

**FALKIRK OTTER ASC**

**In partnership with  
BO'NESS ASC**



**LARKHALL SWIMMING POOL  
LARKHALL**

**Sunday 25<sup>th</sup> April 2010**

SESSION 1: Warm-up 9.00hrs Start 10.00hrs  
SESSION 2: Warm-up 14.00hrs Start 14.45hrs

Licence Number: WD/L2/687/0410

**FALKIRK OTTER A.S.C. AND BO'NESS A.S.C.**

*Invite you to our*  
**FIRST GALA**  
**SUNDAY 25<sup>th</sup> APRIL 2010**

Falkirk Otter A.S.C. and Bo'ness A.S.C. with support from Falkirk Council are part of the Falkirk Integrated Regional Swim Team. (F.I.R.S.T). this provides an elite training group for the best swimmers in the Falkirk area and allows for the development of performance swimming in this area.

Falkirk Otter A.S.C. in partnership with Boness A.S.C. invites you to their Meet to be held at Larkhall Swimming Pool, Larkhall, Under SASA Licence no **WD/L2/687/0410**

**MEET INFORMATION**

<b>VENUE</b>	Larkhall Swimming Pool, Larkhall
<b>POOL</b>	25m x 6 lanes, anti-wave lane ropes
<b>EVENTS</b>	100m all strokes & 50m freestyle. 200im (best 6 male and female in each age group scored from top six performers in each of 100 events.) 6*50 Cannon relay
<b>AGE GROUPS</b>	12/13 years, 14/15years, 16years and over – age on day of meet
<b>SESSIONS</b>	There will be 2 sessions as follows: Morning – warm up      9.00am    session starts 10.00am Afternoon – warm up    2.00pm    session starts 2:45pm
<b>ENTRY FEES</b>	£25 all swims accepted for 100's and 50freestyle  Cheques should be made payable to F.I.R.S.T
<b>ENTRIES</b>	Swimmers details and current times (all should be 25m Conversions) should be detailed on the relevant entry file. Hytek Team Manager Event File can be requested via e-mail from <a href="mailto:margaret.mcguckin@talktalk.net">margaret.mcguckin@talktalk.net</a>  Entries will be on a first come basis. Full club entry will be accepted. Closing date for entries is <b>midnight on Friday 26<sup>th</sup> March 2010</b> . Rejected entries will be refunded in full. <b>NO LATE ENTRIES WILL BE ACCEPTED</b>
<b>OFFICIALS</b>	Can each club supply at least 2 swimming technical officials for each Session. Please advise names on gala entry form.
<b>AWARDS</b>	Trophy for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> in 200im. Trophy for Cannon Relay. Trophy for best club. N.B. Composite teams welcome to compete but are not eligible for best club trophy.
<b>PRIZE MONEY</b>	Skins 1 <sup>st</sup> £20, 2 <sup>nd</sup> £10(boys and girls)

GENERAL INFORMATION

1. Meet to be held under SASA rules. Enclosed is a health and safety form to be completed (mandatory).
2. All Swimmers of Scottish Clubs must have a S.A.S.A. registration number.
3. No cards are required for this meet. Start sheets will be available to clubs prior to the start of each session.
4. Electronic Timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
5. Withdrawals must be notified to the recorders no later than 20 minutes prior to the start of each session.
6. Once start sheets have been prepared no alterations shall be made.
7. It is the swimmers responsibility to check with the marshalls in the allocated area. Swimmers should report to the marshalling area 4 heats in advance of their race.
8. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation. There will be no diving from the shallow end of the pool. During relays, starts from the shallow ends shall be from within the water.
9. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
10. No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet director. Application must be made on the approved SASA form.
11. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
12. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.
13. The Meet Management reserves the right to alter the programme and warm-up times if necessary. Anything not covered above or printed in the event programme will be at the promoter's discretion.
14. The promoter's reserve the right to restrict entries in order to facilitate the smooth running of the meet. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full.

#### MISCELLANEOUS

- Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
- Neither Falkirk Otter A.S.C., Bo'ness A.S.C. or Larkhall Swimming pool can be held responsible for loss or damage of swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the pool side must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn at poolside.
- Coach's lunches can be provided at a cost of £5.

### **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 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 SASA form.
- Application can be made on the day to the meet director or to the meet directors appointed official. Applicant must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

**FALKIRK OTTER ASC & BO'NESS A.S.C**

**FIRST GALA – SUNDAY 25<sup>th</sup> APRIL 2010**

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 SASA Annual Competitive Fee.

I understand that any swimmer entered without an ACF number 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 with entry payment no later than midnight Friday 26<sup>th</sup> March 2010

# Events

## **Warm up 9:00am-9-45am**

### Session 1: (10:00am-1.00pm)

Female	12 &over	100m	Freestyle
Male	12&over	100m	Backstroke
Female	12&over	100m	Breaststroke
Male	12&over	100m	Freestyle
Female	12&over	100m	Backstroke
Male	12&over	100m	Breaststroke

## **LUNCH – 13:00-14:00**

## **Warm up 2.00pm-14.45pm**

### Session 2: (3:00pm-5:00pm)

Female	12&over	100m	Butterfly
Male	12&over	100m	Butterfly
Female	Open	50Free (heats)	
Male	Open	50Free (heats)	
Female	12/13	200IM (Final)	
Male	12/13	200IM (Final)	
Female	14/15	200IM (Final)	
Male	14/15	200IM (Final)	
Female	16&over	200IM (Final)	
Male	16 &over	200IM (Final)	
Female	Open	50Free Skins finals	
Male	Open	50Free Skins finals	

6\*50 Cannon relay (1 male and female from each age group)  
Only one team from each club is eligible to compete.

## **Presentations**

## **Finish 5:00pm**

**FALKIRK OTTER A.S.C.&BONESS A.S.C.**

**FIRST GALA – SUNDAY 25<sup>th</sup> April 2010**

**Summary Entry Form**

**\*this form must be completed and returned with any entries\***

Club Name.....	Contact Name:	.....
Club Code.....	Address:	.....
		.....
		.....
	Telephone:	.....
	E Mail:	.....

Total Male Entries @£25.00		£.....
Total Female Entries @ £25.00		£.....
		£.....
Coaches lunches @ £5		£.....
	Total	£.....

Total amount enclosed	£.....	Signed	.....
		Position in Club	.....

Please make cheques payable to : **F.I.R.S.T.**

**Officials names** .....

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Return this form along with entries no later than **Midnight Friday 26<sup>th</sup> March 2010**