

## InCAS Distance Gala 2010

Kirkcaldy Swimming Pool

Saturday 1st May & Sunday 2nd May 2010



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All clubs and Composite teams are invited to apply to participate in the above gala. Combined entries from groups of clubs will not be accepted.

The gala will be held under FINA & S.A.S.A. rules, accreditation has been applied for.

Licence No: To be advised

- Venue : Kirkcaldy Swimming Pool  
6 Lane, 25m pool with anti-turbulence lane ropes electronic timing. The cafeteria will be open throughout the day.  
There is ample free parking.
- Date : Saturday 1st May & Sunday 2nd May 2010
- Age : Age on the Last Day of Gala (2nd May 2010)  
Age Groups : 10/under – 11/12yrs – 13/14yrs
- Events : 4 sessions - warm-up 09:00hrs and 13:30hrs each day.
- Fees : £7.50 for 800m & 1500m swims, £6.50 for remainder  
Coaches Passes are £8.50 per day to include programme and lunch.
- STO's : Clubs are respectfully asked to supply a minimum of one judge and one time-keeper for each session you attend. Please complete details on enclosed form and return to InCAS.

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## **Programme of Events**

All Events will be HDW

### **Saturday 1<sup>st</sup> May 2010**

Session (1)

Event

101 Men 200m Fly  
102 Women 800m Free  
103 Men 200m Br  
104 Women 200m IM

Session (2)

201 Women 200m Fly  
202 Men 1500m Free  
203 Women 200m Br  
204 Men 200m IM

*Presentations will take place during these events to allow swimmers to depart.*

### **Sunday 2<sup>nd</sup> May 2010**

Session (3)

Event 301 Women 200m B/C  
302 Men 200m Free  
303 Women 400m Free  
304 Men 400m IM

Session (4)

401 Women 200m Free  
402 Men 200m B/C  
403 Women 400m IM  
404 Men 400m Free

*Presentations will take place during these events to allow swimmers to depart.*

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- Payments : Cheques should be made payable to "**InCAS Swimming Club**"
- Closing Date : Noon Thursday 1<sup>st</sup> April 2010.
- Medals : Awards will be made to 1st through to 6th places in each event, and in each age group. There will also be presentations to the top boy and girl in each age group.
- Entries : All entries should be made via Hytek Team Manager, an events file for which can be obtained via email from the Meet Entry Secretary. All entries should be returned by email.

Entries Secretary : John Bruce  
50 Station Road  
Roslin  
EH25 9LR  
Tel : 0131 440 1752

Email: [john.bruce@swimscotland.org.uk](mailto:john.bruce@swimscotland.org.uk)

Entries will be accepted on times only and the organisers reserve the right to restrict the number of heats in each event.

The organisers also reserve the right to balance the entry in each event with an equal number from each age group as far as is reasonably practical.

A draft programme detailing all acceptances, reserves and rejections will be circulated by email as soon as possible after the closing date for entries.

The meet will be fully computerised and no time cards will be used. Start sheets will be circulated as soon as possible after withdrawals have closed (45 minutes before the start of each session). Marshalling will ensure that swimmers go to the correct heats and lanes.

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## **General Notes**

There is ample space around the poolside for swimmers, coaches and poolside helpers.

Results will be published poolside and will be available as soon as practical after the end of each session.

Timing will be electronic with a six lane score board.

Each Club is respectfully asked to provide a minimum of two named STO's for each session where your Club has representation. Details should be completed (electronically if possible) on the enclosed form and should be sent by email to [gazswimincas@aol.com](mailto:gazswimincas@aol.com). We will contact you directly approximately one month prior to the event to confirm that your representatives are still in a position to assist.

We do hope that you will be able to join us for this gala and that your swimmers have a good competitive, friendly day.

Yours in swimming

InCAS Swimming Club

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## **Photographic Equipment Notice**

Due to warnings issued by the SASA we are obliged to inform you that the use of photographic equipment (cameras, camcorders, mobile phones incorporating cameras, etc.) will be restricted as follows:

- No photographic equipment will be allowed either on poolside or the viewing gallery or any other area under the jurisdiction of the organising club without the written prior approval of that club.
- Application to use the above named equipment can be made on the day to the organising clubs' nominated official. Any person wishing to do this must be able to provide identification, and evidence that they have swimmer(s) competing in the gala.
- Application must be made on the official SASA form.

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## **HEALTH & SAFETY DECLARATION**

**\*\* This form must be completed and returned with your cheque \*\***

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, will start in the water and notify the referee that this will be the case.

Signed \_\_\_\_\_ Print \_\_\_\_\_

Club Position \_\_\_\_\_

On behalf of \_\_\_\_\_ (club)

Date \_\_\_/\_\_\_/2010.

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## SUMMARY SHEET

**\*\* This form must be completed and returned with your cheque \*\***

<b>Club:</b>			
<b>Contact Name:</b>			
<b>Address:</b>			
<b>TOWN:</b>		<b>POSTCODE:</b>	
<b>Tel No.:</b> (01 )		<b>Mobile No.</b>	
<b>Email:</b>		@	
	<i>(important for distribution of information and updates pertaining to the meet).</i>		
<b>Club Website:</b>			
<b><u>Breakdown of Fees</u></b>			
Total Male Entries:	@	£6.50	£
Total Male Entries:	@	£7.50	£
Total Female Entries:	@	£6.50	£
Total Female Entries:	@	£7.50	£
Saturday Coach Pass:	@	£8.50	£
Sunday Coach Pass:	@	£8.50	£
<b>TOTAL DUE</b>			<b>£</b>
<b>Please make cheques payable to "InCAS Swimming Club"</b>			

Form to be returned to:

John Bruce , Meet Entry Secretary

50 Station Road

Roslin

EH25 9LR

Tel: 0131 440 1752

Email: john.bruce@swimscotland.org.uk

TO BE RETURNED BY: **Thursday 1<sup>st</sup> April 2010.**

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## **NAMED STO's & Time Keepers**

Please supply a minimum of two STO's and/or time keepers for each session.

We will contact you one month prior to the event as follow-up.

Name	Position	Session	Preferred Role	Email/telephone
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	(delete as appropriate if known)			

Please complete and return electronically as word doc/rtf /pdf to: [gazswimincas@aol.co.uk](mailto:gazswimincas@aol.co.uk)

Thank you for your assistance.

InCAS Membership Secretary