The British School

Caroline Drumm
Principal

P.O. Box 566, Jhamsikhel, Patan
Kathmandu, Nepal

5th September 2024

Dear Parents,

8th Lincoln School Swimming Invitational: Saturday 21st-Sunday 22nd September

This is an opportunity for students aged 10 and up who currently train for competitive swimming to take part in the upcoming Lincoln School Swimming Invitational, the details of which are outlined below. Whilst we are not always able to enter an official TBS team for swimming competitions, the nature of this event means it is suitable for us to trial participation.

Please be aware that you will need to submit official swim times and as such this competition is not suitable for beginner/novice swimmers. We will not be holding team trials. All applicants who meet the criteria will be accepted as part of the TBS team.

Date: The competition will take place over the weekend of Saturday 21st September-Sunday 22nd September. A more detailed outline of the events on each day can be found below.

Where: The Lincoln School

Who: The competition will be divided into the following age groups for both boys and girls.

Based on the swimmers age on the first day of competition.

- 10-12 (born between 09-21-2014 & 09-22-2011)
- 13-14 (born between 09-21-2011 & 09-22-2009)
- 15-18 (born between 09-21-2009 & 09-22-2005)

Events: Below is the list of events for each age group. There is no limit to the number of events an individual can enter. Depending on the confirmed participants in each age group we will also look to enter TBS relay teams. **ALL RACES WILL BE TIMED FINALS.**

10-12 age group	13-14 age group	15-18 age group
100 IM	100 IM	100 IM
200 IM	200 IM	200 IM
50 free	50 free	50 free

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100 free	**100 free**	**100 free**
200 free	**200 free**	**200 free**
Open 400 free	**Open 400 free**	**Open 400 free**
50 breast	**100 breast**	**100 breast**
100 breast	**200 breast**	**200 breast**
50 back	**100 back**	**100 back**
100 back	**200 back**	**200 back**
50 fly	**50 fly**	**50 fly**
100 fly	**100 fly**	**100 fly**
		Open 200 Medley Relay
		Open 200 Free Relay
		Open 400 Free Relay

Schedule of Events:

AM Sessions will commence from 8:00am with warm-up before.

PM Sessions will commence from 3:00pm after a lunch break and conclude at approximately 6:00pm.

- **Saturday 21st September AM:** 50m Freestyle (All age groups), 100m Backstroke (All age groups), 50m Breaststroke (10-12 B/G), 200m Breaststroke (13-14 & 15-18 B/G), 200m IM (10-12 B/G).
- **Saturday 21st September PM:** 200m Freestyle Relay (Open B/G), 400m Freestyle (Open B/G), 100m Butterfly (All age groups), 100m IM (All age groups), 200m Medley Relay (Open B/G)
- **Sunday 22nd September AM:** 100m Freestyle (All age groups), 50m Backstroke (10-12 B/G), 200m Backstroke (13-14 & 15-18 B/G), 200m Freestyle (All age groups)
- **Sunday 22nd September PM:** 50m Butterfly (All age groups), 100m Breastroke (All age groups), 200m IM (13-14 & 15-18 B/G), 400m Freestyle relay (Open B/G)

Costs: There is a fee of NPR2000 per swimmer and this will include a competition t-shirt but does not include lunch on either of the days of competition. Payments will be

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requested once we have confirmed that we have reached the minimum number of participants to take a team.

Registration: If you would like your child to participate then please complete the registration letter attached and return it to either your child's class teacher (Primary) or Ms Watt (secondary). Due to the short time frame the deadline for registrations is **Monday 9th September.** There will be printed copies for you to collect from reception if required.

NOTE: Please be advised that we will require a minimum of 10 swimmers to proceed with entering a TBS team.

If you have any questions then please do not hesitate to contact me (cwatt@tbs.edu.np).

Yours sincerely,
Ms Catriona Watt
Head of Faculty PE and Sport

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SWIMMER REGISTRATION DETAILS

Please complete all the details below including events and recent recorded times for all events.

Full name: Class/Mentor group:

Age group based on age on the 1st day of competition (please tick)

- ☐ Boys 10-12 (born between 09-21-2014 & 09-22-2011)
- ☐ Girls 10-12 (born between 09-21-2014 & 09-22-2011)
- ☐ Boys 13-14 (born between 09-21-2011 & 09-22-2009)
- ☐ Girls 13-14 (born between 09-21-2011 & 09-22-2009)
- ☐ Boys 15-18 (born between 09-21-2009 & 09-22-2005)

Please list below each event you would like your child to enter and indicate if they would be able to participate in any of the Open Relay events. Events available to each age group are listed in the letter above.

EVENT	OFFICIAL RECORDED TIME (needed to determine heats)
E.g. 100m Freestyle	**1:46.78**

Open Relays (Please tick all that your child would like to participate in)

- ☐ Open 200 Medley Relay
- ☐ Open 200 Freestyle Relay
- ☐ Open 400 Freestyle Relay

PLEASE COMPLETE THE FORM AND RETURN TO EITHER YOUR CHILD'S CLASS TEACHER (Primary) or MS WATT (Secondary) BY MONDAY 9th SEPTEMBER