

REN 96 SWIM TEAM
(Affiliated to SASA)

Present their

SHORT COURSE GRADED MEET

(under FINA Rules & SASA Regulations)

21st & 22nd MARCH 2015

VENUE:	Linwood Community Sports Hub Brediland Road Linwood PA3 3RA	
POOL:	6 lane x 25m	
ELECTRONIC TIMING:	OMEGA	
MEET LICENCE:	WD/L2/972/0315	
ENTRY FEE:	£ 5.00 per event	
COACHES PASSES:	£15.00 to include programme, result sheets, and meals, teas, coffees for both days.	
CLOSING DATE FOR ENTRY:	Friday 20th February 2015	
REFRESHMENTS:	Snacks, Teas, Coffees will be available at the Cafeteria area, however please note HOT drinks are NOT to be taken to the spectator area.	
MEET ENQUIRIES:	John & Diane Kerr Tel: 07917474995 Email: diane.kerr22@virginmedia.com	
AGE GROUPS:	8 - 10 years:	50m & 100m all strokes, (Incl 100m IM)
<i>Age is determined as at 22/03/2015 <u>Swimmers may only enter in their own Age group.</u></i>	11-12 years:	50m,100m & 200m all strokes, (Incl 200 IM), 400m Free & 400m IM
	13-14 years:	50m,100m & 200m all strokes, (Incl 200 IM), 400m Free & 400m IM
	15 & over:	50m,100m & 200m all strokes, (Incl 200 IM), 400m Free & 400m IM
WARM UP + START TIMES:	8.30-9.50am for 10.00am start / 1.30-2.25pm for 2.30pm start	
SWIM SHOP:	Will be available during the meet	
PRIZES:	Age Group events:	Medals will be awarded to 1 st , 2 nd , 3 rd , 4 th , 5 th & 6 th . There will be speeding tickets for swimmers who swam to fast.

REN 96 SHORT COURSE GRADED MEET
SATURDAY 21st & SUNDAY 22nd MARCH 2015
ON-X LINWOOD SWIMMING POOL

1. The meet is to be held under FINA Rules & SASA Regulations and has the License number **WD/L2/972/0315**
2. The pool is 25m long x 6 lanes, with anti-turbulence lane ropes and Omega electronic timing in operation. There is no swim down facility.
3. **FOR WITHDRAWALS THE MEET HAS A SIGNING-IN PROCEDURE:**
All swimmers must check in to the entry marshals in the foyer. Exceptionally, on the production of their pass, coaches will be allowed to sign in their swimmers. **Latest check in times will be 50 minutes prior to the session start time.** Swimmers who have not signed in will be considered as WITHDRAWN. Start sheets will then be posted at various locations around the poolside. Swimmers will be called for in whole events, at least one event prior to their swim and marshalled into heats in the designated marshalling areas. Swimmers will then be sent down in heat order to the starting blocks.
4. Warm ups will be split to accommodate the numbers and age range of competitors. Warm ups will be split as per the schedule of events.
5. Awards will be made to the top six swimmers in each event.
6. Over the top starts will be used during the meet at the discretion of the meet management.
7. Coaches Passes will be issued at £15.00 each. These will provide admission to all sessions, a programme, a set of result sheets, and morning teas/coffees, hot filled rolls and lunches on both days. Only pass holders, swimmers and officials will be allowed on the poolside.
8. Entries to events will be restricted and will be accepted on the basis of entry times. Any entry not accepted will be refunded. There will be reserve swims. However, where no swim is available on the day a full refund will be issued. A list of excluded entries will be sent to the contact stated on the meet entry form. It is the responsibility of the person receiving the entries to check the accuracy of the accepted swims and to inform all relevant swimmers of their accepted entries. REN 96 reserves the right to fill lanes with their swimmers where an event is under subscribed.
9. As the Meet will be run using Hy Tek Meet Manager the appropriate files for importing entries to Team Lite or Team Manager 4 will be available from:
diane.kerr22@virginmedia.com
10. All swimmers of Scottish clubs must have a current SASA registration number. All swimmers of non-Scottish clubs must be registered with their governing body.

11. The correct fee of £5.00 per event must accompany the completed paperwork and be sent by the closing date of **Friday 20th FEBRUARY 2015**. Cheques should be made payable to “REN 96 Swim Team” and sent with the relevant paperwork to
John Kerr
30 Balmoral Drive,
Bishopton, Renfrewshire, PA7 5HR
12. Swimmers, Coaches and Team Managers must ensure that all of their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool. There will be a one-way system operating around the pool.
13. No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without prior approval of the Meet Manager. Application may be made on the day of Meet at the Meet Office on the provision of photographic evidence of the applicant and evidence that they have a swimmer (s) competing at the Meet. The application must be made on the approved SASA form which will be provided on the day.
14. To ensure accreditation for each session we would appreciate support from participating Clubs by nominating Technical Officials qualified to Judge.
16. All mobile phones should be switched off on the poolside.

