



Fife Performance Swim Squad Junior Sprint Meet

Kindly sponsored by EquiPet Veterinary Hospital

24 Nicol Street, Kirkcaldy www.equipet.co.uk

Venue: Carnegie Leisure Centre, Dunfermline, Fife

Saturday 23 March 2013

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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/L2/598/0912**

### **MEET SUMMARY**

**Venue:** Carnegie Leisure Centre, Pilmuir Street, Dunfermline, FIFE

**Date:** Saturday 23 March 2013

**Age:** Age Groups: 8 & 9yrs / 10 & 11yrs / 12 & 13yrs

Age Group for 'Skins' events: 11 and under / 12 & 13yrs

Age on the day of the gala (23 March 2013)

**Events:** Session 1 – Warm up 09.00 ; Start 10.00

Session 2 - Warm up 13.30 ; Start 14.30

**Fees:** £4.50 per individual swim / £9.00 per relay team

Coaches passes are £8.50 per day which includes programme and lunch

**Closing Date:** Noon Saturday 23 February 2013

## FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013

Carnegie Leisure Centre, Pilmuir Street, Dunfermline,

Saturday 23 March 2013

### SESSION 1 (Warm up 09.00; Start 10.00)

| Girls | Boys | Age groups       | Event                   |
|-------|------|------------------|-------------------------|
| 101   | 102  | 8 & 9            | 100m IM                 |
| 103   | 104  | 10 & 11 / 12 &13 | 50m Freestyle           |
| 105   | 106  | 8 & 9            | 50m Backstroke          |
| 107   | 108  | 10 & 11 / 12 &13 | 50m Butterfly           |
| 109   | 110  | 8 & 9            | 50m Breaststroke        |
| 111   | 112  | 10 & 11 / 12 &13 | 4 x 50m Freestyle Relay |

### SESSION 2 (Warm up 13.30; Start 14.30)

| Girls | Boys | Age groups       | Event                   |
|-------|------|------------------|-------------------------|
| 201   | 202  | 10 & 11 / 12 &13 | 100m IM                 |
| 203   | 204  | 8 & 9            | 50m Freestyle           |
| 205   | 206  | 10 & 11 / 12 &13 | 50m Backstroke          |
| 207   | 208  | 8 & 9            | 50m Butterfly           |
| 209   | 210  | 10 & 11 / 12 &13 | 50m Breaststroke        |
| 211   | 212  | 8 & 9            | 4 x 25m Freestyle Relay |
| 213   | 214  | 11 & under       | Skins                   |
| 215   | 216  | 12 &13           | Skins                   |

**Age Groups: 8 & 9yrs / 10 & 11yrs / 12 & 13yrs**

**Age Groups for 'Skins' events: 11 & under / 12 & 13yrs**

**Age on day of Gala (23 March 2013)**

## **FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013**

### **MEET RULES**

The meet will be held under S.A.S.A. laws.

Ages as on the day of the competition.

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.

The pool is 25ms long with 6 lanes and anti-wave lane ropes.

Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.

Coaches and team managers must ensure that all their swimmers can safely dive into deep water as prescribed by current/planned legislation. Where events start at the shallow end (ie. on relays), swimmers will start in the water, as advised by the meet referee.

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.

## FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013

### **ENTRIES**

Entries are via Hytek Team Manager Event File which can be requested from John Bruce at; 50 Station Road, Roslin, EH25 9LR, Tel: 0131 440 1752 [Jbruce2160@aol.com](mailto:Jbruce2160@aol.com) or [john.bruce@swimscotland.org.uk](mailto:john.bruce@swimscotland.org.uk)

Closing date for entries Noon Saturday 23 February 2013.

All entries should be emailed to John Bruce.

Cheques should be made payable to **Fife Swimming Group**.

Withdrawals must be made to the recorders no later than 45 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.

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.

There are no refunds for entries withdrawn after the draft programme is prepared.

### **EVENTS**

All events are heat declared winner, with the exception of the 'Skins' event.

Awards will be made to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</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. Points will be awarded 1<sup>st</sup>=6pts, 2<sup>nd</sup>=5pts, 3<sup>rd</sup>=4pts, 4<sup>th</sup>=3pts, 5<sup>th</sup>=2pts, 6<sup>th</sup>=1pt.

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 at least five heats in advance.

There will be a maximum of three reserves per event.

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)

## FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013

### **SKINS EVENTS**

1. The 'Skins Events' will be a continuous event commencing with 6 competitors and over a continuous series of races over a distance of 50m. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 90 seconds from the start of the previous race.

2. Skins competitions will be held for:

Session 2: (Event 213) 11 & under Girls, (Event 214) 11 & under Boys

(Event 215) 12 & 13 Girls, (Event 216) 12 & 13 Boys

Events (213), (214), (215) and (216) will swim concurrently, with a separation of 90 seconds between the starts of each event. The Girl's 11 & under event starts first.

3. The cash prize for each event will be £20 for 1<sup>st</sup>, £10 for 2<sup>nd</sup> and £5 for 3<sup>rd</sup>, for each 'Skins' age category and gender. The prizes have been donated by EquiPet Veterinary Hospital, 24 Nicol Street, Kirkcaldy. [www.equipet.co.uk](http://www.equipet.co.uk)

4. Following event (210) the six highest scoring competitors within each 'Skins' age group will be invited to take part in the appropriate age group 'Skins' event. If a swimmer declines to accept their place in the event then the next highest scoring competitor will be offered the place.

