

CUMBERNAULD
Swimming Club

Spring Graded Meet 2016

MEET INFORMATION

TRYST SPORTS CENTRE
CUMBERNAULD

12 – 13 March 2016

Held under licence from SASA WEST DISTRICT
Licence No: WD/L2/020/0316



Cumbernauld Swimming Club

invite entries to their

Spring Graded Meet

General Meet Information

Date: Saturday 12th - Sunday 13th March 2016

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 (13/03/16)

Age Groups: 8-9yrs, 10yrs, 11yrs, 12yrs, 13yrs & 14yrs

Events: 50m Free, 100m Breast, Back, Free & 200m IM all ages
50 Fly – 8/9yrs Only, 100m Fly all other age groups
8/9, 10 & 11yrs 6 x 50m Squadron Relay
12,13 & 14yrs 6 x 50m Squadron Relay

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

Entry Times: **All Times must be Slower than Consideration Times**

Entry Fees: £5 per individual event – Relays £10 per team

Coaches Passes: £8 (Inc. Programme, Results and Meal) Each Day

Awards: All Ages – Medals 1st, 2nd & 3rd - Pennants 4th, 5th, 6th & Too Fast
Relays – Medals 1st, 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: **Midday Saturday 13th February 2016**

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

Ronnie Girvan
14 Ronaldsay Place
Ravenswood
Cumbernauld
G67 1NP

E-mail: 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 Saturday 5th March 2016**

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

SATURDAY SESSION 2

Warm up: 1.30 pm.

Start: 2.30 pm.

| | | | | |
|--|--------------------|-----------|-----------------|-----------|
| 201 | Boys | 8-9 years | 100m. Free | HDW |
| 202 | Girls | 8-9 years | 100m. Free | HDW |
| 203 | Boys | 10 years | 200m. Ind. Med. | HDW |
| 204 | Girls | 10 years | 200m. Ind. Med. | HDW |
| 205 | Boys | 11 years | 100m. Fly | HDW |
| 206 | Girls | 11 years | 100m. Fly | HDW |
| 207 | Boys | 8-9 years | 200m. Ind. Med. | HDW |
| 208 | Girls | 8-9 years | 200m. Ind. Med. | HDW |
| 209 | Boys | 10 years | 100m. Fly | HDW |
| 210 | Girls | 10 years | 100m. Fly | HDW |
| 211 | Boys | 11 years | 100m. Back | HDW |
| 212 | Girls | 11 years | 100m. Back | HDW |
| 213 | Boys | 8-9 years | 50m. Free | Heats |
| 214 | Girls | 8-9 years | 50m. Free | Heats |
| 215 | Boys | 10 years | 50m. Free | Heats |
| 216 | Girls | 10 years | 50m. Free | Heats |
| 217 | Boys | 11 years | 100m. Free | HDW |
| 218 | Girls | 11 years | 100m. Free | HDW |
| Presentations of HDW Events 201- 212, 217 - 218 | | | | |
| | 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. Free |
| | Final of Event 216 | Girls | 10 years | 50m. Free |
| Event 217 6 x 50m Freestyle Squadron Relay | | | | |
| Presentations of Final Events 213 – 217 | | | | |

SUNDAY SESSION 3

Warm up: 9.00 am.

Start: 10.00 am.

| | | | | |
|---|-------|----------|-----------------|-----|
| 301 | Girls | 12 years | 100m. Fly | HDW |
| 302 | Boys | 12 years | 100m. Fly | HDW |
| 303 | Girls | 13 years | 100m. Back | HDW |
| 304 | Boys | 13 years | 100m. Back | HDW |
| 305 | Girls | 14 years | 100m. Breast | HDW |
| 306 | Boys | 14 years | 100m. Breast | HDW |
| 307 | Girls | 12 years | 100m. Free | HDW |
| 308 | Boys | 12 Years | 100m. Free | HDW |
| 309 | Girls | 13 Years | 200m. Ind. Med. | HDW |
| 310 | Boys | 13 years | 200m. Ind. Med. | HDW |
| Presentation of HDW Events 301 – 310 | | | | |
| 311 | Girls | 14 years | 100m. Fly | HDW |
| 312 | Boys | 14 years | 100m. Fly | HDW |
| 313 | Girls | 12 years | 100m. Back | HDW |
| 314 | Boys | 12 years | 100m. Back | HDW |
| 315 | Girls | 13 years | 100m. Breast | HDW |
| 316 | Boys | 13 years | 100m. Breast | HDW |
| 317 | Girls | 14 years | 100m. Free | HDW |
| 318 | Boys | 14 years | 100m. Free | HDW |
| Presentation of HDW Events 311 - 318 | | | | |

SUNDAY SESSION 4

Warm up: 1.30 pm.

