



CARNEGIE GRADED SPRING MEET

FIFE INSTITUTE, GLENROTHES

Saturday 20th FEBRUARY 2010

SESSION 1: Warm-up 08:30hrs Start 09:30hrs

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

Licence number : ED/LA2/322/0709

CARNEGIE GRADED SPRING MEET

General Information

Date: Saturday 20th February 2010

Venue: Fife Institute, Glenrothes

Event sponsor: Sheppard Swim School. *Further info available at*
<http://www.sheppardswimschool.co.uk>

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

Time:	<u>Session</u>	<u>Warm-up</u>	<u>Start</u>
	1	8:30-9:20	09:30
	2	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 20th February 2010

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

Entry fees: £5:00 per individual event.

Coaches pass: £1:00 per club includes weekend programme and start sheets

Coaches meal: £8:50 per meal

Awards: Individual events: Medals will be presented to 1st-6th in each event (except those disqualified or who swim faster than 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 midnight, Friday 22nd January 2010**

Return to: John Bruce

Telephone: 0131 440 1752

e-mail: JBruce2160@aol.com

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Meet Rules

- The meet shall be held under S.A.S.A. Laws.
- Ages as on the 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 Friday 22nd January 2010
- **All entries should be made in a team manager file, a copy of the events file for which can be obtained from the meet entry secretary at JBruce2160@aol.com**
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the sheets provided.
- 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.

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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.

Miscellaneous

- The meet is accredited. Licence number ED/LA2/322/0709
- 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.**

Session 1		Warm – up 0830 : Start 0930			
Event					Entry time slower than
101	OPEN	Boys	400m	FREESTYLE	-
102	11 and under	Girls	100M	BUTTERFLY	1:29:00
103	11 and under	Boys	100M	BUTTERFLY	1:29:00
104	12/13	Girls	100M	BACKSTROKE	1:20:00
105	12/13	Boys	100M	BACKSTROKE	1:16:00
106	14 and over	Girls	100M	FREESTYLE	1:05:00
107	14 and over	Boys	100M	FREESTYLE	1:02:00
108	OPEN	Girls	200M	IM	-
109	11 and under	Boys	100M	BACKSTROKE	1:25:00
110	11 and under	Girls	100M	BACKSTROKE	1:25:00
111	12/13	Boys	100M	FREESTYLE	1:05:00
112	12/13	Girls	100M	FREESTYLE	1:08:00
113	14 and over	Boys	100M	BREAST	1:22:00
114	14 and over	Girls	100M	BREAST	1:25:00

Presentations will be interleaved within the programme

Session 2		Warm – up 1300 : Start 1400			
Event					Entry time slower than
201	OPEN	Girls	400m	FREESTYLE	-
202	11 and under	Boys	100M	BREAST	1:40:00
203	11 and under	Girls	100M	BREAST	1:40:00
204	12/13	Boys	100M	BUTTERFLY	1:15:00
205	12/13	Girls	100M	BUTTERFLY	1:19:00
206	14 and over	Boys	100M	BACKSTROKE	1:13:00
207	14 and over	Girls	100M	BACKSTROKE	1:17:00
208	OPEN	Boys	200M	IM	-
209	11 and under	Girls	100M	FREESTYLE	1:16:00
210	11 and under	Boys	100M	FREESTYLE	1:16:00
211	12/13	Girls	100M	BREAST	1:28:00
212	12/13	Boys	100M	BREAST	1:25:00
213	14 and over	Girls	100M	BUTTERFLY	1:16:00
214	14 and over	Boys	100M	BUTTERFLY	1:12:00

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.

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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.**

CARNEGIE GRADED SPRING MEET

20 February 2010

Please post this form and your cheque to: Mr John Bruce
50 Station Road
Roslin
EH25 9LR

To arrive no later than 7 days after the closing date.

All entries to be emailed to JBruce2160@aol.com

Total number of individual entries.....@ £5.00	£.....
Coach Passes (per club) one @ £1.00	£.....1.00.....
Coaches lunch@ £8.50	£.....
TOTAL ENCLOSED	£.....

Preferred warm up slot

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

PTO

Club
 Club Contact
 Tel No.
 E-mail Address

CARNEGIE GRADED MEET OFFICIALS SHEET

Name	STO Duty	S1 (please	S2 tick)

Please return this form with your cheque by Friday 29 January to John Bruce
 Gala Entries MUST be E-mailed to JBruce2160@aol.com by 22 January
JOHN BRUCE, 50 STATION ROAD, ROSLIN, EH25 9LR