REN 96 2015 SHORT COURSE GRADED MEET

Programme of Events

Saturday 21 st March 2015 <u>Session 1 – 08:30 Warm Up for 10.00 Start</u>					Saturday 21 st March 2015 <u>Session 2 – 13:30 Warm Up for 14.30 Start</u>				
101	Boys	11 yrs & Over	400	Freestyle	201	Girls	11 yrs & Over	400	Freestyle
102	Boys	8-10 yrs 11-12 yrs	100	Medley	202	Girls	8-10 yrs 11-12 yrs	100	Medley
103	Girls	8 yrs & Over	100	Fly	203	Boys	8 yrs & Over	100	Fly
104	Boys	11 yrs & Over	200	Medley	204	Girls	11 yrs & Over	200	Medley
105	Girls	8 yrs & Over	100	Breaststroke	205	Boys	8 yrs & Over	100	Breaststroke
106	Boys	11 yrs & Over	200	Breaststroke	206	Girls	11 yrs & Over	200	Breaststroke
107	Girls	8 yrs & Over	100	Backstroke	207	Boys	8 yrs & Over	100	Backstroke
108	Boys	8 yrs & Over	50	Butterfly	208	Girls	8 yrs & Over	50	Butterfly
Sunday 22 nd March 2015 <u>Session 1 – 08:30 Warm Up for 10.00 Start</u>					Sunday 22 nd March 2015 <u>Session 2 – 13:30 Warm Up for 14.30 Start</u>				
301	Boys	11 yrs & Over	400	Medley	401	Girls	11 yrs & Over	400	Medley
302	Girls	11 yrs & Over	200	Fly	402	Boys	11 yrs & Over	200	Fly
303	Boys	8 yrs & Over	100	Freestyle	403	Girls	8 yrs & Over	100	Freestyle
304	Girls	11 yrs & Over	200	Backstroke	404	Boys	11 yrs & Over	200	Backstroke
305	Boys	8 yrs & Over	50	Breaststroke	405	Girls	8 yrs & Over	50	Breaststroke
306	Girls	8 yrs & Over	50	Backstroke	406	Boys	8 yrs & Over	50	Backstroke
307	Boys	11 yrs & Over	200	Freestyle	407	Girls	11 yrs & Over	200	Freestyle
308	Girls	8 yrs & Over	50	Freestyle	408	Boys	8 yrs & Over	50	Freestyle

REN 96 2015 SHORT COURSE GRADED MEET

Entry Times & Events

Entry Times should be either converted or actual 25 m times and **MUST NOT BE FASTER** than the 25m times set out in the table below.

Events	BOYS				GIRLS			
	8-10	11-12	13-14	15 +Over	8-10	11-12	13-14	15+ Over
50 Free	34.0	32.0	30.0	28.0	36.0	34.0	32.0	30.0
100 Free	1:14.0	1:08.0	1:02.0	59.0	1:20.0	1:13.0	1:08.0	1:04.0
200 Free	n/a	2:45.0	2:29.0	2:18.0	n/a	2:44.0	2:31.0	2:24.0
400 Free	n/a	5:28.0	5:15.0	5:01.0	n/a	5:30.0	5:20.0	5:10.0
50 Breast	48.0	44.0	40.0	36.0	50.0	46.0	42.0	38.0
100 Breast	1:44.0	1:37.0	1:25.0	1:17.0	1:44.0	1:35.0	1:28.0	1:23.0
200 Breast	n/a	3:30.0	3:14.0	2:51.0	n/a	3:26.0	3:17.0	2:58.0
50 Back	40.0	38.0	36.0	34.0	40.0	38.0	36.0	34.0
100 Back	1:34.0	1:21.0	1:16.0	1:12.0	1:30.0	1:26.0	1:19.0	1:16.0
200 Back	n/a	3:01.0	2:49.0	2:37.0	n/a	3:04.0	2:57.0	2:42.0
50 Fly	44.0	40.0	36.0	32.0	44.0	42.0	38.0	34.0
100 Fly	1:40.0	1:31.0	1:21.0	1:14.0	1:40.0	1:30.0	1:25.0	1:18.0
200 Fly	n/a	3:26.0	3:08.0	2:48.0	n/a	3:26.0	3:09.0	2:55.0
100 I/M	1:30.0	1:25.0	n/a	n/a	1:30.0	1:25.0	n/a	n/a
200 I/M	n/a	2:58.0	2:41.0	2:38.0	n/a	2:52.0	2:48.0	2:44.0
400 I/M	n/a	6:30.0	6:00.0	5:30.00	n/a	6:40.0	6:20.0	5:45.0

REN 96 SWIM TEAM

SUMMARY SHEET

SHORT COURSE GRADED MEET

21st & 22nd MARCH 2015

Closing date: Friday 20th February, to be returned to:

*John Kerr
REN 96 Swim Team
30 Balmoral Drive
Bishopton
Renfrewshire
PA7 5HR*

CLUB _____

CONTACT NAME _____

**CONTACT TELEPHONE NUMBER AND
ADDRESS** _____

EMAIL: _____

Entries:

_____ **Boys entries** @ **£ 5.00** =

_____ **Girls entries** @ **£ 5.00** =

_____ **Coaches Passes** @ **£15.00** =

TOTAL RETURNS =

(Cheques payable to REN 96 Swim Team)

REN 96 SWIM TEAM
SHORT COURSE GRADED MEET

21st & 22nd March 2015

Please complete this form – to apply with accreditation requirements.

On behalf of _____ **(Name of Club)**

- I confirm that all entered swimmers have paid the current S.A.S.A. Membership Fee.
- I confirm that the notice of use of photographic equipment has been brought to the attention of the swimmers, parents and coaches who will be attending the meet.
- I confirm that all swimmers have trained and are competent to dive into the pool.

Signed _____

Position Held _____

REN 96 Swim Team

Short Course Graded Meet 21st & 22nd March 2015

Club

Club Contact

Tel. No. Email.....

OFFICIALS SHEET

Name	Duty	Session 1	Session 2	Session 3	Session 4
	Judge				
	Judge				
	Judge				
	Judge				

Due to licensing and accreditation conditions, we would ask any Technical Official travelling with Clubs to make themselves available on the day. It would be appreciated if each Club attending could provide one Judge per session, to ensure the meet is accredited

Thank you.