

**CUMBERNAULD**  
**Swimming Club**

**Graded Age Group**

**Autumn Meet**

**MEET INFORMATION**

**TRYST SPORTS CENTRE**  
**CUMBERNAULD**  
**24<sup>th</sup> /25<sup>th</sup> August 2013**

Held under licence from SASA WEST DISTRICT  
Licence No: WD/L2/871/0813



# CUMBERNAULD SWIMMING CLUB



invite entries to their

## Graded Age Group Autumn Meet

### General Meet Information

Date:	Saturday 24 <sup>th</sup> - Sunday 25 <sup>th</sup> August 2013
Venue:	Tryst Sports Centre, Cumbernauld
Pool:	6 Lane 25 metre; swim down pool; full electronic timing with 6 lane alphanumeric scoreboard; anti-wave lane ropes; spectator area; cafeteria.
Timings:	Warm Up      09.00 and 13.30 each day Start            10.00 and 14.30 each day
Ages:	As on last day of meet (25/08/13)
Age Groups:	8-9yrs, 10yrs, 11yrs, 12yrs, 13yrs & 14yrs
Events:	50m all strokes, 100m Ind Med & 200m Free - All Age Groups 8/9,10 & 11yrs 6 x 50 Free Relay - Saturday 12,13 & 14yrs 6 x 50 Free Relay - Sunday

### 50m Events Heats & Finals - 100m and 200m Events HDW

Consideration Times:	<b><u>All Times must be Slower than Consideration Times</u></b>
Entry Fees:	£4.50 per individual event £9.00 per relay team
Coaches Passes:	£6 (Inc. Programme, Results and Meal) Per Day
Awards:	All Ages – Medals 1st, 2nd & 3rd - Pennants 4th, 5th & 6 <sup>th</sup> Relays – Medals 1 <sup>st</sup> , 2nd, & 3rd Top Boy & Top Girl each day (based on points 7,5,4,3,2,1)
Officials:	Clubs are requested to supply at least 2 Technical Officials at least one of which should be a Judge.
Closing Date for Entries:	<b>Midday – Saturday 27th July 2013</b>

All entries should be submitted using relevant electronic file by e-mail to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
G67 1NP  
01236 612269  
rgsw12257@blueyonder.co.uk

## **Graded Meet – Specific Information**

### **Meet Rules**

Swimmers may only enter their own age group.

No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements

All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.

All swimmers of non-Scottish clubs must have or have applied for registration with their governing body.

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

Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current planned legislation. There will be **NO** diving at the shallow end of the pool.

No photographic or video equipment (inc videophones) 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 approved SASA form.

Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times. It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

### **Entries & Start Lists**

All entries must be made on the relevant electronic files and submitted on disk or by e-mail to the address overleaf. Entry Files can be requested by returning the enclosed form or via e-mail. No Late entries will be accepted.

All Submitted Times must be **SLOWER** than the consideration times

Start Lists will be prepared in advance of the meet. Any advanced withdrawals to be made to the Meet Entry Secretary by **12 midday on Friday 16th August 2013**

On the Day Withdrawals must be made to the Electronics suite no later than 30 minutes prior to the start of each session on the event withdrawal form.

The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure that entry times are accurate. Rejected entries will be refunded in full. Rejected Entries will be notified by e-mail as soon as possible after the closing date

### **Events**

50m Events will be Heats & Finals. 100m and 200m Events will be Heat Declared Winners

Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.

Any amendments to published Start Lists (inc Reserve swims) will be announced prior to the start of each session Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

**'Too Fast' Times will be in operation on the day in heats only. Any Swimmer swimming 'Too Fast' will not qualify for a final.**

### **Warm-up and Session Times**

The warm-up will commence only when announced by the warm-up controller.

There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.

Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.

Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

### **Miscellaneous**

Accreditation has been sought via West District Licence.

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 shower or poolside area and are liable for expulsion from the meet if found to do so.