5. Lanes will be allocated on the basis of 'spearheading' in accordance with FINA swimming rule SW312 – the swimmer with the highest overall points tally occupying the centre lane. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy the centre lanes – the right most swimmer occupying Lane 3 the second swimmer in Lane 4.

6. The stroke for each individual race will be by random selection from a choice of Freestyle, Breaststroke, Butterfly and Backstroke. The stroke selection for all races will be by random selection from the declared inclusive strokes. The first race stroke selection will be made by the Meet Referee or other designated person. Subsequent selections will be made by the eliminated competitor from the previous race.

7. Each race shall be over a distance of 50m.

8. Subsequent rounds will start at the starting end of the pool, following an interval of 90 seconds from the previous Start. A warning whistle will be blown 10 seconds prior to the Starting signal being sounded. No verbal commands will be given. Competitors' feet, or hands in the case of Backstroke must be in contact with the Starting Platform or Grips when the Start Signal is given. A swimmer who starts before the starting signal will be eliminated by disqualification. For Backstroke rounds competitors will start in the water with both hands

holding the starting grips. For forward starts swimmers are required to have at least one foot at the front of the Starting Platform.

9. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification.

10. The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.

11. Determination of the slowest swimmer will be by the Referee utilising either Automatic Officiating Equipment (AOE) or manual Finish Judges, in accordance with FINA Swimming Rules governing placing. Should AOE be used the Referee shall determine whether it operated correctly.

12. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated.

13. Should for any reason the competition have to be halted before its conclusion it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The Start of the recommencement of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.

14. In the case of a dead heat in the final race, it will be re-swum as an additional round in accordance with the Event conditions. Determination of the result following a subsequent dead heat maybe determined by any means agreed by the affected swimmers.

## **FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013**

### **OFFICIALS**

To help with organising the gala, each club is respectively 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 returned to Martin Turner by email to [martin.turner@talktalk.net](mailto:martin.turner@talktalk.net)

### **MISCELLANEOUS**

The meet is licensed and a level 2 accreditation will be applied for.

Carnegie Leisure Centre has a cafeteria and refreshment vending machines.

There will be a raffle or tombola.

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 Fife Performance Swim Squad 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.

Fife Performance Swim Squad reserves the right to vary the above conditions as necessary.

## FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013

### 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 attention of the 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 swimmers unable to do so, will start in the water and notify the Referee that this will be the case.

Signed \_\_\_\_\_

Print \_\_\_\_\_

Club position \_\_\_\_\_

Club (on behalf of) \_\_\_\_\_

Date \_\_\_\_\_



## **FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013**

### **PHOTOGRAPHIC EQUIPMENT NOTICE**

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, camcorder etc.) is to be allowed 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.

**NO FLASH PHOTOGRAPHY DURING STARTS PLEASE**

**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. 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.

**FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013**

**SUMMARY SHEET**

**\*\* This form must be completed and returned with your cheque\*\***

|                                                           |                |          |
|-----------------------------------------------------------|----------------|----------|
| <b>Club</b>                                               |                |          |
| <b>Contact Name</b>                                       |                |          |
| <b>Address</b>                                            |                |          |
| <b>Postcode</b>                                           |                |          |
| <b>Contact telephone no.</b>                              |                |          |
| <b>Mobile no.</b>                                         |                |          |
| <b>Email</b>                                              |                |          |
| <b>Club website:</b>                                      |                |          |
|                                                           |                |          |
| <b>Breakdown of Fees</b>                                  |                |          |
| <b>Total Male entries</b>                                 | <b>@ £4.50</b> | <b>£</b> |
| <b>Total Female entries</b>                               | <b>@ £4.50</b> | <b>£</b> |
| <b>Total Relay entries</b>                                | <b>@ £9.00</b> | <b>£</b> |
| <b>Coach Pass (includes lunch)</b>                        | <b>@ £8.50</b> | <b>£</b> |
|                                                           | <b>Total</b>   | <b>£</b> |
| Please make cheques payable to <b>Fife Swimming Group</b> |                |          |

Please return the completed form to:

John Bruce, Meet Entry Secretary

50 Station Road

ROSLIN

EH25 9LR

**Forms and cheques to be returned by – Saturday 23 February 2013**

**FIFE PERFORMANCE SWIM SQUAD JUNIOR SPRINT MEET 2013**

**Named STOs and Time Keepers**

Please supply a minimum of 2 STOs and/or time keepers for each session.

We will contact you one month prior to the event as follow-up.

| <b>Name</b> | <b>Position<br/>(STO / TK)</b> | <b>Session<br/>1, 2 or Both</b> | <b>Preferred<br/>Role</b> | <b>Email /<br/>telephone</b> |
|-------------|--------------------------------|---------------------------------|---------------------------|------------------------------|
|             |                                |                                 |                           |                              |
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|             |                                |                                 |                           |                              |

Please complete and return electronically to [martin.turner@talktalk.net](mailto:martin.turner@talktalk.net)

On behalf of Fife Performance Swim Squad we thank you for your assistance and we look forward to welcoming you to our Gala.