



Grangemouth Amateur Swimming Club

(Affiliated to SASA)

Present

The 15th Annual J.A.G.S Meet

(Under FINA Rules & Scottish Swimming Regulations)

SASA Meet Licence – WD/L3/682/0215

On

Sunday 1 February 2015

At

**Grangemouth Sports Complex
Abbots Road, Grangemouth, FK3 9JD
Telephone No. 01324 504560**

Closing Date – Midnight Friday 9 January 2015



Grangemouth Amateur Swimming Club – J.A.G.S. Meet

Meet Information

<u>Date</u>	Sunday 1 February 2015
<u>Venue</u>	Grangemouth Sports Complex Abbots Road Grangemouth FK3 9JD Telephone No. 01324 504560
<u>Pool</u>	6 lane, 25 metre pool, anti-turbulent lane ropes and full electronic timing and scoreboard
<u>Map Location</u>	http://www.falkirkcommunitytrust.org/venues/map.aspx?vid=142
<u>Meet Status</u>	Scottish Swimming, LA3 WD/L3/682/2015 granted Accreditation of results will be applied for after the meet All swimmers must be registered with their governing body
<u>Session Times</u>	Session 1 – Warm Up 9.00am Start 10.00am for 9 & under & 10 year olds Session 2 – Warm Up 1.30pm Start 2.30pm for 11 & 12 year olds
<u>Age Groups</u>	Ages on the day 9 years & under 10 years 11 years 12 years
<u>Events</u>	50m Backstroke, Breaststroke, Butterfly, Freestyle 100m Individual Medley Squadron Relay: 9/10 years freestyle relay team – BOYS & the same for GIRLS 11/12 years freestyle relay team – BOYS & the same for GIRLS Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group (morning 2 x 10 years/afternoon 2 x 12 years both boys and girls. Swimmers can swim up an age group
<u>Heats/Finals</u>	All events HDW Heats will be swam based on times but split into age groups for medals. A ONE start rule and age group rules will apply in line with SASA accreditation procedures
<u>Fees</u>	£4.00 per individual event £5.00 per relay team There will be no refund of fees for times out with consideration time All cheques should be made payable to Grangemouth Amateur Swimming Club

No entries will be accepted without the correct fees paid on time (see below) or with the Entry Files incorrectly completed

Coach's Pass

Coach's Passes at a cost of £5 are available to cover lunch for the day. This must be paid for with the gala entry fee

Entry Files

Request for entry files should be made by email to grangemouthasc@gmail.com at least **one week in advance** of the closing date (i.e. Friday 2 January 2015). Entries will be by computer files. Only official files are acceptable

The meet will be run using Hy-tek Meet Management; therefore entries should be requested and submitted on the appropriate electronic file available from grangemouthasc@gmail.com

The closing date for receipt of entries is Friday 9 January 2015. The entries file should be emailed to grangemouthasc@gmail.com

Entry Fees

The appropriate entry fees and summary sheet must be sent to arrive **within 5 days of the closing date – i.e. Saturday 3 January 2015.**

They should be sent to:-

**Fiona Buchan
18 Wallace Brae Rise
Reddingmuirhead
Falkirk, FK2 0GD**

Medals & Awards

Medals will be presented to the top six in each age group and too fast trophies will be given to any "speedy" swimmers. **(Swimmers who swim faster but within a tolerance set prior to the meet will receive a too fast trophy).** Relay team medals will be presented to the top three teams

A **Top Club** Trophy is presented to the club scoring the most points in the finals. Trophies will be presented for best **boy** and **girl** in each age group **(Trophies are worked on a points system)**

Withdrawals

Any withdrawals must be notified to the recorders on the appropriate forms not later than **45 minutes** before the session starts (9.15am for morning and 1.45pm for afternoon)

Marshalling

Swimmers must marshal for their events 4 heats prior to their race, 10 minutes before the 1st event. The marshalling area is at the window side of the pool. Any swimmers who do not marshal will be deemed to have withdrawn. Reserves, who have marshalled, will be allocated the place of swimmers who have not marshalled for heats

