

WARRENDER BATHS CLUB

Annual Junior Age Group Open Meet

**Saturday 28th & Sunday 29th
March 2009**

At

**Fife Institute of Physical & Recreational Education
Glenrothes**



WARRENDER BATHS CLUB

Would like to invite entry applications for their

ANNUAL OPEN MEET

(Under S.A.S.A. Laws and Licence Number ED/LA2/213/0308)

Open Meet - General Information

Date: Saturday 28th – Sunday 29th March 2009

Venue: FIPRE, Glenrothes, Fife

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

<i>Time:</i>	Girls warm-up	Boys warm-up	Start	Finish
	08:30 - 08:55	08:55 - 09:20	09:30	12:30
	13:00 - 13:25	13:25 - 13:50	14:00	17:00

Ages: As at 28^h / 29th March 2009

Age groups: Saturday: 9/under, 10 years
Sunday: 11 years, 12 years

Events: 50m all strokes (HDW), 100m I.M. (HDW), 200 Freestyle (HDW)

Entry Fees: £4.00 per individual event

Coaches Pass: Meet Pass: FREE - covers: programme, results sheets, 2 meals

Awards: Top Club, Top Girl/Boy in each age group
Individual events - medals to 1-2-3, flashes to 4-5-6

Officials: Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day.

Closing date for entries: **Midnight Tuesday 3rd March 2009**

All entries should be submitted by email on the appropriate file and returned to:

John Bruce
50 Station Road
Roslin, Midlothian
EH25 9LR
Tel: 0131 440 1752
E-mail: JBruce2160@aol.com

Open Meet - Specific Information

Meet Rules

- The meet shall be held under FINA Rules.
- Ages as at 28th / 29th March 2009.
- 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 timing failure, the 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. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches with meet passes will be admitted on to the poolside.
- 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.
- Swimmers must act on the instructions given by meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Entries and time cards

- Closing date for entries is Midnight Tuesday 3rd March 2009. Late entries will not be accepted.
- All entries must be made on the relevant electronic files and submitted by email. Entry files can be requested by returning the appropriate form enclosed in this information or via e-mail.
- Time cards will not be used.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.
- 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.

Events

- Over the top starts may be used at the discretion of the promoter's in order to facilitate the smooth running of the meet.
- All events will be swum on a Heat Declared Winner basis.
- Heats will be seeded after the withdrawal table closes 45 minutes before the start of each session. All heats will be spearheaded based on entry times, fastest to slowest, with the fastest swimmers in the final heat. Start sheets will then be issued to clubs for information and marshalling purposes.
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance.

Costs

Entry fees:	£4.00 per individual event
Coaches passes:	FREE – there is no longer a cost for a coaches pass but club's must state how many they require on the entry information. The pass will be required for access to poolside and will include programme, results sheets and lunch each day.
Other costs:	Spectator entry (includes programme): £3.50 per day
	Results sheets: 50p per session

Warm-ups and Session Times

Session	Girls warm-up	Boys warm-up	Start	Finish
1	08:30 - 08:55	08:55 - 09:20	09:30	12:30
2	13:00 - 13:25	13:25 - 13:50	14:00	17:00

- The warm-ups may only commence when advised to do so by the warm-up marshalls.
- There will be no diving allowed in warm-ups other than those in controlled sprint lanes.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on backstroke or push-start swimmers.
- Lanes 1, 3 and 5 are to be swum in a clockwise direction and Lanes 2, 4 and 6 swum in an anti-clockwise direction.

Awards

Top Club: Trophy to be returned after 1 year. Small trophy to be retained. Awarded to the club scoring the most points from all events on the following scale: 1st = 7, 2nd = 5, 3rd = 4, 5th = 2, 6th = 1. Disqualifications will score no points.

Top Girl/Boy: Retainable trophy. Awarded to the Girl and Boy scoring most points in each age group (8, 9, 10, 11) according to the same scale as the Top Club Award.

Individual events: Medals presented to swimmers placing 1st, 2nd and 3rd. Flashes presented to swimmers placing 4th, 5th and 6th. Disqualified swimmers will still receive flashes.