Start: 2.30 pm.

| | | | | |
|---|--------------------|----------|-----------------|-----------|
| 401 | Boys | 12 years | 200m. Ind. Med. | HDW |
| 402 | Girls | 12 years | 200m. Ind. Med. | HDW |
| 403 | Boys | 13 years | 100m. Fly | HDW |
| 404 | Girls | 13 years | 100m. Fly | HDW |
| 405 | Boys | 14 years | 100m. Back | HDW |
| 406 | Girls | 14 years | 100m. Back | HDW |
| 407 | Boys | 12 years | 100m. Breast | HDW |
| 408 | Girls | 12 years | 100m. Breast | HDW |
| 409 | Boys | 13 years | 100m. Free | HDW |
| 410 | Girls | 13 years | 100m. Free | HDW |
| 411 | Boys | 14 years | 200m. Ind. Med. | HDW |
| 412 | Girls | 14 years | 200m. Ind. Med. | HDW |
| 413 | Boys | 12 years | 50m. Free | Heats |
| 414 | Girls | 12 years | 50m. Free | Heats |
| 415 | Boys | 13 years | 50m. Free | Heats |
| 416 | Girls | 13 years | 50m. Free | Heats |
| 417 | Boys | 14 years | 50m. Free | Heats |
| 418 | Girls | 14 years | 50m. Free | Heats |
| Presentations of HDW Events 401 - 412 | | | | |
| | 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. Free |
| | Final of Event 416 | Girls | 13 years | 50m. Free |
| | Final of Event 417 | Boys | 14 years | 50m. Free |
| | Final of Event 418 | Girls | 14 years | 50m. Free |
| Event 419 6 x 50m Freestyle Squadron Relay | | | | |
| Presentations of Final Events 413 – 419 | | | | |

SPRING GRADED MEET 2016

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 | 50 Free | 36.00 | 33.00 | 32.00 | 31.00 | 29.00 | 28.00 |
| 1.04.00 | 1.06.00 | 1.09.00 | 1.15.00 | 1.17.00 | 1.20.00 | 100 Free | 1.20.00 | 1.17.00 | 1.14.00 | 1.08.00 | 1.05.00 | 1.03.00 |
| | | | | | 44.00 | 50 Fly | 44.00 | | | | | |
| 1.18.00 | 1.20.00 | 1.24.00 | 1.30.00 | 1.36.00 | | 100 Fly | | 1.36.00 | 1.30.00 | 1.24.00 | 1.20.00 | 1.18.00 |
| 1.14.00 | 1.16.00 | 1.20.00 | 1.24.00 | 1.28.00 | 1.32.00 | 100 Back | 1.32.00 | 1.28.00 | 1.24.00 | 1.20.00 | 1.16.00 | 1.14.00 |
| 1.24.00 | 1.28.00 | 1.32.00 | 1.38.00 | 1.40.00 | 1.45.00 | 100 Breast | 1.45.00 | 1.40.00 | 1.38.00 | 1.32.00 | 1.28.00 | 1.24.00 |
| 2.42.00 | 2.48.00 | 2.52.00 | 2.58.00 | 3.15.00 | 3.30.00 | 200 IM | 3.30.00 | 3.15.00 | 2.58.00 | 2.52.00 | 2.48.00 | 2.42.00 |

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, cameraphones 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 13th February 2016** to:

**Ronnie Girvan
14 Ronaldsay Place
Ravenswood
Cumbernauld
G67 1NP**

01236 - 612269

Spring Graded Meet – 12/13 March 2016

Summary Entry Form

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

Club Name: Contact Name:

Club Code:

Address:

.....

.....

Telephone:

E-Mail:

Total Entries Male Entries @ £5 each: £.....

Female Entries @ £5 each: £.....

Relays @ £10 each: £.....

Number of Coaches Saturday @ £8 each: £.....

Sunday @ £8 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 13th February 2016** to:

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

Spring Graded Meet 12/13 March 2016

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