	Breaststroke
17/18	7-8 years boys/ girls	25m	Breaststroke
19/20	9 years boys/ girls	50m	Breaststroke
21/22	10 years boys/ girls	50m	Freestyle
23/24	11 years boys/ girls	50m	Freestyle
25/26	12-13 years boys/ girls	50m	Freestyle
27/28	7-8 years boys/ girls	25m	Freestyle
29/30	9 years boys/ girls	50m	Freestyle
31/32	10 years boys/ girls	50m	Butterfly
33/34	11 years boys/ girls	50m	Butterfly
35/36	12-13 years boys/ girls	50m	Butterfly
37/38	7-8 years boys/ girls	25m	Butterfly
39/40	9 years boys/ girls	50m	Butterfly
41/42	10 years boys/ girls	100m	Individual Medley
43/44	11 years boys/ girls	100m	Individual Medley
45/46	12-13 years boys/ girls	100m	Individual Medley

### Entry Cost is £2.50 per event

Age groups are based on the swimmers **age on the day of the Gala - 14/03/2010**

There are a limited number of places available.

If you know your current personal best time for a stroke and distance you should let us know. If you have never been timed, you can leave this blank

**Doors open at 5.00pm, for Warm Up at 5.15pm.**

**Swimming will start at 5.45pm approx.**

**Estimated finish is 8.30pm approx**

*bactive*

## RISING STARS GALA ENTRY FORM

Please complete all of the details on this form and return it, together with payment by **Friday 5th March 2010** at the latest to the address overleaf. Cheques should be made payable to '**Bradford Development Group**'

Rising Stars Gala - 14th March 2010		
Swimmers Name	M / F	
Swimmers Date of Birth	Age on 14/03/2010	
Parental Contact Name		
Address		
Phone		
E-mail		
Do you belong to a Swimming Club/s - if so, which		
How often do you train with them? Where?		
What swimming lesson level/ swimming award level have you achieved? Where?		
Have you had training in Competitive Starts?		
Which School do you attend?		
Are there any medical or disability issues that you feel that it would be important or helpful for us to know?		
Do we have your permission to keep this information on a database in order to provide feedback & information? <i>It will not be sold or passed to any commercial organisations.</i>		
Events	Please tick to enter	Best time to date <i>(leave blank if not known)</i>
Freestyle		
Backstroke		
Breaststroke		
Butterfly		
Individual Medley		
<b>No of events</b>	<b>@ £2.50</b>	<b>Total =</b>