Cumbernauld Swimming Club, Tryst Sports Centre and North Lanarkshire Leisure Ltd take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.

Swimmers out-with the pool area must wear dry clothing and footwear at all times.

Outdoor footwear must not be worn on poolside.

Anything not covered above and not printed in the meet programme will be at the promoters' discretion.

Cumbernauld Swimming Club reserve the right to vary the above conditions as required

# Order of Events

## SATURDAY SESSION 1

Warm up: 9.00 am.                      Start: 10.00 am.

101	Girls	8-9 years	50m. Fly	Heats
102	Boys	8-9 years	50m. Fly	Heats
103	Girls	10 years	50m. Breast	Heats
104	Boys	10 years	50m. Breast	Heats
105	Girls	11 years	50m. Back	Heats
106	Boys	11 years	50m. Back	Heats
107	Girls	8-9 years	200m. Free	HDW
108	Boys	8-9 years	200m. Free	HDW
109	Girls	10 years	100m. Ind. Med.	HDW
110	Boys	10 years	100m. Ind. Med.	HDW
111	Girls	11 years	200m. Free	HDW
112	Boys	11 years	200m. Free	HDW
113	Girls	8-9 years	50m. Back	Heats
114	Boys	8-9 years	50m. Back	Heats
115	Girls	10 years	50m. Free	Heats
116	Boys	10 years	50m. Free	Heats
117	Girls	11 years	50m. Breast	Heats
118	Boys	11 years	50m. Breast	Heats

### Presentation of HDW Events 107 - 112

	Final of Event 101	Girls	8-9 years	50m. Fly
	Final of Event 102	Boys	8-9 years	50m. Fly
	Final of Event 103	Girls	10 years	50m. Breast
	Final of Event 104	Boys	10 years	50m. Breast
	Final of Event 105	Girls	11 years	50m. Back
	Final of Event 106	Boys	11 years	50m. Back
	Final of Event 113	Girls	8-9 years	50m. Back
	Final of Event 114	Boys	8-9 years	50m. Back
	Final of Event 115	Girls	10 years	50m. Free
	Final of Event 116	Boys	10 years	50m. Free
	Final of Event 117	Girls	11 years	50m. Breast
	Final of Event 118	Boys	11 years	50m. Breast

### Presentations of Final Events 101 – 106, 113 - 118

## SUNDAY SESSION 3

Warm up: 9.00 am.                      Start: 10.00 am.

301	Girls	12 years	50m. Fly	Heats
302	Boys	12 years	50m. Fly	Heats
303	Girls	13 years	50m. Breast	Heats
304	Boys	13 years	50m. Breast	Heats
305	Girls	14 years	50m. Back	Heats
306	Boys	14 years	50m. Back	Heats
307	Girls	12 years	200m. Free	HDW
308	Boys	12 years	200m. Free	HDW
309	Girls	13 years	100m. Ind. Med.	HDW
310	Boys	13 years	100m. Ind. Med.	HDW
311	Girls	14 years	200m. Free	HDW
312	Boys	14 years	200m. Free	HDW
313	Girls	12 years	50m. Back	Heats
314	Boys	12 years	50m. Back	Heats
315	Girls	13 years	50m. Free	Heats
316	Boys	13 years	50m. Free	Heats
317	Girls	14 years	50m. Breast	Heats
318	Boys	14 years	50m. Breast	Heats

### Presentation of HDW Events 307 - 312

	Final of Event 301	Girls	12 years	50m. Fly
	Final of Event 302	Boys	12 years	50m. Fly
	Final of Event 303	Girls	13 years	50m. Breast
	Final of Event 304	Boys	13 years	50m. Breast
	Final of Event 305	Girls	14 years	50m. Back
	Final of Event 306	Boys	14 years	50m. Back
	Final of Event 313	Girls	12 years	50m. Back
	Final of Event 314	Boys	12 years	50m. Back
	Final of Event 315	Girls	13 years	50m. Free
	Final of Event 316	Boys	13 years	50m. Free
	Final of Event 317	Girls	14 years	50m. Breast
	Final of Event 318	Boys	14 years	50m. Breast

### Presentations of Final Events 301 – 306, 313 - 318

## SATURDAY SESSION 2

Warm up: 1.30 pm.                      Start: 2.30 pm.

