

**Junior Sprint Gala**

**Sunday 21st April 2024**

**Session 1: Warm up 8.30. Start at 9:30**

**Session 2: Warm up 12:30 Start at 13:00**

Michael Woods Sport and Leisure Centre, Glenrothes.

**Licence** L3/ED/030/APR24.

**General Information**

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| ***Date*** | Sunday 21 April 2024 |
| ***Venue*** | Michael Woods Sport and Leisure Centre, Glenrothes, Fife, KY6 2RD |
| ***Age groups*** | 8 years, 9 years, 10 years and 11 years |
| ***Ages*** | As at 21 April 2024 |
| ***Events*** | 25m Fly, 50m Back, Breast, Free and 100IM (8 & 9 years) 50m Fly, Back, Breast, Free and 100 IM for (10 & 11 years)Relays; Mixed 4x50 freestyle relay 8-9 yrs and 10-11 yrs  |
| ***Time*** | Session 1; 8 & 9 Years - Warm up 8.30. Start at 9:30Session 2; 10 & 11 Years - Warm up 12:30 Start at 13:00 |
| ***Entry fees*** | £6.00 per individual 25m or 50m event£7.00 per individual 100m event£8.00 per relay event |
| ***Awards*** | Individual events - medals for 1st -3rd flashes for 4th – 6th Relay events - medals for 1st -3rd Best boy and girl awards in each age group. |
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| ***Coaches lunches*** | *Buffet lunch provided for coaches attending all day. Please email name and club to* *President@dasc-swim.co.uk* *by 15th April 2024.*  |
| ***Closing date:*** | **Noon, Sun 24th March 2024.** |

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| **Meet Rules** |
| ***General*** | It is the responsibility of each club to ensure that its swimmers are aware of the meet rules and guidelines.  |
| ***SASA Rules*** | The meet shall be held under SASA rules. |
| ***SASA******Registration*** | All swimmers of Scottish clubs must have a current SASA registration number. (Swimmers from non-Scottish clubs must be registered with their governing body). |
| ***Age*** | Age as on the day of the competition |
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| ***Pool*** | 8 lane 25 metre with anti-wave lane ropes. |
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| ***Timing*** | Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used. |
| ***Diving******Events******Transgender/******Non-binary******Safeguarding*** | Swimmers, coaches and team managers must ensure that swimmers can dive safely as prescribed in current/planned legislation. Where events start at the shallow end swimmers will start in the water, as advised by the meet referee.

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| 1. All events are Heat Declared Winners.
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| 1. 25m butterfly events will start in the water at the shallow end
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| 1. Over the top starts may be used at the discretion of the organiser.
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| 1. Swimmers should report to the competition stewards in the designated marshalling area at least 5 heats in advance.
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| 1. Freestyle Relays - teams must comprise at least one boy and one girl but can be any combination of ages that are permitted for the individual events in the same session.
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The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2024. The policy and FAQs can be found [HERE.](https://www.scottishswimming.com/about-us/equality) Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category. Safeguarding The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the Meet Organiser. The secondary point of contact is the Scottish Swimming Safeguarding Manager. |
| ***Photography***Qr code  Description automatically generated | **Controlling the Use of Photographic Equipment**The meet organisers are well aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that the majority of images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child’s images to be taken and shared in this way.The meet organisers are committed to ensuring that all children who participate in this meet are able to take part in an enjoyable, safe environment and be safeguarded form harm. If there are any child safeguarding concerns at the event please contact the Events Convenor immediately to disclose your concerns. Please scan the QR code to read the Scottish Swimming wellbeing statement |

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| **Entries** |

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| ***Entry Secretary*** | Heather McIntyre The Bungalow, Carslogie Road, Cupar, KY15 4HY Tel: 01334 656559 Email: **heathermcintyre2000@gmail.com** |
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| ***Entry File*** | Entries should be made by Hy-Tek file. Please request entry file from the Entry Secretary Heather McIntyre **heathermcintyre2000@gmail.com** **q**uoting club, name, address and telephone number. Completed entries should then be returned by email, along with electronic copy of the summary sheet. |
| ***Closing Date*** | **Noon, Sun 24th March 2024.** |
| ***Withdrawals*** | Withdrawals must be made by **1200 noon on Wednesday 17th April 2024**. The start sheet will be issued on Friday 19th April 2024 by email**. NO WITHDRAWALS on the day**. No refunds will be given for withdrawals after the deadline. |
|  | The promoters reserve the right to restrict entries. Entries will be accepted on a time basis. Clubs should ensure that times submitted are correct. Rejected entries will be refunded in full. |
| ***Draft Programme*** | A draft programme detailing acceptances will be circulated by e-mail as soon as possible after the closing date for entries. There are no refunds for entries withdrawn after the draft programme is prepared.  |
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| **Miscellaneous**1. The Meet will be a Level 3 event.
2. The venue has a cafeteria and vending machines. Michael Woods Centre provides good spectator accommodation, and there are ample parking facilities.
3. There will be tombola/fundraising activities.
4. The Promoters reserve the right to exclude or refuse admission to any competitor team or official.
5. Glassware is not permitted in the shower areas or poolside.
6. Neither the host swimming club nor the Fife Sports and Leisure Trust can be held responsible for the loss or damage to swimmers, team staff’s or spectator’s property. Swimmers are advised to secure property in the lockers provided and not to leave belongings unattended.
7. Out-with the pool area, swimmers should wear dry clothing and footwear at all times.
8. Outdoor footwear must not be worn on the poolside.
9. Anything not covered above or in the event programme will be at the promoter’s discretion.
10. The organisers reserve the right to vary the conditions as necessary.
11. Technical officials are asked to make themselves available for assistance on the day. Please indicate on the Entry Form
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**Events Schedule**

