



CARNEGIE GRADED SPRING MEET

FIFE INSTITUTE, GLENROTHES

Saturday 30th April and Sunday 1st May 2011

SESSIONS 1 and 3 : Warm-up 08:30hrs Start 09:30hrs

SESSION 2 and 4 : Warm-up 13:00 Start 14:00hrs

Licence number : ED/L2/411/0610

CARNEGIE GRADED SPRING MEET

General Information

Date: Saturday 30th April and Sunday 1st May 2011

Venue: Fife Institute, Glenrothes

Event sponsors: Sheppard Swim School and Holiday Inn Express.
Further info available at <http://www.sheppardswimschool.co.uk> and
<http://www.hiexpressglenrothes.co.uk/>

Pool: 6 lane 25 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria.

Time:	<u>Session</u>	<u>Warm-up</u>	<u>Start</u>
	1 and 3	8:30-9:20	09:30
	2 and 4	13:00-13:50	14:00

Clubs will be allocated a warm up time for each session. Clubs from further afield should indicate if they prefer a later warm up time

Ages: As at 1st May 2011

Age groups: 8-11 yrs, 12/13, 14 and over

Events: 100m each stroke, 200m IM, 200m freestyle (for 11 and unders), 400m freestyle.

Entry fees: £5:00 per individual event.

Coaches pass: £2:00 per club includes weekend programme and start sheets

Coaches meal: £9:00 per meal per day

Awards: Individual events: Medals will be presented to 1st-6th in each event (except those disqualified or who swim faster than the time band).
Best club based on overall points.

Officials: Clubs are asked to provide 1 technical official per session and to assist with timekeeping. Details of officials should be submitted with the entry fees payment.

Closing date for entries: **12:00 midday, Friday 1st April 2011**

Return to: Gary England

Telephone: 01383 726935 e-mail: genland@supanet.com.

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Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as on the final day of the competition.
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved S.A.S.A. form.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Entries

- Closing date for entries midday Friday 1st April 2011
- **All entries should be made in a Hytek team manager event file, a copy of which can be obtained from the meet entry secretary Gary England at gengland@supanet.com by Friday 25th March**
- Withdrawals must be made on the sheets provided to the recorders no later than 45 minutes prior to the start of each session.
- The promoter's reserve the right to restrict entries in order to facilitate the smooth running of the meet.
- Entries will be accepted on time basis. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full. There are no refunds for entries withdrawn after the draft programme is prepared.
- Entries from composite teams and composite entries from groups of clubs will not be accepted.

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Events

- Over the top starts may be used at the discretion of the promoters to facilitate the smooth running of the meet.
- Swimmers must report to the competitor stewards in the designated marshalling area at least FIVE heats in advance.
- There will be a maximum of three reserves per event.
- All events will be swum as heat declared winners.
- 11 and unders should choose either the 200 or 400 freestyle but if there is a large number of entries only those with the fastest entry times will be selected to swim in the 13 and under 400 freestyle.
- The 400m freestyle events will be combined so that the 13 and under and 14 plus age groups will be swum together. However, prizes and, if required, selection to swim will be made for the two separate age groups.

Miscellaneous

- Accreditation will be applied for. Licence number ED/LA2/411/0610
- F.I.P.R.E. has a cafeteria and refreshment vending machines.
- There will be a raffle and other fundraising activities.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Carnegie Swimming Club nor Fife Institute, Glenrothes can be held responsible for loss or damage to swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure property in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Carnegie Swimming Club reserves the right to vary the above conditions as necessary.
- Swimwear should comply with the FINA and East District SASA requirements in place on the day of the competition.

Saturday

Session 1		Warm – up 08:30 : Start 09:30			
Event	Entry time slower than				
101	11 and under	Girls	200M	IM	Open
102	12/13	Girls	200M	IM	Open
103	14 and over	Girls	200M	IM	Open
104	11 and under	Boys	100M	FREESTYLE	1:16:00
105	11 and under	Girls	100M	FREESTYLE	1:16:00
106	12/13	Boys	100M	BACKSTROKE	1:16:00
107	12/13	Girls	100M	BACKSTROKE	1:20:00
108	14 and over	Boys	100M	BUTTERFLY	1:11:00
109	14 and over	Girls	100M	BUTTERFLY	1:15:00
Session 2		Warm – up 13:00 : Start 14:00			
Event	Entry time slower than				
201	11 and under	Boys	200M	IM	Open
202	12/13	Boys	200M	IM	Open
203	14 and over	Boys	200M	IM	Open
204	11 and under	Girls	100M	BUTTERFLY	1:29:00
205	11 and under	Boys	100M	BUTTERFLY	1:29:00
206	12/13	Girls	100M	FREESTYLE	1:08:00
207	12/13	Boys	100M	FREESTYLE	1:05:00
208	14 and over	Girls	100M	BRSTSTROKE	1:26:00
209	14 and over	Boys	100M	BRSTSTROKE	1:22:00