201	Boys	8-9 years	50m. Breast	Heats
202	Girls	8-9 years	50m. Breast	Heats
203	Boys	10 years	50m. Fly	Heats
204	Girls	10 years	50m. Fly	Heats
205	Boys	11 years	50m. Free	Heats
206	Girls	11 years	50m. Free	Heats
207	Boys	8-9 years	100m. Ind. Med.	HDW
208	Girls	8-9 years	100m. Ind. Med.	HDW
209	Boys	10 years	200m. Free	HDW
210	Girls	10 years	200m. Free	HDW
211	Boys	11 years	100m. Ind. Med.	HDW
212	Girls	11 years	100m. Ind. Med.	HDW
213	Boys	8-9 years	50m. Free	Heats
214	Girls	8-9 years	50m. Free	Heats
215	Boys	10 years	50m. Back	Heats
216	Girls	10 years	50m. Back	Heats
217	Boys	11 years	50m. Fly	Heats
218	Girls	11 years	50m. Fly	Heats

### Presentations of HDW Events 207 - 212

	Final of Event 201	Boys	8-9 years	50m. Breast
	Final of Event 202	Girls	8-9 years	50m. Breast
	Final of Event 203	Boys	10 years	50m. Fly
	Final of Event 204	Girls	10 years	50m. Fly
	Final of Event 205	Boys	11 years	50m. Free
	Final of Event 206	Girls	11 years	50m. Free
	Final of Event 213	Boys	8-9 years	50m. Free
	Final of Event 214	Girls	8-9 years	50m. Free
	Final of Event 215	Boys	10 years	50m. Back
	Final of Event 216	Girls	10 years	50m. Back
	Final of Event 217	Boys	11 years	50m. Fly
	Final of Event 218	Girls	11 years	50m. Fly

Event 219                      Squadron                      6x50 Free Relay

### Presentations of Final Events 201 – 206, 213 - 219

## SUNDAY SESSION 4

Warm up: 1.30 pm.                      Start: 2.30 pm.

401	Boys	12 years	50m. Breast	Heats
402	Girls	12 years	50m. Breast	Heats
403	Boys	13 years	50m. Fly	Heats
404	Girls	13 years	50m. Fly	Heats
405	Boys	14 years	50m. Free	Heats
406	Girls	14 years	50m. Free	Heats
407	Boys	12 years	100m. Ind. Med.	HDW
408	Girls	12 years	100m. Ind. Med.	HDW
409	Boys	13 years	200m. Free	HDW
410	Girls	13 years	200m. Free	HDW
411	Boys	14 years	100m. Ind. Med.	HDW
412	Girls	14 years	100m. Ind. Med.	HDW
413	Boys	12 years	50m. Free	Heats
414	Girls	12 years	50m. Free	Heats
415	Boys	13 years	50m. Back	Heats
416	Girls	13 years	50m. Back	Heats
417	Boys	14 years	50m. Fly	Heats
418	Girls	14 years	50m. Fly	Heats

### Presentations of HDW Events 407 - 412

	Final of Event 401	Boys	12 years	50m. Breast
	Final of Event 402	Girls	12 years	50m. Breast
	Final of Event 403	Boys	13 years	50m. Fly
	Final of Event 404	Girls	13 years	50m. Fly
	Final of Event 405	Boys	14 years	50m. Free
	Final of Event 406	Girls	14 years	50m. Free
	Final of Event 413	Boys	12 years	50m. Free
	Final of Event 414	Girls	12 years	50m. Free
	Final of Event 415	Boys	13 years	50m. Back
	Final of Event 416	Girls	13 years	50m. Back
	Final of Event 417	Boys	14 years	50m. Fly
	Final of Event 418	Girls	14 years	50m. Fly

