

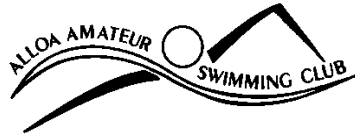
An invite to the

# Alloa Open Meet

Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup>  
May 2013

At the

**The Peak  
Stirling Sports Village  
Stirling**



## ALLOA AMATEUR SWIMMING CLUB

Would like to invite entries for their

### Open Meet

(Under SASA Rules and Licence Number TBA)

#### General Information:

Date	Saturday & Sunday 25 <sup>th</sup> & 26 <sup>th</sup> May 2013
Venue	The Peak Stirling Sports Village Forthside Way FK7 7UJ
Map Location	<a href="http://www.stirling.gov.uk/thepeak/peak-findus.htm">http://www.stirling.gov.uk/thepeak/peak-findus.htm</a>
Pool	6 lane 25M with full electronic timing and scoreboard
Times	Warm-up will be at 09:00 and 13:30 each day Start times will be 10:00 and 14:30 each day
Ages	Age of entrants is age on last day of the meet
Age Groups	See meet programme
Events	See meet programme
Awards	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> and a trophy for the Top Club
Entry Fees	£5.00 per individual swim. Cheques should be made payable to <b>Alloa ASC</b> to be received prior to the entries closing date.
Officials	Each competing club is requested to provide two STO's each day. We would request that clubs provide the names and roles of the STO's prior to the meet and preferably at the time of entries. Travelling expenses will only be paid to officials with no participating swimmers.

The meet will be run using Hy-tek meet management; therefore entries should be requested and submitted on the appropriate electronic file available from:

Cathy Millar  
11 MacLean Court,  
Broomridge,  
Stirling, FK7 0QT  
[cathymillar@sky.com](mailto:cathymillar@sky.com)

## Meet Rules

- The meet will be held under SASA rules
- Ages as at last day of meet
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure accreditation of the meet
- Only swimmers, coaches and meet officials will be admitted to poolside
- No photographic or video equipment will be allowed unless prior approval from the meet secretary has been sought
- Swimmers must wear appropriate footwear on poolside and marshalling areas and follow instructions from meet officials
- Swimmers will be expected to behave in a reasonable manner at all times
- No swimmers under the age of 8yrs is permitted to swim in accordance with licence requirements

## Entries and Withdrawals

- Closing date for entries will be midnight on Friday 27<sup>th</sup> April 2013. No late entries will be accepted
- All entries must be made on the electronic files and submitted by e-mail to the secretary. Entry files can be requested by e-mail
- Withdrawals must be into the meet office no later than 45 minutes prior to the start of each session using the withdrawal form in the coaches pack
- Withdrawals made after issue of the final meet programme may be charged in full
- Entries may be rejected to ensure the smooth and timely running of the meet
- Participating clubs will be provided with a meet programme prior to the meet and any rejections will be fully refunded
- Alloa ASC reserve the right to fill empty lanes with swimmers from the club of the appropriate age
- No Time Only swims will be allowed or entries on the day without prior approval of the meet Referee
- Results shall be posted on the walls and copies made available for coaches of participating clubs

## Events

- Over the top starts may be used to ensure the smooth running of the meet
- All events will be Heat Declared Winners (HDW)
- Heats will be seeded after withdrawals close 45 minutes before the start of each session. All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat
- Start sheets will be issued to the clubs for marshalling
- Swimmers are asked to report to the marshalling area at least three heats in advance

