



An invite to the

Alloa Graded Meet

Saturday 20th & Sunday 21st
October 2018

At the

**The Peak
Stirling Sports Village
Stirling**



ALLOA AMATEUR SWIMMING CLUB

Would like to invite entries for their



Graded Meet

(Under SASA Rules and Licence No: WD/L2/021/1018)

General Information:

Date	Saturday & Sunday 20 th & 21 st October 2018
Venue	The Peak Stirling Sports Village Forthside Way FK8 1QZ
Map Location	http://www.the-peak-stirling.org.uk/find-us/
Pool	6 lane, 25m pool with full electronic timing and scoreboard.
Times	Warm-up will be at 09:00 and 13:30 each day Start times will be 10:00 and 14:30 each day
Ages	Age of entrants is age on last day of the meet
Age Groups	10&U, 11/12, 13/14, 15&O
Events	See meet programme
Awards	Medals for 1 st , 2 nd & 3 rd and trophies for overall Top Boy, Top Girl & Top Club
Entry Fees	£6.00 per individual swim. Payments can be made by either: <ul style="list-style-type: none">• Direct bank transfer to Sort code: 80-05-28 – Account: 00119893 – Ref: “Your Club Name” AASC Graded 2018. Or by <ul style="list-style-type: none">• Cheque made payable to Alloa Amateur Swimming Club to be received prior to the entries closing date.
Coach's Pass	Coach's Passes at a cost of £8.00 are available to cover lunch for the day and paperwork.
Officials	Each competing club is requested to provide at least 2 Technical Officials per session, of whom at least 1 of which should be a Judge or above, to assist with the accreditation of the meet. We would request that clubs provide the names and roles of the STO's prior to the meet and preferably at the time of entries. Travelling expenses will only be paid to officials with no participating swimmers.
Facilities	There are café facilities available at The Peak.
Entry Files	The meet will be run using Hytek Meet Manager; TM files are available on SwimScotland and entries should be submitted by the closing date to the Meet Secretary:

Christina A'Hara
7 Pine Crescent
Menstrie
FK11 7DT
Mobile: 07850347393
E-mail: alloaasc.meetsecretary@gmail.com

Meet Rules

- The meet will be held under SASA rules. A Health and Safety Declaration Form is included with this invitation and must be completed and returned with your Entry Summary Form to the Meet Secretary.
- Ages as at last day of meet.
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure accreditation of the Meet.
- Only swimmers, Coaches, Team Managers and Meet Officials will be admitted to poolside.
- No photographic or video equipment will be allowed unless prior approval from the Meet Secretary has been sought. Forms may be requested from the Meet Secretary or completed at the meet at the desk.
- Swimmers must wear appropriate footwear on poolside and marshalling areas and follow instructions from meet officials.
- Swimmers will be expected to behave in a reasonable manner at all times.
- No swimmers under the age of 8yrs are permitted to swim in accordance with licence requirements.

Entries and Withdrawals

- Closing date for entries will be ***Friday 21st September 2018***. No late entries will be accepted.
- All entries must be made on the electronic files and submitted by e-mail to the Meet Secretary. Entry files can be downloaded from Swim Scotland or can be requested by e-mail to the Meet Secretary.
- It is the responsibility of Entry Secretaries to ensure that all entry times and dates of birth are correct.
- Where an event is over-subscribed, entries may be scratched, to ensure the smooth and timely running of the Meet. Scratches will be made proportionately across all age groups.
- Participating clubs will be provided with a Draft Programme within 7 days of the meet closing date. Any scratches made will be fully refunded.
- Withdrawals made after the closing date (Friday 21st September 2018) will be charged in full.
- Participating clubs will be provided with a final Meet Programme (Final Psych Sheets) 5 days before the meet commences.
- During the meet, withdrawals must be handed into the recorders desk no later than 45 minutes prior to the start of each session using the withdrawal form in the coach's pack.
- Start Lists will be prepared prior to the start of each session, once all withdrawals have been processed.
- Alloa ASC reserves the right to fill empty lanes with swimmers from the club of the appropriate age who fulfil the entry criteria.
- No Time Only swims will be allowed or entries on the day without prior approval of the Meet Referee.
- Results shall be posted on the walls and copies made available for coaches of participating clubs.

Events

- Over the top starts may be used to ensure the smooth running of the meet.
- All events will be Heat Declared Winners (HDW).
- Heats will be seeded after withdrawals close 45 minutes before the start of each session.
- All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat.
- Start sheets will be issued to the clubs for marshalling, once all withdrawals have been processed.
- Swimmers are asked to report to the 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.
- Heats will be run as mixed age groups based on entry times, as with an open meet, to provide competitive and comparative swimming.

