



## **InCAS Distance Gala 2012**



Carnegie Leisure Centre, Dunfermline, FIFE.

Saturday 26 May and Sunday 27 May 2012

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All clubs and Composite teams are invited to apply to participate in the above gala.

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

Licence No: **ED/L2/507/1111**

**Venue:** Carnegie Leisure Centre, Pilmuir Street, Dunfermline, FIFE  
6 Lane, 25m pool with anti-turbulence lane ropes, electronic timing  
The cafeteria will remain open throughout the day  
There is ample parking

**Date:** Saturday 26 May and Sunday 27 May 2012

**Age:** Age on the last day of the Gala (27 May 2012)  
Age Groups : 8/10yrs – 11/12yrs – 13/14yrs

**Events:** 4 sessions – warm up 09.00 and 13.30hrs each day

**Fees:** £7.50 for 800m and 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 the enclosed form and return to InCAS**

### **Programme of Events**

**All events will be HDW**

**Saturday 26 May 2012**

<b>Session 1</b>		<b>Session 2</b>	
	<b>101 Men 200m Fly</b>		<b>201 Women 200m Fly</b>
	<b>102 Women 800m Free</b>	*	<b>202 Men 1500m Free</b>
	<b>103 Men 200m Br</b>		<b>203 Women 200m Br</b>
	<b>104 Women 200m IM</b>		<b>204 Men 200m IM</b>

**\* Event 202 Excludes 8/10yrs ie. 11/12 and 13/14yrs only**

*Presentations will take place during the events to allow swimmers to depart*

**Sunday 27 May 2012**

<b>Session 3</b>		<b>Session 4</b>	
	<b>301 Women 200m B/C</b>		<b>401 Women 200m Free</b>
	<b>302 Men 200m Free</b>		<b>402 Men 200m B/C</b>
	<b>303 Women 400m Free</b>		<b>403 Women 400m IM</b>
	<b>304 Men 400m IM</b>		<b>404 Men 400m Free</b>

*Presentations will take place during the events to allow swimmers to depart*

**Payments** : Cheques should be made payable to **"InCAS Swimming Club"**

**Closing Date** : Noon Wednesday 25 April 2012

**Medals** : Awards will be made to 1<sup>st</sup> through 6<sup>th</sup> 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: [jbruce2160@aol.com](mailto:jbruce2160@aol.com) or [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 computerized. 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.

## **General Notes**

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

Event results will be published on the poolside and will be available, after the meet, to download from [www.swimscotland.org.uk](http://www.swimscotland.org.uk)

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 to Queenie Bruce by email to **Queenie.Bruce@prudential.co.uk** 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

### **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.

**NO FLASH PHOTOGRAPHY DURING STARTS**

## **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 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 \_\_\_/\_\_\_/2011.

### **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>	@		
	(important for distribution of information and updates pertaining to the meet).		
<b>Club Website:</b>			
<b><u>Breakdown of Fees</u></b>			
Total Male Entries:	@	£6.50	<b>£</b>
Total Male Entries:	@	£7.50	<b>£</b>
Total Female Entries:	@	£6.50	<b>£</b>
Total Female Entries:	@	£7.50	<b>£</b>
Saturday Coach Pass:	@	£8.50	<b>£</b>
Sunday Coach Pass:	@	£8.50	<b>£</b>
<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

**TO BE RETURNED BY - WEDNESDAY 25 APRIL 2012**

**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 to Queenie Bruce as word doc/rtf /pdf  
to: [Queenie.Bruce@prudential.co.uk](mailto:Queenie.Bruce@prudential.co.uk)

Thank you for your assistance.