Presentations

Swimmers should report for presentations to the marshalling area at the window side of the pool, in time for presentations in line with the presentation schedule. Presentations may be made during events to reduce session times

Starts

"Over the top starts" will be used in all heats apart from backstroke events

Diving Please ensure that only swimmers who are competent to dive are allowed to dive. No diving is allowed at the shallow end of the pool. During warm ups, diving is only allowed from the deep end of the pool in sprint lanes designated as being “dive starts” and not “in the water” start lanes

First Aid The pool staff are providing qualified First Aid cover

Fire Alarms In the case of fire alarms being activated please comply with the pool staff’s instructions

Lockers A locker system operates in the changing rooms and swimmers are advised to use them. Please do not leave clothes in the changing areas or in unlocked lockers. The changing rooms are not supervised and are open to members of the public as well as those competing in the event. Lockers require £1 coin

Photography No photographic equipment (e.g. camera, camcorder, iPad etc.) is to be allowed on poolside, in the spectator gallery or any other area overlooking the pool

Behaviour & Conduct Please ensure all swimmers are reminded of the need to be courteous at all times, particularly to the marshals, and to remain quiet at the start of **every** race. Those swimmers who do not show such courtesy will be removed from all their remaining swims at the discretion of the Gala Convenor. We also ask that all swimmers use the black bin bags provided for all rubbish and ensure that their seating area is clean and tidy before they leave at the end of their session.

General Information The Gala Convenor reserves the right to restrict entries in order to facilitate the smooth running of the meet. The Gala Convenor also reserves the right to alter the program and warm-up times if necessary. Anything not covered above or printed in the event program will be at the Gala Convenor’s discretion

Each club will receive a welcome pack prior to the start of Session 1



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Consideration Times

Swimmers entry times must be slower than the Consideration Times

N.B. Ages as on the day

Boys & Girls

Event	9 & under	10 years	11 years	12 years
50 Free	42:00	40:00	38:00	35:00
50 Fly	52:00	49:00	46:00	44:00
50 Back	48:0	46:00	43:00	41:00
50 Breast	55:00	52:00	49:00	47:00
100 IM	1:42:00	1:38:00	1:28:00	1:25:00

There will be a tolerance allowance on the times

Closing Date – Friday 9 January 2015
No late entries will be considered

Swimmers should only be entered for their own age group

Entries will be accepted on a time basis. Clubs should ensure that entry times for their swimmers are accurate

Clubs must ensure that their coaches, team staff and swimmers are aware of the regulations and dangers of entering the water with dive starts and must be aware of pool depth and all appropriate safety procedures



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On
Sunday 1 February 2015
At
Grangemouth Sports Complex
Health & Safety Form

In order to comply with accreditation and health and safety requirements, this form should be completed and returned along with the Entry Form prior to the start of the meet

- I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee
- I confirm that the regulations regarding the use of photographic equipment have been brought to the attention of all swimmers, parents and coaches who will be attending the competition
- I confirm that all swimmers have been trained and are competent to dive into the pool. Any swimmer unable to do so must start in the water and notify the referee beforehand

Signed:

Print:

Position in Club:.....

Club:

Please return this form with entries no later than Friday 9 January 2015

Grangemouth Amateur Swimming Club – J.A.G.S. Meet
Sunday 1 February 2015

Grangemouth Sports Complex

Summary Sheet

****This form must be completed and returned with the payment****

Club Name	
Contact	
Address	
Post Code	
Home Tel.No.	
Mobile Tel.No.	
e-mail	(important for distribution of information and updates pertaining to the meet)

.....	Male Entries	@£4.00	£.....
.....	Female Entries	@£4.00	£.....
.....	Relay Teams	@£5.00	£.....
.....	Coach's passes (for lunch)	@£5.00	<u>£.....</u>
	Total cheque enclosed		<u><u>£.....</u></u>

Please make cheques payable to Grangemouth Amateur Swimming Club

We request two officials per club per session. Please provide their details below:-