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| Session 1 WARM UP 8:30START 9:30 | 101 | Female | 8 years 100 IM |
| 102 | Male & Open | 8 years 100 IM |
| 103 | Female | 9 years 100 IM |
| 104 | Male & Open | 9 years 100 IM |
| 105 | Female | 8 years 50 m backstroke |
| 106 | Male & Open | 8 years 50 m backstroke |
| 107 | Female | 9 years 50 m backstroke |
| 108 | Male & Open | 9 years 50 m backstroke |
| 109 | Female | 8 years 50 m breaststroke |
| 110 | Male & Open | 8 years 50 m breaststroke |
| 111 | Female | 9 years 50m breaststroke |
| 112 | Male & Open | 9 years 50 m breaststroke |
| 113 | Female | 8 years 25 m butterfly |
| 114 | Male & Open | 8 years 25 m butterfly |
| 115 | Female | 9 years 25 m butterfly |
| 116 | Male & Open | 9 years 25 m butterfly |
| 117 | Female | 8 years 50 m freestyle |
| 118 | Male & Open | 8 years 50 m freestyle |
| 119 | Female | 9 years 50 m freestyle |
| 120 | Male & Open | 9 years 50 m freestyle |
| 121 | Mixed | 4 x 50m 8-9 years mixed Male & Open and Female freestyle relay  |
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| Session 2  WARM UP 12:30START13:00 | 201 | Male & Open | 10 years 100 IM |
| 202 | Female | 10 years 100 IM |
| 203 | Male & Open | 11 years 100 IM |
| 204 | Female | 11 years 100 IM |
| 205 | Male & Open | 10 years 50 m backstroke |
| 206 | Female | 10 years 50 m backstroke |
| 207 | Male & Open | 11 years 50 m backstroke |
| 208 | Female | 11 years 50 m backstroke |
| 209 | Male & Open | 10 years 50 m breaststroke |
| 210 | Female | 10 years 50 m breaststroke |
| 211 | Male & Open | 11 years 50 m breaststroke |
| 212 | Female | 11 years 50 m breaststroke |
| 213 | Male & Open | 10 years 50 m butterfly |
| 214 | Female | 10 years 50 m butterfly |
| 215 | Male & Open | 11 years 50 m butterfly |
| 216 | Female | 11 years 50 m butterfly |
| 217 | Male & Open | 10 years 50 m freestyle |
| 218 | Female | 10 years 50 m freestyle |
| 219 | Male & Open | 11 years 50 m freestyle |
| 220 | Female | 11 years 50 m freestyle |
| 221 | Mixed | 4 x 50m 10-11 years mixed Male & Open and Female freestyle relay |

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| **Dunfermline ASC *Junior Sprint Gala – 21 April 2024.*** |
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| **Summary Entry Form (for completion and return)** |
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| **This form must be completed and returned to the Entry Secretary** |
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| **Club Name** |  |
| **Contact Name** |  |
| **Address** |  |
| **Telephone No** |  |
| **Email Address** |  |
| **Number of** **25m/50m entries** |  | **@ £6.00 each** | **£** |
| **Number of** **100m entries** |  | **@ £7.00 each** | **£** |
| **Number of** **relay entries** |  | **@ £8.00 each** | **£** |
| **Coach Lunch Tickets** | Email president@dasc-swim.co.uk | Buffet lunch provided on the day for coaches attending whole day.  | Please send your name and club by 10th April 2024. |
| **Total amount enclosed** | **£** |
| *I confirm that all swimmers have paid their SASA membership fee for 2024/25* |
| **Signed** |  |
| **Position in club** |  |
| Please pay by **Bank Transfer** **“Dunfermline ASC”** **Sort Code: 80-06-55 Account: 00292172 with your club as reference.***Please attach an electronic copy of this form to the Hy-Tek Entry Return.*Return this form with payment to the Entry Secretary |
| **Technical Officials** |
| **Name** | **TK or Judge** | **Name** | **TK or Judge** |
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