

*Inverkeithing Competitive  
Amateur Swimmers*

# ***InCAS Distance Meet 2014***

***Licence No. ED/L2/697/0713***

***Sat 31<sup>st</sup> May & Sun 1<sup>st</sup> June 2014***

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

***Gala Convenor – John Kirby ([johnenkirby@tiscali.co.uk](mailto:johnenkirby@tiscali.co.uk)) - Mob No. 07453-562503***

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

## *InCAS Distance Meet General Meet Information*

- 1. The meet shall be held under the SASA Rules.*
- 2. Accreditation to be applied for under Licence No: ED/L2/697/0713*
- 3. InCAS Distance Meet held at Carnegie Leisure Centre on Saturday 31<sup>st</sup> May & Sunday 1<sup>st</sup> June '14*
- 4. Competition pool - 6 Lane, 25m pool with anti-turbulence lane ropes with full electronic timing.*
- 5. Age on the last day of Gala (1<sup>st</sup> June 2014).*
- 6. Age Groups : 8/10yrs – 11/12yrs – 13/14yrs – 15yrs+*
- 7. 4 sessions - warm-ups 09:00hrs and 13:30hrs, start 10:00hrs & 14:30hrs, finish 13:00hrs & 17:30hrs*
- 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each event, and in each age group. Swimmers are asked to collect their medals from the presentation table during the running of the gala once the results are known. 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. Refunds will be processed during Session 4 but failing that then, 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.*

# Event Listing

Age Groups : 8/10yrs – 11/12yrs – 13/14yrs – 15yrs+  
 4 Sessions – Warm-ups at 9.00 Hrs and 13.30 Hrs each day  
 S1 & 2 – Saturday 31<sup>st</sup> May '14  
 S3 & 4 – Sunday 1<sup>st</sup> June '14  
 (Age on 1<sup>st</sup> June 2014)

## 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

Entry fees should be received within 3 days of the 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 30<sup>th</sup> April '14**

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 corrections other than to entry times already made will be accepted. There will be no refunds for withdrawals after the draft programme is published.

Session 1: Warm-Up 09:00hrs; Start 10:00hrs				Session 2: Warm-Up 13:30hrs; Start 14:30hrs			
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 13:30hrs; Start 14:30hrs			
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](mailto:john.bruce@swimscotland.org.uk)

**TO BE RETURNED BY NOON ON TUESDAY 30<sup>th</sup> APRIL 2014**

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 30<sup>th</sup> April 2014.

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

**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 30<sup>th</sup> April 2014

**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:**