



# **Grangemouth Amateur Swimming Club**

(Affiliated to SASA)

**Present**

## **The 16<sup>th</sup> Annual J.A.G.S Meet**

(Under FINA Rules & Scottish Swimming Regulations)

**SASA Meet Licence – WD/L3/011/0116**

**On**

**Sunday 31 January 2016**

**At**

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

**Closing Date – Midnight Friday 08 January 2016**



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

### Meet Information

<b><u>Date</u></b>	Sunday 31 January 2016
<b><u>Venue</u></b>	Grangemouth Sports Complex Abbots Road Grangemouth FK3 9JD Telephone No. 01324 504560
<b><u>Pool</u></b>	6 lane, 25 metre pool, anti-turbulent lane ropes and full electronic timing and scoreboard
<b><u>Map Location</u></b>	<a href="http://www.falkirkcommunitytrust.org/venues/map.aspx?vid=142">http://www.falkirkcommunitytrust.org/venues/map.aspx?vid=142</a>
<b><u>Meet Status</u></b>	Scottish Swimming, LA3 Licence WD/L3/011/0116 granted All swimmers must be registered with their governing body
<b><u>Session Times</u></b>	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
<b><u>Age Groups</u></b>	<b>Ages on the day</b> 9 years & under              10 years              11 years              12 years
<b><u>Events</u></b>	50m Backstroke, Breaststroke, Butterfly, Freestyle Squadron Relay:              9/10 years freestyle relay team – BOYS & the same for GIRLS 11/12 years freestyle relay team – BOYS & the same for GIRLS  <b>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</b>
<b><u>Heats/Finals</u></b>	All events Heat Declared Winners 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
<b><u>Fees</u></b>	£4.25 per individual event £5.00 per relay team There will be <b>no refund</b> of fees for times out with consideration time All cheques should be made payable to Grangemouth Amateur Swimming Club

There will be no refunds for any withdrawals received after the meet programme has been issued advising of accepted and scratched swims. Grangemouth ASC reserves the right to enter their own swimmers should any spaces become available after the programme has been issued.

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**

In addition to the Meet Notice, the Entry File can be downloaded from the SwimScotland website. It can also be requested de by emailing [grangemouthasc@gmail.com](mailto:grangemouthasc@gmail.com) at least **one week in advance** of the closing date (i.e. Friday 01 January 2016). 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](mailto:grangemouthasc@gmail.com)

The closing date for receipt of entries is Friday 08 January 2016. The entries file should be emailed to [grangemouthasc@gmail.com](mailto: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. Wednesday 13 January 2016.**

They should be sent to:-

**Linda Crawford  
36 Cleuch Place  
Maddiston  
Falkirk, FK2 0HF**

### **Medals & Awards**

Medals will be presented to the top six in each age group and too fast prizes 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 prize).** 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 withdrawals desk on the appropriate forms not later than **45 minutes** before the session starts (9.15am for morning and 1.45pm for afternoon).

Grangemouth ASC reserves the right to enter their own swimmers should any spaces become available.

### **Marshalling**

Swimmers must marshal for their events 4 heats prior to their race, 10 minutes before the 1<sup>st</sup> 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. Coaches and poolside helpers are asked to act as role models for the swimmers and engage with the swimmers; each other and the event organisers in a professional and courteous manner. We also ask that all swimmers and club representatives 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



**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**  
**Consideration Times**

**Swimmers entry times must be slower than the Consideration Times**

**N.B. Ages as on the day**

**Boys & Girls**

<b>Event</b>	<b>9 &amp; under</b>	<b>10 years</b>	<b>11 years</b>	<b>12 years</b>
50 Free	42:00	40:00	38:00	35:00
50 Fly	52:00	49:00	46:00	44:00
50 Back	48:00	46:00	43:00	41:00
50 Breast	55:00	52:00	49:00	47:00

**There will be a tolerance allowance on the times**

**Closing Date – Friday 08 January 2016**

**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



**Grangemouth Amateur Swimming Club**  
**The 16<sup>th</sup> Annual J.A.G.S Meet**  
**On**  
**Sunday 31 January 2016**  
**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 08 January 2016

**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**  
**Sunday 31 January 2016**

**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	@£4.25	£.....
.....	Female Entries	@£4.25	£.....
.....	Relay Teams	@£5.00	£.....
.....	Coach's passes (for lunch)	@£5.00	£.....
Total cheque enclosed			<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**

**Linda Crawford**  
**36 Cleuch Place**  
**Maddiston**  
**Falkirk, FK2 0HF**

**Entry Forms and fees to be returned by Wednesday 13 January 2016**

(i.e. within 5 days of the closing date of Friday 08 January 2016)



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

**Sunday 31 January 2016**

**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 9/10 YEARS	100M	FREESTYLE RELAY
118	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 11/12 YEARS	200M	FREESTYLE RELAY
218	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**



**Grangemouth Amateur Swimming Club  
JAGS Meet – 31<sup>st</sup> January 2016**

**Warm Up Schedule**

**Sunday Morning – Session 1**

9.00am to 9.13am	9 years – Boys	Lanes 1 & 6 Sprints from 9.10am
9.13am to 9.26am	10 years – Boys	Lanes 1 & 6 Sprints from 9.23am
9.26am to 9.39am	9 years – Girls	Lanes 1 & 6 Sprints from 9.36am
9.39am to 9.52am	10 years – Girls	Lanes 1 & 6 Sprints from 9.49am

**Sunday Afternoon – Session 2**

1.30pm to 1.43pm	11 years – Boys	Lanes 1 & 6 Sprints from 1.40pm
1.43pm to 1.56pm	12 years – Boys	Lanes 1 & 6 Sprints from 1.53pm
1.56pm to 2.09pm	11 years – Girls	Lanes 1 & 6 Sprints from 2.06pm
2.09pm to 2.22pm	12 years – Girls	Lanes 1 & 6 Sprints from 2.19pm

**Please note the following:**

1. Diving shall be from the SCOREBOARD END of the pool ONLY. Diving should be in the designated sprint lanes and during the allocated times only. DO NOT DIVE UNLESS IT IS SAFE TO DO SO
2. Odd numbered lanes shall swim clockwise. Even numbered lanes shall swim anti-clockwise