

*Inverkeithing Competitive  
Amateur Swimmers*



***InCAS  
Sprints Meet  
2013***

***12<sup>th</sup> October 2013  
Carnegie Leisure Centre  
Pilmuir Street  
Dunfermline***

***Licence No. ED/L2/614/1212***

***Gala Convenor: John Kirby E-mail: [johnenkirby@tiscali.co.uk](mailto:johnenkirby@tiscali.co.uk) Tel No. 07708-660458***

***[www.incas-sc.org.uk](http://www.incas-sc.org.uk)***

## *InCAS Sprints Meet General Meet Information*

- 1. The meet shall be held under the SASA Rules.*
- 2. Accreditation has been received under Licence No: ED/L2/614/1212*
- 3. InCAS Sprints Meet held at Carnegie Leisure Centre on Saturday 12<sup>th</sup> October '13*
- 4. Competition pool - 6 Lane, 25m pool with anti-turbulence lane ropes with full electronic timing.*
- 5. Age on day of Gala (12<sup>th</sup> October 2013).*
- 6. Age Groups: 8/10yrs – 11/12yrs – 13/14yrs*
- 7. 2 sessions - warm-ups 09:00hrs and 14:00hrs, start 10:00hrs & 15:00hrs, finish 13:00hrs & 18:00hrs*
- 8. Events: 50m BF, BK, BS, FR, 100 IM & 4x 50m Medley Relay (all HDW), events run by age group.*
- 9. Entries will not be accepted without a SASA Registration No. or equivalent.*
- 10. Presentations will take place at the end of session 1 & session 2*
- 11. Awards will be made to 1<sup>st</sup>, 2<sup>nd</sup> and 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, presented at the end of session 2.*
- 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  
2 Sessions – Warm-ups at 9.00 Hrs and 14.00 Hrs each day  
S1 & 2 – Saturday 12<sup>th</sup> October '13  
(Age on 12<sup>th</sup> October 2013)

Entry Fees  
£4.50 per 50m BF, BK, BS and FR  
£5.00 for 100 IM  
£8.00 per 4x 50m Medley Relay

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](mailto: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 17th September '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	Girls	8 – 10yrs	50m Freestyle	201	Girls	8 – 10yrs	100m IM
102	Boys	8 – 10yrs	50m Freestyle	202	Boys	8 – 10yrs	100m IM
103	Girls	11 – 12yrs	50m Butterfly	203	Girls	11 – 12yrs	50m Freestyle
104	Boys	11 – 12yrs	50m Butterfly	204	Boys	11 – 12yrs	50m Freestyle
105	Girls	13 – 14yrs	50m Backstroke	205	Girls	13 – 14yrs	50m Butterfly
106	Boys	13 – 14yrs	50m Backstroke	206	Boys	13 – 14yrs	50m Butterfly
107	Girls	8 – 10yrs	50m Breaststroke	207	Girls	8 – 10yrs	50m Backstroke
108	Boys	8 – 10yrs	50m Breaststroke	208	Boys	8 – 10yrs	50m Backstroke
109	Girls	11 – 12yrs	100m IM	209	Girls	11 – 12yrs	50m Breaststroke
110	Boys	11 – 12yrs	100m IM	210	Boys	11 – 12yrs	50m Breaststroke
111	Girls	13 – 14yrs	50m Freestyle	211	Girls	13 – 14yrs	100m IM
112	Boys	13 – 14yrs	50m Freestyle	212	Boys	13 – 14yrs	100m IM
113	Girls	8 – 10yrs	50m Butterfly	213	Girls	8 – 10yrs	4x 50m Medley Relay
114	Boys	8 – 10yrs	50m Butterfly	214	Boys	8 – 10yrs	4x 50m Medley Relay
115	Girls	11 – 12yrs	50m Backstroke	215	Girls	11 – 12yrs	4x 50m Medley Relay
116	Boys	11 – 12yrs	50m Backstroke	216	Boys	11 – 12yrs	4x 50m Medley Relay
117	Girls	13 – 14yrs	50m Breaststroke	217	Girls	13 – 14yrs	4x 50m Medley Relay
118	Boys	13 – 14yrs	50m Breaststroke	218	Boys	13 – 14yrs	4x 50m Medley Relay

## 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 50m Entries @ £4.50 = £ \_\_\_\_\_

Total 100m IM Entries @ £5.00 = £ \_\_\_\_\_

Total 4x 50m Medley Relay Entries @ £8.00 = £ \_\_\_\_\_

Total Coaches Pass (Saturday) @ £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](mailto:john.bruce@swimscotland.org.uk)

**TO BE RETURNED BY NOON Tuesday 17th September 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 Tuesday 17th September 2013.

<b>Club</b>	
<b>Club Contact</b>	
<b>Tel No.</b>	
<b>E-mail Address</b>	

**OFFICIALS SHEET (SATURDAY)**

<b>Name</b>	<b>STO Duty</b>	<b>S1</b>	<b>S2</b>

Please return this form completed and send to John Bruce by Tuesday 17th September 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 there 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:**