Event 419                      Squadron                      6x50m Free Relay

### Presentations of Final Events 401 – 406, 413 - 419

# GRADED AGE GROUP AUTUMN MEET

## CONSIDERATION TIMES

**GIRLS**

**BOYS**

14yrs	13yrs	12yrs	11yrs	10yrs	8-9yrs		8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs
28.00	29.00	31.00	32.00	33.00	36.00	<b>50 Free</b>	36.00	33.00	32.00	31.00	29.00	28.00
2.22.00	2.24.00	2.28.00	2.35.00	2.45.00	2.58.00	<b>200 Free</b>	2.58.00	2.45.00	2.35.00	2.28.00	2.24.00	2.22.00
34.00	36.00	38.00	40.00	42.00	44.00	<b>50 Fly</b>	44.00	42.00	40.00	38.00	36.00	34.00
32.00	34.00	36.00	38.00	40.00	42.00	<b>50 Back</b>	42.00	40.00	38.00	36.00	34.00	32.00
36.00	38.00	40.00	42.00	44.00	46.00	<b>50 Breast</b>	46.00	44.00	42.00	40.00	38.00	36.00
1.14.00	1.18.00	1.20.00	1.24.00	1.28.00	1.34.00	<b>100 IM</b>	1.34.00	1.28.00	1.24.00	1.20.00	1.18.00	1.14.00

**SUBMITTED TIMES MUST BE SLOWER THAN ABOVE**

## **Health and Safety Announcement**

### **Controlling the Use of Photographic Equipment**

The S.A.S.A has a strict child protection policy, brought about by concerns over paedophile activity. This policy has been adopted by each member club and requires that meet organisers strictly control the use of photographic and video equipment. Therefore the use of such equipment shall be subject to the following guidelines:

No photographic equipment (e.g., camera, camcorder, mobile phones 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 which is available on request.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment

# Health and Safety Declaration

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

I confirm that all the entered swimmers have paid their current S.A.S.A. 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 on to swimmers and parents intending to travel to the meet.

Signed: .....

Print Name: .....

Position in Club: .....

On behalf of: ..... (Name of club)

Return this form along with entries no later than **Midday Saturday 27th July 2013** to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
G67 1NP  
01236 612269

# Graded Age Group Autumn Meet 24<sup>th</sup> /25<sup>th</sup> August 2013

## Summary Entry Form

*\*\* This form must be completed and returned with any entries. \*\**

Club Name: ..... Contact Name: .....

Club Code: ..... Address: .....

Tele: .....

E-Mail: .....

Total Entries      Male Entries @ £4.50 each: ..... £.....

Female Entries @ £4.50 each: ..... £.....

Relays @ £9 each: ..... £.....

Number of Coaches Sat @ £6 each: ..... £.....

Sun @ £6 each: ..... £.....

Total Amount Enclosed: £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **Cumbernauld Swimming Club**

Return this form along with entries no later than **Midday Saturday 27th July 2013** to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
G67 1NP  
01236 612269

Or E-mail to: [rgsw12257@blueyonder.co.uk](mailto:rgsw12257@blueyonder.co.uk)

# Graded Age Group Autumn Meet 24<sup>th</sup> /25<sup>th</sup> August 2013

## Entry Files Request Form

Please email the entry files for the above meet to:

Club: \_\_\_\_\_ Contact Name: \_\_\_\_\_

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

\_\_\_\_\_

\_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Return this completed form to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
G67 1NP  
01236 612269

**Alternatively, send an e-mail with the same information to Ronnie Girvan  
at:**

**[rgsw12257@blueyonder.co.uk](mailto:rgsw12257@blueyonder.co.uk)**