

*Inverkeithing Competitive
Amateur Swimmers*

InCAS Distance Meet 2013

Licence No. ED/L2/613/1212



Sat 8th & Sun 9th June 2013

***CARNEGIE LEISURE CENTRE
PILMUIR STREET
DUNFERMLINE***

Gala Convenor – John Kirby (johnenkirby@tiscali.co.uk) - Mob No. 07708-660458

www.incas-sc.org.uk

InCAS Distance Meet General Meet Information

- 1. The meet shall be held under the SASA Rules.*
- 2. Accreditation has been received under Licence No: ED/L2/613/1212*
- 3. InCAS Distance Meet held at Carnegie Leisure Centre on Saturday 8th & Sunday 9th June '13*
- 4. Competition pool - 6 Lane, 25m pool with anti-turbulence lane ropes with full electronic timing.*
- 5. Age on the last day of Gala (9th June 2013).*
- 6. Age Groups : 8/10yrs – 11/12yrs – 13/14yrs – 15yrs+*
- 7. 4 sessions - warm-ups 09:00hrs and 14:00hrs, start 10:00hrs & 15:00hrs, finish 13:00hrs & 18:00hrs*
- 8. Events: 200m BF, BK, BS, FR & IM; 400m FR & IM; 800m & 1500m FR (all HDW). Events will be run mixed age group with results sorted by age group.*
- 9. Entries will not be accepted without a SASA Registration No. or equivalent.*
- 10. Presentations will take place during the events to allow swimmers to depart.*
- 11. Awards will be made to 1st, 2nd and 3rd places in each event, and in each age group. There will also be presentations to the top boy and girl in each age group, presented at the end of session 4.*
- 12. The meet will be fully computerised and no time cards will be used. Start sheets will be circulated as soon as possible after withdrawals have closed.*
- 13. Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.*
- 14. Marshalling will ensure that swimmers go to the correct heats and lanes.*
- 15. Results will be published poolside and will be available as soon as practical after each event.*
- 16. Please note that we reserve the right to use empty lanes for InCAS swimmers.*
- 17. Refunds will be processed in the week following the Gala.*

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

Event Listing

Age Groups : 8/10yrs – 11/12yrs – 13/14yrs – 15yrs+
 4 Sessions – Warm-ups at 9.00 Hrs and 14.00 Hrs each day
 S1 & 2 – Saturday 8th June '13
 S3 & 4 – Sunday 9th June '13
 (Age on 9th June 2013)

Entry Fees

£5.00 per 200m BF, BK, BS, FR and IM

£6.00 for 400m FR and IM

£7.00 for 800m FR

£8.00 for 1500m FR

Coaches Pass £8.00 per day (includes programme, start sheets, meals & refreshments)

Cheques should be made payable to InCAS

Cheques should be received 7 days before closing date

Event File Request – send an E-mail to John Bruce at john.bruce@swimscotland.org.uk quoting your Club, Name, Address & Tel No.

All entries should be submitted by E-mail and cheques / paperwork posted to:

John Bruce
 50 Station Road
 Roslin
 EH25 9LR

Closing date for entries is noon on Tuesday 7th May '13

It is the responsibility of all club entry secretaries to ensure that all entry times and dates of birth are correct. A draft programme will be made available to all club entry secretaries as soon as possible after the closing date at which time any corrections to entries already made will be accepted

Session 1: Warm-Up 09:00hrs; Start 10:00hrs				Session 2: Warm-Up 14:00hrs; Start 15:00hrs			
101	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Butterfly	201	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Butterfly
102	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	800m Freestyle	202	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	1500m Freestyle
103	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Breaststroke	203	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Breaststroke
104	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m IM	204	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m IM
Session 3: Warm-Up 09:00hrs; Start 10:00hrs				Session 4: Warm-Up 14:00hrs; Start 15:00hrs			
301	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	400m Freestyle	401	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	400m Freestyle
302	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	400m IM	402	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	400m IM
303	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Backstroke	403	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Backstroke
304	Boys	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Freestyle	404	Girls	8-10yrs, 11-12yrs, 13-14yrs, 15+yrs	200m Freestyle

SUMMARY SHEET

** This form must be completed and returned to the Entry Secretary **

Club _____

Contact Name _____

Address _____

Postcode _____ Tel No. _____

E-mail address _____

Important for urgent distribution of information and updates pertaining to meet

Total 200m Entries @ £5.00 = £ _____

Total 400m Entries @ £6.00 = £ _____

Total 800m Entries @ £7.00 = £ _____

Total 1500m Entries @ £8.00 = £ _____

Total Coaches Pass (Saturday) @ £8.00 = £ _____

Total Coaches Pass (Sunday) @ £8.00 = £ _____

Total cheque enclosed £ _____

Please make cheque payable to InCAS

Form to returned to:

John Bruce
50 Station Road
Roslin
EH25 9LR

E-mail Address: john.bruce@swimscotland.org.uk

TO BE RETURNED BY NOON ON TUESDAY 7th MAY 2013

To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are obliged to provide 1-2 officials per club, ideally one timekeeper and one judge per session. Please complete the enclosed officials form nominating 1-2 officials and return to the Entry Secretary, John Bruce by noon on Tuesday 7th May 2013.

Club	
Club Contact	
Tel No.	
E-mail Address	

OFFICIALS SHEET (SATURDAY)

Name	STO Duty	S1	S2

OFFICIALS SHEET (SUNDAY)

Name	STO Duty	S3	S4

Please return this form completed and send to John Bruce by Tuesday 7th May 2013

In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the Entry Secretary with entries.

I confirm that all the entered swimmers have paid their current S.A.S.A. Registration fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a Registration Number (Scottish Clubs) or not affiliated to their governing body (non-Scottish Clubs) will automatically be 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 guidelines.

I hereby confirm all swimmers have agreed to submit to drug testing if selected to do so.

Signed:

Name (print)

Position in Club:

Name of Club: