

**BORDERS REGION SWIMMING COMMITTEE****BORDER JUNIOR LEAGUE****BORDER INTERMEDIATE LEAGUE****GALA POOL - SUNDAY 11<sup>th</sup> SEPT 2011****3.30pm warm up for 4.00pm start****ROUND 4.****ROUND 4.**

1.	12 and under	girls	200m	Freestyle	Jenna Amos	3.15.55	
2.	12 and under	boys	200m	Freestyle	Nathan Murray	2.55.35	
3.	10 and under	girls	50m	Backstroke	Abbie Stirrat	56.22	
4.	10 and under	boys	50m	Backstroke	Lyall Hodgins	46.61	
5.	12 and under	girls	100m	Backstroke	Chloe Scott	1.57.09	PB
6.	12 and under	boys	100m	Backstroke	Mark Messer	1.38.25	PB
7.	14 and under	girls	100m	Backstroke	Erin Middlemass	1.37.63	PB
8.	14 and under	boys	100m	Backstroke			
9.	15 and over	girls	100m	Backstroke	Kirsten Mitchell	1.38.25	
10.	15 and over	boys	100m	Backstroke	Jack Wilson	1.27.98	
11.	10 and under	girls	50m	Breaststroke	Megan Landels	1.00.41	PB
12.	10 and under	boys	50m	Breaststroke	Liam Caldwell	48.62	
13.	12 and under	girls	100m	Breaststroke	Rhiann Ferguson	1.47.21	PB
14.	12 and under	boys	100m	Breaststroke	Nathan Murray	1.40.49	PB
15.	14 and under	girls	100m	Breaststroke	Erin Middlemass	1.48.21	PB
16.	14 and under	boys	100m	Breaststroke			
17.	15 and over	girls	100m	Breaststroke			
18.	15 and over	boys	100m	Breaststroke	Alan Wise	1.33.50	
19.	10 and under	girls	25m	Butterfly	Jenna Amos	19.71	
20.	10 and under	boys	25m	Butterfly	Rhys Tait	20.01	
21.	12 and under	girls	50m	Butterfly	Abbie Jeffrey	44.42	=PB
22.	12 and under	boys	50m	Butterfly	Gavin Mitchell	49.97	PB
23.	14 and under	girls	100m	Butterfly	Lauren Grant	1.42.31	PB
24.	14 and under	boys	100m	Butterfly			
25.	15 and over	girls	100m	Butterfly			
26.	15 and over	boys	100m	Butterfly			
27.	10 and under	girls	50m	Freestyle	Amy McMichan	45.69	PB
28.	10 and under	boys	50m	Freestyle	Greg Lowrie	42.54	PB
29.	12 and under	girls	100m	Freestyle	Lisa Murphy	1.39.63	
30.	12 and under	boys	100m	Freestyle	Jamie Grant	1.37.69	PB
31.	14 and under	girls	100m	Freestyle	Lauren Grant	1.22.38	
32.	14 and under	boys	100m	Freestyle			
33.	15 and over	girls	100m	Freestyle	Kirsten Mitchell	1.23.78	
34.	15 and over	boys	100m	Freestyle	Jack Wilson	1.06.71	PB
35.	10 and under	girls	4 x 25m	Medley Relay	Abbie,MeganJenna,Amy	1.37.00	
36.	10 and under	boys	4 x 25m	Medley Relay	Lyall,Liam,Rhys,Greg	1.27.03	
37.	12 and under	girls	4 x 50m	Medley Relay	Chloe,Rhiann,Abbie,Lisa	3.22.63	
38.	12 and under	boys	4 x 50m	Medley Relay	Mark,Nathan,Gavin,Jamie	3.07.67	
39.	10 and under	girl/boy	8 x 25m	Squadron Freestyle Relay	YES	2.43.65	
40.	12 and under	girl/boy	8 x 25m	Squadron Freestyle Relay	YES	2.25.37	
41.	13 and over	girl/boy	4 x 50m	Squadron Freestyle Relay	Lauren,Alan,Kirsten,Jack	2.15.56	

14-Sep-11

## HAWICK AMATEUR SWIMMING CLUB

### UNDER 16'S CLASSES AT THE T.L.C.

We can now confirm the above which the T.L.C. will be holding, from week commencing 26th September 2011.

These classes are part of your TLC membership and must be booked at least 8 days in advance to ensure your place.

<u>DAY</u>	<u>TIME</u>	<u>ACTIVITY</u>
Monday	4.00 to 4.45pm	Fit for Fun
Wednesday	3.55 to 4.35pm	Zumbatomic
Wednesday	4.40 to 5.25pm	Zumbatomic
Friday	4.30 to 5.15pm	Fit for Fun
Friday	6.00 to 6.45pm	Vew - Doo Boards

On a separate subject we have been asked to point out that parking on or around the TLC roundabout must only be used as a dropping or pick up point.

This area needs to be kept clear for Emergency access e.g. Ambulances and other priority services as well as any Delivery vehicles that may arrive at any time.

Thankyou

**H.A.S.C.**

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DIARY DATES

<u>Date</u>	<u>Day</u>	<u>Time</u>	<u>Event</u>
23/09/2011	Friday	5pm to 7pm	Time Trials (part 1)
25/09/2011	Sunday	3.30pm to 5pm	Time Trials (part 2)