



*CARNEGIE 'SO LONG'*  
*Meet*  
*2013*

**Saturday and Sunday 4<sup>th</sup> and 5<sup>th</sup> May 2013**  
**Carnegie Leisure Centre, Dunfermline**

SESSIONS 1 and 3: Warm-up 09:00hrs Start 10:00hrs

SESSIONS 2 and 4: Warm-up 13:30hrs Start 14:30hrs

Licence number ED/L2/590/0612

## CARNEGIE 'SO LONG' MEET, 4 and 5 May 2013

### Venue

The Carnegie LC offers a 6 lane 25 metre competition pool with full electronic timing and 6 lane display scoreboard, anti-wave lane ropes, spacious spectator area, nearby car parking and town centre shops and a cafeteria.

### Events

The gala focuses on longer distance events; **200, 400, 800 and 1500m freestyle; 200 and 400m IM, 200m breaststroke, backstroke and butterfly**. Consideration times, based on DRP bronze squad times less 3%, are attached. All ages will swim together with awards for each age group.

In addition, we are holding two 'taster' **200m events for 10 year olds – freestyle and IM**. There are no entry time requirements for these events.

There are also **4 x 100m relays** (freestyle and medley). As these events are rarely swum, clubs are invited to submit teams that comply with the age categories for district records – 11 and under; 12 yrs, 13/14 yrs, 15/16yrs, junior, 17/18 yrs, senior (*age as on 5 May for relay events*).

Three current East District records were set at this event last year. Teams in different age and gender groups will swim against each other, seeded by expected time. There are no prizes for each relay age group, but teams that achieve a district record will have their entry fees refunded. (See <http://www.sasaeastdistrict.org.uk/images/files/records/records2012.pdf>) for details of current ED records, including unclaimed records). For unclaimed records, only the fastest team on the day will have its entry fee refunded.

### Age groups

For all individual events age is as on 31 December 2013. Ten year olds are only permitted to enter the two taster events.

All other swimmers in individual events must be 11 or over on **31 December 2013**. Events will be swum as three age groups – 11 and 12 yrs; 13 and 14 yrs; 15 yrs and over. See meet schedule for information on entry times for each age.

**For relays** age is as on 5 May 2013, to comply with record requirements.

### Entry fees

£6.25 for 200 and 400 m events.      £8.50 for 800 and 1500m events.  
£10 for each relay team

### Awards

There will be medals for those finishing 1<sup>st</sup> – 3<sup>rd</sup> in each individual event. Individual events swum as mixed gender events will have medals for both males and females.

### Officials:

Clubs are asked to provide technical officials and assist with timekeeping. In return we will give free admission tickets for spectators in addition to the usual benefits – see following meet info for more information.

Closing date for entries: **FRIDAY 5<sup>th</sup> April 2013**

Entries are via Hytek Team Manager Event File which can be requested **from Gary England at [julieandgaryengland@talktalk.net](mailto:julieandgaryengland@talktalk.net). Tel 01383 726935**

## CARNEGIE 'SO LONG' MEET PROGRAMME

| <u>Saturday morning</u>   |        | <u>Sunday morning</u>   |        |
|---------------------------|--------|-------------------------|--------|
| 400 IM                    | Male   | 200 butterfly           | Male   |
| 200 butterfly             | Female | 400 IM                  | Female |
| 200 freestyle             | Male   | 400 freestyle           | Male   |
| 400 freestyle             | Female | 10yr olds 200 freestyle | Mixed  |
| 200 breaststroke          | Male   | 200 freestyle           | Female |
|                           |        | 4 x 100 medley relay    | Mixed  |
| <u>Saturday afternoon</u> |        | <u>Sunday afternoon</u> |        |
| 200 IM                    | Female | 800 freestyle           | Mixed  |
| 1500 freestyle            | Mixed  | 10yr olds 200IM         | Mixed  |
| 200 backstroke            | Female | 200 IM                  | Male   |
|                           |        | 200 breaststroke        | Female |
|                           |        | 200 backstroke          | Male   |
|                           |        | 4 x 100 freestyle relay | Mixed  |

Presentations will take place throughout the swimming programme.

### **Meet Rules**

- The meet will be held under S.A.S.A. laws.
- Age of 10 for taster events and 11 or more on 31 December 2013 for all other individual events. Relay events as specified.
- 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.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Coaches must ensure that all their swimmers can comply with the technical requirements of each stroke. This is a level 2 meet.
- 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 attached 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.

## Events

- Over the top starts may be used at the discretion of the promoter to facilitate the smooth running of the meet.
- Swimmers must report to the competition stewards in the designated marshalling area in accordance with the instructions given at the meet.
- There will be a maximum of three reserves per event/age group.
- All events are heat declared winner.

## Entries

- Closing date for entries Friday 5<sup>th</sup> April 2013
- All entries should be emailed to [julieandgaryengland@talktalk.net](mailto:julieandgaryengland@talktalk.net).
- Withdrawals must be made to the recorders no later than 40 minutes prior to the start of each session.
- The promoter's reserve the right to restrict entries if required. 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.

## Officials

- Composite teams entering the gala must provide **at least 1 qualified judge per session**.
- Individual clubs are also asked to provide timekeepers and qualified judges.
- Details of the judges and timekeepers available to help should be returned with the entry form. We will provide free spectator passes to clubs who pre - register their officials beforehand in this way. These will be available for collection from the gala convener at the start of the event.

## Miscellaneous

- The Carnegie LC has a cafeteria and refreshment vending machines.
- Clubs are asked to purchase a coaches pass at £2 to cover poolside refreshments. Coaches meals are available on request.
- 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 Sports and Leisure Trust can be held responsible for loss or damage to swimmers', team staff or spectators' property. Swimmers should secure their belongings in the changing rooms and not leave belongings 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.

**CONSIDERATION TIMES; entry times slower than....**

| Male     |          |          | Age              | Female   |          |          |
|----------|----------|----------|------------------|----------|----------|----------|
| 11 /12   | 13/14    | 15+      |                  | 11/ 12   | 13/14    | 15+      |
| 02:31.22 | 02:11:24 | 01:57:56 | 200 freestyle    | 02:36.56 | 02:18.03 | 02:05.52 |
| 05:22.23 | 04:39.84 | 04:10.94 | 400 freestyle    | 05:29.51 | 04:50.61 | 04:24.23 |
| 11:10.46 | 09:42.19 | 08:42.15 | 800 freestyle    | 11:15.12 | 09:55:39 | 09:01:36 |
| 21:18.07 | 18:29.97 | 16:35.51 | 1500 freestyle   | 21:46:78 | 19:12:75 | 17:28:28 |
| 02:44.90 | 02:23.27 | 02:08.53 | 200 butterfly    | 02:50:04 | 02:30:54 | 02:16:87 |
| 02:47.62 | 02:25.60 | 02:10.56 | 200 backstroke   | 02:52:76 | 02:32:48 | 02:18:61 |
| 03:05.37 | 02:40.83 | 02:24.14 | 200 breaststroke | 03:14:29 | 02:51:30 | 02:35:78 |
|          |          |          |                  |          |          |          |
| 02:49.46 | 02:27.15 | 02:11.92 | 200 IM           | 02:56:44 | 02:35:59 | 02:21:43 |
| 06:00.55 | 05:13.02 | 04:40.72 | 400IM            | 06:11:22 | 05:27:37 | 04:57:69 |

## **CARNEGIE SWIMMING CLUB 'SO LONG' MEET**

### **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, mobile telephone with camera, camcorder etc.) is to be used 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.