## Programme of Events

Saturday Morning					Sunday Morning				
<b>Session 1</b>					<b>Session 3</b>				
<b>Event</b>					<b>Event</b>				
101	10/U	50	Fly	B	301	10/U	50	Fly	G
102	10/U	50	Back	G	302	10/U	50	Back	B
103	Open	100	Breast	B	303	Open	100	Breast	G
104	Open	100	Fly	G	304	Open	100	Fly	B
105	11/12	200	Fly	B	305	11/12	200	Fly	G
106	11/12	200	Back	G	306	11/12	200	Back	B
107	13/14	200	Back	B	307	13/14	200	Back	G
108	13/14	200	Fly	G	308	13/14	200	Fly	B
109	10/U	200	Back	B	309	10/U	200	Back	G
110	10/U	200	Breast	G	310	10/U	200	Breast	B
111	Open	200	Free	B	311	Open	200	Free	G
112	Open	200	Back	G	312	Open	200	Back	B
113	11/12	200	IM	B	313	11/12	200	IM	G
114	11/12	400	Free	G	314	11/12	400	Free	B
115	13/14	200	IM	B	315	13/14	200	IM	G
116	13/14	400	Free	G	316	13/14	400	Free	B
117	Open	400	IM	B	317	Open	400	IM	G
118	Open	400	Free	G	318	Open	400	Free	B
<b>Saturday Afternoon</b>					<b>Sunday Afternoon</b>				
<b>Session 2</b>					<b>Session 4</b>				
<b>Event</b>					<b>Event</b>				
201	10/U	50	Breast	G	401	10/U	50	Breast	B
202	10/U	50	Free	B	402	10/U	50	Free	G
203	Open	100	Free	G	403	Open	100	Free	B
204	Open	100	Back	B	404	Open	100	Back	G
205	11/12	200	Free	G	405	11/12	200	Free	B
206	11/12	200	Breast	B	406	11/12	200	Breast	G
207	13/14	200	Free	G	407	13/14	200	Free	B
208	13/14	200	Breast	B	408	13/14	200	Breast	G
209	10/U	200	Free	G	409	10/U	200	Free	B
210	10/U	200	Fly	B	410	10/U	200	Fly	G
211	Open	200	Fly	G	411	Open	200	Fly	B
212	Open	200	Breast	B	412	Open	200	Breast	G
213	11/12	400	IM	G	413	11/12	400	IM	B
214	13/14	400	IM	B	414	13/14	400	IM	G
215	10/U	200	IM	G	415	10/U	200	IM	B
216	Open	200	IM	B	416	Open	200	IM	G

## Consideration Times (equal to or faster than):

### Consideration Time

			<b>Female</b>	<b>Male</b>
<b>10/U</b>	50	Fly	50:00	50:00
<b>10/U</b>	50	Back	50:00	50:00
<b>10/U</b>	50	Breast	55:00	55:00
<b>10/U</b>	50	Free	45:00	45:00
<b>10/U</b>	200	Fly	03:30	03:30
<b>10/U</b>	200	Back	03:30	03:30
<b>10/U</b>	200	Breast	03:50	03:50
<b>10/U</b>	200	Free	03:10	03:10
<b>10/U</b>	200	IM	03:30	03:30
<b>11/12</b>	200	Fly	03:15	03:15
<b>11/12</b>	200	Back	03:15	03:15
<b>11/12</b>	200	Breast	03:35	03:35
<b>11/12</b>	200	Free	02:55	02:55
<b>11/12</b>	200	IM	03:15	03:15
<b>11/12</b>	400	Free	06:00	06:00
<b>11/12</b>	400	IM	06:40	06:40
<b>13/14</b>	200	Fly	03:00	03:00
<b>13/14</b>	200	Back	03:00	03:00
<b>13/14</b>	200	Breast	03:25	03:25
<b>13/14</b>	200	Free	02:45	02:45
<b>13/14</b>	200	IM	03:00	03:00
<b>13/14</b>	400	Free	05:40	05:40
<b>13/14</b>	400	IM	06:20	06:20
<b>Open</b>	100	Fly	01:20	01:15
<b>Open</b>	100	Back	01:20	01:15
<b>Open</b>	100	Breast	01:30	01:25
<b>Open</b>	100	Free	01:10	01:05
<b>Open</b>	200	Fly	03:00	02:55
<b>Open</b>	200	Back	02:50	02:45
<b>Open</b>	200	Breast	03:20	03:15
<b>Open</b>	200	Free	02:35	02:30
<b>Open</b>	200	IM	02:55	02:50
<b>Open</b>	400	Free	05:30	05:15
<b>Open</b>	400	IM	06:00	05:45

## Alloa ASC Open Meet

### Health and Safety Declaration

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

I confirm that all entered swimmers have paid their current SASA 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 onto swimmers and parents intending to travel to the meet.

Signed: .....

Print Name: .....

Position in club: .....

Club: .....

Please return this form with entries no later than Midnight Friday 27<sup>th</sup> April 2013 to:

Cathy Millar  
11 MacLean Court  
Broomridge  
Stirling  
FK7 0QT  
[cathymillar@sky.com](mailto:cathymillar@sky.com)

# Information Sheet

## Alloa ASC Open Meet

Club: \_\_\_\_\_

Number of Boys individual entries \_\_\_\_\_ @ £5.00      Total: \_\_\_\_\_

Number of Girls individual entries \_\_\_\_\_ @ £5.00      Total: \_\_\_\_\_

Total: \_\_\_\_\_

Submitted by: \_\_\_\_\_

Signed: \_\_\_\_\_

Position in Club: \_\_\_\_\_

Telephone No: \_\_\_\_\_

E-mail address: \_\_\_\_\_

Postal Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Please return along with remittance and entries to the meet secretary:

Cathy Millar  
11 MacLean Court  
Broomridge  
Stirling  
FK7 0QT  
[cathymillar@sky.com](mailto:cathymillar@sky.com)