Miscellaneous

- Accreditation has been received under Licence Number ED/LA2/213/0308
- FIPRE has a cafeteria and refreshment vending machines.
- A swim shop will be open during the meet.
- Swimmers and clubs requiring accommodation can contact Kirkcaldy Tourist Board at: 19 Whytecauseway, Kirkcaldy, Fife, KY1 1XK. Tel: 01592 267775
- 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 Warrender Baths Club nor FIPRE 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 lockers provided 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 area.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Warrender Baths Club reserve the right to vary the above conditions as necessary.

WARRENDER BATHS CLUB

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Health and Safety Announcement

Controlling the Use of Photographic Equipment

Due to a warning received on paedophile activity the Scottish Amateur 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 directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

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In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed:

Position in club:

On behalf of: (Name of club)

Return this form along with entries no later than Midnight Tuesday 3rd March 2009 to:

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50 Station Road
Roslin
Midlothian
EH25 9LR
JBruce2160@aol.com
Tel: 0131 440 1752

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Programme of Events

SATURDAY 28th MARCH

SESSION 1: Girls warm-up: 08:30 - 08:55 Start: 09:30
Boys warm-up: 08:55 - 09:20 Finish: 12:30

EVENT NO.		AGE	EVENT		
Girls	Boys				
101	102	9/under	100m	I.M.	HDW
103	104	10 years	200m	Freestyle	HDW
105	106	9/under	50m	Backstroke	HDW
107	108	10 years	50m	Breaststroke	HDW
109	110	9/under	50m	Butterfly	HDW
111	112	10 years	50m	Freestyle	HDW

SESSION 2: Girls warm-up: 13:00 - 13:25 Start: 14:00
Boys warm-up: 13:25 - 13:50 Finish: 17:00

Girls	Boys				
201	202	9/under	200m	Freestyle	HDW
203	204	10 years	100m	I.M.	HDW
205	206	9/under	50m	Breaststroke	HDW
207	208	10 years	50m	Backstroke	HDW
209	210	9/under	50m	Freestyle	HDW
211	212	10 years	50m	Butterfly	HDW

SUNDAY 29th MARCH

SESSION 3: Girls warm-up: 08:30 - 08:55 Start: 09:30
Boys warm-up: 08:55 - 09:20 Finish: 12:30

EVENT NO.		AGE	EVENT		
Girls	Boys				
301	302	11 years	100m	I.M.	HDW
303	304	12 years	200m	Freestyle	HDW
305	306	11 years	50m	Backstroke	HDW
307	308	12 years	50m	Breaststroke	HDW
309	310	11 years	50m	Butterfly	HDW
311	312	12 years	50m	Freestyle	HDW

SESSION 4: Girls warm-up: 13:00 - 13:25 Start: 14:00
Boys warm-up: 13:25 - 13:50 Finish: 17:00

Girls	Boys				
401	402	11 years	200m	Freestyle	HDW
403	404	12 years	100m	I.M.	HDW
405	406	11 years	50m	Breaststroke	HDW
407	408	12 years	50m	Backstroke	HDW
409	410	11 years	50m	Freestyle	HDW
411	412	12 years	50m	Butterfly	HDW

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Summary Entry Form

*** This form must be completed and returned with any entries. ***

Club Name:

Contact Name:

Address:

..... Post Code

Telephone:

email:

Total Female Entries @ £4.00 each: = £.....

Total Male Entries @ £4.00 each: = £.....

Coaches Passes (Free)

Total Amount Enclosed: = £.....