Official 1: _____ Role _____

Official 2: _____ Role _____

Form to be returned to Meet Entry Secretary

Fiona Buchan
18 Wallace Brae Rise
Reddingmuirhead
Falkirk, FK2 0GD

Entry Forms and fees to be returned by Saturday 3 January 2015
(i.e. within 5 days of the closing date of Friday 9 January 2015)



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Sunday 1 February 2015

Programme of events

Morning – Session 1

Session 1 – 9.00am Warm Up for 10.00am Start

101	BOYS 9 AND UNDER	50M	BUTTERFLY
102	GIRLS 9 AND UNDER	50M	BUTTERFLY
103	BOYS 10 YEARS	50M	BUTTERFLY
104	GIRLS 10 YEARS	50M	BUTTERFLY
105	BOYS 9 AND UNDER	50M	BACKSTROKE
106	GIRLS 9 AND UNDER	50M	BACKSTROKE
107	BOYS 10 YEARS	50M	BACKSTROKE
108	GIRLS 10 YEARS	50M	BACKSTROKE
109	BOYS 9 AND UNDER	50M	BREASTSTROKE
110	GIRLS 9 AND UNDER	50M	BREASTSTROKE
111	BOYS 10 YEARS	50M	BREASTSTROKE
112	GIRLS 10 YEARS	50M	BREASTSTROKE
113	BOYS 9 AND UNDER	50M	FREESTYLE
114	GIRLS 9 AND UNDER	50M	FREESTYLE
115	BOYS 10 YEARS	50M	FREESTYLE
116	GIRLS 10 YEARS	50M	FREESTYLE
117	BOYS 9 AND UNDER	100M	INDIVIDUAL MEDLEY
118	GIRLS 9 AND UNDER	100M	INDIVIDUAL MEDLEY
119	BOYS 10 YEARS	100M	INDIVIDUAL MEDLEY
120	GIRLS 10 YEARS	100M	INDIVIDUAL MEDLEY
121	BOYS 9/10 YEARS	100M	FREESTYLE RELAY
122	GIRLS 9/10 YEARS	100M	FREESTYLE RELAY

Afternoon – Session 2

Session 2 – 1.30pm Warm Up for 2.30pm Start

201	BOYS 11 YEARS	50M	BUTTERFLY
202	GIRLS 11 YEARS	50M	BUTTERFLY
203	BOYS 12 YEARS	50M	BUTTERFLY
204	GIRLS 12 YEARS	50M	BUTTERFLY
205	BOYS 11 YEARS	50M	BACKSTROKE
206	GIRLS 11 YEARS	50M	BACKSTROKE
207	BOYS 12 YEARS	50M	BACKSTROKE
208	GIRLS 12 YEARS	50M	BACKSTROKE
209	BOYS 11 YEARS	50M	BREASTSTROKE
210	GIRLS 11 YEARS	50M	BREASTSTROKE
211	BOYS 12 YEARS	50M	BREASTSTROKE
212	GIRLS 12 YEARS	50M	BREASTSTROKE
213	BOYS 11 YEARS	50M	FREESTYLE
214	GIRLS 11 YEARS	50M	FREESTYLE
215	BOYS 12 YEARS	50M	FREESTYLE
216	GIRLS 12 YEARS	50M	FREESTYLE
217	BOYS 11 YEARS	100M	INDIVIDUAL MEDLEY
218	GIRLS 11 YEARS	100M	INDIVIDUAL MEDLEY
219	BOYS 12 YEARS	100M	INDIVIDUAL MEDLEY
220	GIRLS 12 YEARS	100M	INDIVIDUAL MEDLEY
221	BOYS 11/12 YEARS	200M	FREESTYLE RELAY
222	GIRLS 11/12 YEARS	200M	FREESTYLE RELAY

Presentations will be made at the end of each session unless advised by Gala Convenor

Over the top starts will be used where possible

Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group (morning 2 x 10 years/afternoon 2 x 12 years both boys and girls. Swimmers can swim up an age group

Trophies for Best Boy/Girl in each age group and Best Club