Sunday

Session 3		Warm – up 08:30 : Start 09:30			
Event	Entry time slower than				
301	11 and under	Boys	200m	FREESTYLE	Open
302	13 and under	Boys	400m	FREESTYLE	Open
303	14 and over	Boys	400m	FREESTYLE	Open
304	11 and under	Girls	100M	BACKSTROKE	1:25:00
305	11 and under	Boys	100M	BACKSTROKE	1:25:00
306	12/13	Girls	100M	BREAST	1:28:00
307	12/13	Boys	100M	BREAST	1:25:00
308	14 and over	Girls	100M	FREESTYLE	1:05:00
309	14 and over	Boys	100M	FREESTYLE	1:02:00
Session 4		Warm – up 13:00 : Start 14:00			
Event	Entry time slower than				
401	11 and under	Girls	200m	FREESTYLE	Open
402	13 and under	Girls	400m	FREESTYLE	Open
403	14 and over	Girls	400m	FREESTYLE	Open
404	11 and under	Girls	100M	BRSTSTROKE	1:40:00
405	11 and under	Boys	100M	BRSTSTROKE	1:40:00
406	12/13	Girls	100M	BUTTERFLY	1:19:00
407	12/13	Boys	100M	BUTTERFLY	1:15:00
408	14 and over	Boys	100M	BACKSTROKE	1:13:00
409	14 and over	Girls	100M	BACKSTROKE	1:17:00

Presentations will take place at the end of each session

There are no entry time limits for the open events and swimmers may enter just these events. However, if these open events are oversubscribed, priority will be given to those swimming in other events on the programme. If swimmers are only swimming in open events, their swims will be treated as time only and will not affect the team points.

Speeding tickets will be issued for swims that are 5% faster than the times in the table above.

CARNEGIE GRADED SPRING MEET

30 April and 1 May 2011

This form must be completed and returned (with a cheque made payable to Carnegie Swimming Club) to Mr Gary England, 2 Woodruff Gait, Dunfermline, KY12 0NL within 3 working days.

Club name Contact Name
 Address
 Telephone No Email address.....

All entries to be emailed to gengland@supanet.com. Please attach an electronic copy of this form to the Hytec Entry return.

Total number of individual entries.....@ £5.00 £.....

Coach Passes (per club) one @ £2.00 £2.00...

Coaches lunch Saturday.....@ £9:00 £.....

Coaches lunch Sunday..... ..@ £9:00 £.....

TOTAL ENCLOSED £.....

Preferred warm up slot

Please tick here () if you would prefer a late warm up time for session 1 or 3. Clubs travelling from further afield will be given preference.

CARNEGIE GRADED MEET OFFICIALS SHEET Please write in names under each session.

Preferred duty	Saturday		Sunday	
	S1	S2	S3	S4
Judges				
Timekeepers				

CARNEGIE GRADED SPRING MEET

HEALTH AND SAFETY ANNOUNCEMENT

CONTROLLING THE USE OF PHOTOGRAPHIC EQUIPMENT

The Scottish Swimming Association has decided that control of photographic equipment is required at all meets. In view of this, the meet will run under the following guidelines:

- *No photographic equipment (e.g., camera, camcorder etc.) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.*
- *Application to use photographic equipment must be made on the approved S.A.S.A. form enclosed with this information.*
- *Application can be made on the day to the meet director or to the meet director's appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.*

SCOTTISH SWIMMING
HEALTH & SAFETY COMMITTEE
APPLICATION FORM TO USE PHOTOGRAPHIC
EQUIPMENT



DETAILS OF APPLICANT

Name _____

Address _____

Club _____

Name of Meet _____

Venue of Meet _____

Type of Equipment _____

(e.g. camera, camcorder)

VERIFICATION OF CLUB/ASSOCIATION

Club Name _____

Club Secretary Name _____

Address _____

Club Secretary Officials Signature _____

DECLARATION OF APPLICANT

*I declare that the picture/film(s) produced by the equipment stated above will not be altered
in any way, without prior approval, in writing of the person(s) photographed.*

Signature of Applicant _____

NOTIFICATION TO APPLICANT

The above application has been (APPROVED / REFUSED) *(delete as appropriate)

Signature of Meet official _____

**NOTE:- PROOF OF IDENTITY MUST BE PRODUCED ON REQUEST WHEN
EQUIPMENT IS TO BE USED.**