

**FALKIRK INTEGRATED REGIONAL SWIM
TEAM**

**ANNUAL GRADED MEET
2012**



**Xcite
Bathgate Leisure Centre
Balbardie Park, Torphican Road Bathgate
KY6 2RB**

24th & 25th November 2012

SESSION 1 & 3: Warm-up 8.30hrs Start 9.30hrs
SESSION 2 & 4: Warm-up 13.00 hrs Start 14.00hrs

Held under licence from SASA East District

Licence Number: ED/L2/531/1211

BO'NESS, FALKIRK OTTER & GRANGEMOUTH ASC

Invites you to their **F.I.R.S.T. ANNUAL GRADED MEET** **24th & 25th November 2012**

Bo'ness, Falkirk Otter & Grangemouth ASC invites you to their Annual Graded F.I.R.S.T. Meet to be held at Xcite, Bathgate Leisure Centre, Balbardie Park, Torphican Road Bathgate, KY6 2RB. Under SASA Licence no ED/L2/531/1211

MEET INFORMATION

VENUE	Xcite Complex, Bathgate.
POOL	25m x 6 lanes, anti-wave lane ropes
EVENTS	50m, 100m & 200m all strokes 200m & 400m IM and 400m Free 8x50m mixed freestyle relays – 1 boy & 1 girl (any order) from each age groups. Swimmers must swim in their own age group unless there are no swimmers in that age category in which case you may swim up. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.
AGE GROUPS	10/Under years, 11/12 years, 13/14 years & 15/over years Age is on last day of meet.
SESSIONS	There will be 4 sessions as follows: Morning – warm up 8.30am session starts 9.30am Afternoon – warm up 1 pm session starts 2 pm
ENTRY FEES	£5 per individual event £10 per relay event Cheques should be made payable to FIRST.
ENTRIES	All entries & current times should be made on the relevant electronic file. All submitted times must be slower than the consideration times. Hytek Team Manager Event File can be requested via e-mail from
	Garvie Murray 64B Easton Drive, Shieldhill, Falkirk FK1 2TA Tel– 01324 717582 (07736057759) Email: garvie@bluevonder.co.uk
	Closing date for entries is midnight on Friday 26th October 2012 NO LATE ENTRIES WILL BE ACCEPTED. Rejected entries will be refunded in full.
OFFICIALS	Can each club supply at least 2 swimming technical official at least one of which should be a judge for each Session. Please advise names on gala entry form.
AWARDS	Medals will be presented to 1 st , 2 nd and 3 rd places. Memento to Swimmers that swim TOO FAST. Trophy will be presented to Winning Relay Team The FIRST Graded Meet Shield will be presented to the TOP CLUB with the most points at the end of the meet. Trophy to be returned after 1 year.

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. number.**
- 3. All swimmers of Non Scottish clubs must have registration with their governing body.**
- 4. No swimmer under the age of 8 years is permitted to swim in accordance with Licence requirements.**
- 5. Start sheets will be available to clubs prior to the start of each session.**
- 6. Electronic Timing will be in operation. In the event of electronic failure, back-up manual timing will be used.**
- 7. Withdrawals must be notified to the recorders no later than 40 minutes prior to the start of each session.**
- 8. Once start sheets have been prepared no alterations shall be made.**
- 9. It is the swimmers responsibility to check with the marshalls in the allocated area. Swimmers should report to the Marshalls Four heats in advance of their race.**
- 10. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.**
- 11. There will be a maximum of 2 no reserve swimmers for each event and no time only swims on the day. 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.**
- 12. 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.**
- 13. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.**
- 14. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.**
- 15. 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 gala convenor's discretion.**
- 16. The convenor reserves 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.**

MISCELLANEOUS

- Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.**
- FIRST Committee or the Xcite Centre can not be held responsible for loss or damage to swimmers, 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.**

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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 (eg, 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.

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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 SASA Annual Competitive Fee.

I understand that any swimmer entered without an SASA 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 26th October 2012

Events

Order Of Events-

<p>Session 1: 101 Girls 50Fly 102 Boys 50Fly</p> <p> 103 Girls 200Back 104 Boys 200Back</p> <p> 105 Girls 100Breast 106 Boys 100Breast</p> <p> 107 Girls 400Free 108 Boys 400Free</p>	<p>Session 2: 201 Girls 50Back 202 Boys 50Back</p> <p> 203 Girls 200Breast 204 Boys 200Breast</p> <p> 205 Girls 100Free 206 Boys 100Free</p> <p> 207 Girls 200IM 208 Boys 200IM</p>
<p>Session 3: 301 Girls 50Breast 302 Boys 50Breast</p> <p> 303 Girls 200Free 304 Boys 200Free</p> <p> 305 Girls 100Fly 306 Boys 100Fly</p> <p> 307 Girls 400IM 308 Boys 400IM</p>	<p>Session 4: 401 Girls 50Free 402 Boys 50Free</p> <p> 403 Girls 200Fly 404 Boys 200Fly</p> <p> 405 Girls 100Back 406 Boys 100Back</p> <p> 407 Mixed Canon Relay</p>

Consideration Times-

Male				Event	Female			
15/Over	13/14	11/12	10/Under		10/Under	11/12	13/14	15/Over
27.50	29.00	32.00	35.00	50Free	35.00	32.00	30.00	30.00
58.00	1'01.50	1'08.00	1'13.00	100Free	1'13.00	1'08.00	1'04.00	1'04.00
2'08.00	2'15.00	2'25.00	2'37.00	200Free	2'37.00	2'25.00	2'18.00	2'18.00
4'35.00	4'45.00	5'05.00	5'25.00	400Free	5'25.00	5'05.00	4'50.00	4'50.00
35.00	38.00	40.00	45.00	50Breast	45.00	40.00	39.00	39.00
1'17.00	1'21.00	1'26.00	1'35.00	100Breast	1'35.00	1'26.00	1'23.00	1'23.00
2'46.00	2'53.00	3'00.00	3'15.00	200Breast	3'15.00	3'00.00	2'55.00	2'55.00
31.00	34.00	37.00	40.00	50Back	40.00	37.00	35.00	35.00
1'06.00	1'12.00	1'20.00	1'27.50	100Back	1'27.50	1'20.00	1'14.00	1'14.00
2'25.00	2'35.00	2'45.00	3'00.00	200Back	3'00.00	2'45.00	2'40.00	2'40.00
29.00	32.00	35.00	40.00	50Fly	40.00	35.00	33.00	33.00
1'06.00	1'10.00	1'15.00	1'27.50	100Fly	1'27.50	1'15.00	1'12.00	1'12.00
2'26.00	2'35.00	2'45.00	3'00.00	200Fly	3'00.00	2'45.00	2'38.00	2'38.00
2'30.00	2'38.00	2'50.00	3'00.00	200IM	3'00.00	2'50.00	2'45.00	2'45.00
5'25.00	5'40.00	5'50.00	6'10.00	400IM	6'10.00	5'50.00	5'44.00	5'44.00

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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 @£5.00 each		£.....
Total Female Entries @ £5.00 each		£.....
Total Relay Entries @ £10.00 each		£.....
	Total	£.....

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

Please make cheques payable to : **FIRST**

Officials names

Return this form along with entries no later than **Midnight Friday 26th October 2012**

Garvie Murray

64B Easton Drive

Sheildhill

Falkirk

FK1 2TA

01324 717582 (07736057759)