Signed:

Position in club:

Please make cheques payable to: **Warrender Baths Club**

Return this form along with entries no later than **Midnight Tuesday 3rd MARCH 2009**
to:

John Bruce
50 Station Road
Roslin
Midlothian
EH25 9LR
JBruce2160@aol.com
Tel: 0131 440 1752

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Entry Files Request Form

Please email the entry files for the above meet to:

Club	_____	Contact Name	_____
Address	_____ _____ _____		
Telephone	_____	E-mail	_____

Return this completed form to:

John Bruce
50 Station Road
Roslin
Midlothian
EH25 9LR

Tel: 0131 440 1752

**Alternatively, send an e-mail with the same information to
John Bruce at:**

JBruce2160@aol.com

Warrender Baths Club

Annual Age Group Open Meet Records

9 YEARS AGE GROUP								
MALE				EVENT	FEMALE			
Name	Club	Time	Year		Name	Club	Time	Year
Jamie Coulter	Fauldhouse	32.21	2003	50 Freestyle	Danielle Joyce	North Ayrshire	33.96	2006
Matthew Church	North Ayrshire	39.39	2005	50 Backstroke	Danielle Joyce	North Ayrshire	37.56	2006
Scott Goadby	Step Rock	43.97	2008	50 Breaststroke	Geaorgina Sellyn	City of Glasgow	45.82	2004
Duncan Scott	Alloa	35.83	2007	50 Butterfly	Samantha King	North Ayrshire	37.85	2006
Duncan Scott	Alloa	1:21.75	2007	100 I.M.	Danielle Joyce	North Ayrshire	1:26.20	2006
Duncan Scott	Alloa	2:29.68	2007	200 Freestyle	Danielle Joyce	North Ayrshire	2:45.49	2006

10 YEARS AGE GROUP								
MALE				EVENT	FEMALE			
Name	Club	Time	Year		Name	Club	Time	Year
Mark Szaranek	Glenrothes	31.01	2006	50 Freestyle	Molly Redford	Dundee City	31.25	2007
Jordan Lamb	Carnegie	35.68	2007	50 Backstroke	Caitlyn Morrison	Aquanauts	34.97	2002
Rolf Boef	Cults Otter	41.59	2003	50 Breaststroke	Ailsa Hershaw	Dunfermline	42.58	2004
Mark Szaranek	Glenrothes	33.86	2006	50 Butterfly	Molly Redford	Dundee City	36.09	2007
Mark Szaranek	Glenrothes	1:19.44	2006	100 I.M.	Molly Redford	Dundee City	1:20.64	2007
Cameron MacPhail	Portobello	2:31.74	2006	200 Freestyle	Leanna Marshall	Cumbernauld	2:30.80	2005

11 YEARS AGE GROUP								
MALE				EVENT	FEMALE			
Name	Club	Time	Year		Name	Club	Time	Year
Mark Szaranek	Carnegie	29.16	2007	50 Freestyle	Elouise Barber	Incas	31.07	2004
Zach Courtney	Warrender	32.80	2006	50 Backstroke	Alex Powis	North Ayrshire	34.68	2006
Ross Fleming	Fauldhouse	39.01	2005	50 Breaststroke	Elouise Barber	Incas	39.27	2004
Mark Szaranek	Carnegie	32.48	2007	50 Butterfly	Jennifer Dobson	Haddington	34.39	2005
Zach Courtney	Warrender	1:13.74	2006	100 I.M.	Jennifer Dobson	Haddington	1:15.49	2005
Mark Szaranek	Carnegie	2:19.52	2007	200 Freestyle	Leanna Marshall	Cumbernauld	2:20.85	2006

12 YEARS AGE GROUP								
MALE				EVENT	FEMALE			
Name	Club	Time	Year		Name	Club	Time	Year
Mark Szaranek	Carnegie	27.58	2008	50 Freestyle	Amy Fraser	Gala	30.01	2007
Zach Courtney	Warrender	30.52	2007	50 Backstroke	Ailsa Hershaw	Dunfermline	33.78	2006
Craig Benson	Livingston	34.41	2007	50 Breaststroke	Ailsa Hershaw	Dunfermline	37.69	2006
Mark Szaranek	Carnegie	29.96	2008	50 Butterfly	Blaine Small	Glenrothes	32.03	2006
Zach Courtney	Warrender	1:07.78	2007	100 I.M.	Ailsa Hershaw	Dunfermline	1:11.33	2006
Mark Szaranek	Carnegie	2:10.23	2008	200 Freestyle	Amy Fraser	Gala	2:15.58	2007

All these records are set as 'Age on the day of Competition'.