Awards/Presentations

- Results will be posted on the walls in the pool area and at the back of the spectating area.
- Medals will be awarded for 1st, 2nd and 3rd place in all events.
- Trophies will be awarded for overall Top Boy and Top Girl. A trophy will also be awarded to the overall Top Club.
- No formal presentations are scheduled to be held during the meet. Announcements will be made of the medallists in each event, and medals will be available poolside for collection during each session.

Programme of Events

Saturday 20th October

Session 1

Event 101	Boys	200m Ind Medley
Event 102	Girls	200m Freestyle
Event 103	Boys	100m Freestyle
Event 104	Girls	100m Butterfly
Event 105	Boys	50m Backstroke
Event 106	Girls	50m Freestyle

Session 2

Event 201	Girls	200m Ind Medley
Event 202	Boys	200m Freestyle
Event 203	Girls	100m Freestyle
Event 204	Boys	100m Butterfly
Event 205	Girls	50m Backstroke
Event 206	Boys	50m Freestyle

Sunday 21st October

Session 3

Event 301	Boys	400m Freestyle
Event 302	Girls	200m Backstroke
Event 303	Boys	100m Ind Medley
Event 304	Girls	200m Breaststroke
Event 305	Boys	50m Butterfly
Event 306	Girls	50m Breaststroke

Session 4

Event 401	Girls	400m Freestyle
Event 402	Boys	200m Backstroke
Event 403	Girls	100m Ind Medley
Event 404	Boys	200m Breaststroke
Event 405	Girls	50m Butterfly
Event 406	Boys	50m Breaststroke

ALLOA ASC GRADED MEET

CONSIDERATION TIMES AND AGE GROUPS

Times must be equal to or slower than the times stated below

MALE					FEMALE			
<u>15 & +</u>	<u>13/14</u>	<u>11/12</u>	<u>10 & - U</u>		<u>10 & - U</u>	<u>11/12</u>	<u>13/14</u>	<u>15 & +</u>
27.00	30.00	32.00	34.00	50 Free	34.00	32.00	30.00	29.00
1:00.00	1:08.00	1:11.00	1:15.00	100 Free	1:15.00	1:11.00	1:08.00	1:03.00
2:11.00	2:25.00	2:35.00	2:45.00	200 Free	2:45.00	2:35.00	2:25.00	2:14.00
4:30.00	5:00.00	5:20.00	6:00.00	400 Free	6:00.00	5:20.00	5:00.00	4:38.00
34.00	38.00	41.00	44.00	50 Breast	44.00	41.00	38.00	36.00
2:44.00	3:10.00	3:18.00	3:35.00	200 Breast	3:35.00	3:18.00	3:10.00	2:48.00
29.00	33.00	36.00	39.00	50 Back	39.00	36.00	33.00	31.00
2:27.00	2:44.00	2:57.00	3:20.00	200 Back	3:20.00	2:57.00	2:44.00	2:30.00
30.00	34.00	36.00	38.00	50 Fly	38.00	36.00	34.00	31.00
1:10.00	1:20.00	1:27.00	1:35.00	100 Fly	1:35.00	1:27.00	1:20.00	1:13.00
1:08.00	1:20.00	1:22.00	1:29.00	100 IM	1:29.00	1:22.00	1:20.00	1:13.00
2:27.00	2:47.00	2:55.00	3:15.00	200 IM	3:15.00	2:55.00	2:47.00	2:33.00

Age Group for entrants is AGE ON THE LAST DAY OF THE MEET.

Faster entry times will not be accepted.

Swimmers should only be entered for their own age group.

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.

AASC Version 7 (All Events) – August 2018

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Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned with entry information.

I confirm that all entered swimmers have paid their current SASA 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 onto swimmers and parents intending to travel to the meet.

Signed:

Print Name:

Position in club:

Club:

Please return this form along with the Entry Summary Information form and TM Entry file no later than **Friday 21st September 2018** to:

Christina A'Hara
7 Pine Crescent
Menstrie
Clackmannanshire
FK11 7DT

alloaasc.meetsecretary@gmail.com

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Entry Summary Information

****This form must be completed and returned with payment by the closing date****

Club Name:	
Club Code:	
Contact:	
Position in club:	
Address:	
Postcode:	
Tel No:	
E-mail:	
	<i>(Information and updates relating to the meet will be provided via email)</i>
Signed:	

Number of Boys entries	_____	@ £6.00	£ _____
Number of Girls entries	_____	@ £6.00	£ _____
Number of Coach's passes	_____	@ £8.00	£ _____
Direct bank transfer to Sort Code: 80-05-28 Account No: 00119893			£ _____
Ref: " Your Club Name " AASC Graded 2018			
Total cheque enclosed			£ _____
<i>(Please make cheques payable to Alloa Amateur Swimming Club)</i>			

Please return along with remittance and entries by **Friday 21st September 2018** to the Meet Secretary:

Christina A'Hara
7 Pine Crescent
Menstrie
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