

GLENROTHES AMATEUR SWIMMING CLUB

Spring Meet 2018

Saturday 17th March 2018.

Michael Woods Sport and Leisure Centre, Glenrothes.

Licence no: L2/ED/037/MAR18.

Meet Information

Date Saturday 17th March 2018.

Venue Michael Woods Sport and Leisure Centre, Glenrothes, Fife.

Pool 8 lane, 25m pool, electronic timing, anti-wave lane ropes, swim down facilities.

Events 8-10yrs 50m Backstroke, Breaststroke, Butterfly, and Freestyle plus 100m Individual Medley.

 All other age groups -100m Backstroke, Breaststroke, Butterfly, Freestyle, and Individual Medley.

 All events will be heat declared.

Age Groups Age groups will be Age on the Day, and are

 15-17 years

 13/14 years

 11/12 years

 8-10 years

Sessions There will be 2 sessions as follows:

 Morning Warm-up 9.00am Start 10.00am.

 Afternoon Warm-up 1.30pm Start 2.30pm.

Entry Fees £5.00 per event. **Cheques should be made payable to “Glenrothes ASC”.**

 Entries will not be accepted without the correct fee or with the entry file incorrectly completed.

Entries Entries should be made by Hy-Tek file. Entry file requests should be made by email to Heather McIntyre (see below) quoting club, name, address and telephone number. Completed entries should be returned by email, along with electronic copy of summary sheet to -

Entry Secretary Heather McIntyre,

 The Bungalow,

 Carslogie Rd,

 Cupar, KY15 4HY

 Tel 01334 656559

 heathermcintyre2000@gmail.com

Closing Date The closing date for entries is midnight on Friday 16th February 2018.

 Cheques to arrive no later than 7 days after closing date.

Awards Medals will be presented to the first eight in all events. Points will be awarded to the top eight in each event, with trophies awarded to the female and male swimmers acquiring the highest number of points in each age group. A trophy will also be awarded to the best overall club which will be returned after 12 months.

Accreditation The meet is licenced, and a level 2 accreditation will be applied for under SASA rules therefore all entrants must have paid their membership fee to SASA or equivalent governing body. Any entry submitted without the correct SASA (or equivalent) registration number will be rejected.

 **This is a level 2 meet coaches should ensure all swimmers can comply with the technical requirements of the stroke when making the entry.**

Technical Officials We would request that clubs provide a minimum of 2 STO’s per session to ensure the event meets accreditation regulations. Lunches and refreshments will be offered. Please give names to the Meet Convenor by e-mail to swimglenrothes@hotmail.com

Coaches Meal Passes Coaches Meal Passes are available at a cost of £8.00 each. Please fill in the appropriate part of the summary sheet, if required.

Amenities The restaurant will be open most of the day for meals and snacks. Michael Woods Centre provides good spectator accommodation, and there are ample parking facilities.

Miscellaneous Neither GASC or Michael Woods Sports and Leisure Centre can be held responsible for loss or damage to swimmers, team staff or spectators’ property.

 The promoters reserve the right to restrict entries if required.

 Swimmers out with the poolside must wear dry clothing and footwear at all times.

 There are no refunds for entries withdrawn after the draft programme is prepared.

 Anything not covered above and not printed in the event programme will be at the promoter’s discretion.

 Glenrothes ASC reserve the right to vary the above conditions as necessary.

 Programme of Events

|  |  |
| --- | --- |
| Session 1 |  |
| Event Number | Event |
| 101 | Girls 8-10 years 100m IM |
| 102 | Girls 11/12 years 100m IM |
| 103 | Girls 13/14 years 100m IM |
| 104 | Girls 15-17 years 100m IM |
| 105 | Boys 8-10 years 50m Butterfly |
| 106 | Girls 8-10 years 50m Butterfly |
| 107 | Boys 11/12 years 100m Butterfly |
| 108 | Girls 11/12 years 100m Butterfly |
| 109 | Boys 13/14 years 100m Butterfly |
| 110 | Girls 13/14 years 100m Butterfly |
| 111 | Boys 15-17 years 100m Butterfly |
| 112 | Girls 15-17 years 100m Butterfly |
| 113 | Boys 8-10 years 50m Backstroke |
| 114 | Girls 8-10 years 50m Backstroke |
| 115 | Boys 11/12 years 100m Backstroke |
| 116 | Girls 11/12 years 100m Backstroke |
| 117 | Boys 13/14 years 100m Backstroke |
| 118 | Girls 13/14 years 100m Backstroke |
| 119 | Boys 15-17 years 100m Backstroke |
| 120 | Girls 15-17 years 100m Backstroke |
|  |  |
| Session 2 |  |
| 201 | Boys 8-10 years 100m IM |
| 202 | Boys 11/12 years 100m IM |
| 203 | Boys 13/14 years 100m IM |
| 204 | Boys 15-17 years 100m IM |
| 205 | Girls 8-10 years 50m Breaststroke |
| 206 | Boys 8-10 years 50m Breaststroke |
| 207 | Girls 11/12 years 100m Breaststroke |
| 208 | Boys 11/12 years 100m Breaststroke |
| 209 | Girls 13/14 years 100m Breaststroke |
| 210 | Boys 13/14 years 100m Breaststroke |
| 211 | Girls 15-17 years 100m Breaststroke |
| 212 | Boys 15-17 years 100m Breaststroke |
| 213 | Girls 8-10 years 50m Freestyle |
| 214 | Boys 8-10 years 50m Freestyle |
| 215 | Girls 11/12 years 100m Freestyle |
| 216 | Boys 11/12 years 100m Freestyle |
| 217 | Girls 13/14 years 100m Freestyle |
| 218 | Boys 13/14 years 100m Freestyle |
| 219 | Girls 15-17 years 100m Freestyle |
| 220 | Boys 15-17 years 100m Freestyle |

**GLENROTHES AMATEUR SWIMMING CLUB**

**SPRING MEET 2018**

**In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the entry secretary with your cheque.**

I confirm that all entered swimmers have paid their current S.A.S.A registration fee (Scottish clubs) or are affiliated members of their governing body (non Scottish clubs).

I understand that any swimmer entered without a registration number (Scottish clubs) or not affiliated to their governing body (non-Scottish clubs) will be automatically rejected.

I confirm that all entered swimmers are trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current guidelines.

**SIGNED:**

**NAME (print)**

**POSITION IN CLUB:**

**CLUB**

**GLENROTHES AMATEUR SWIMMING CLUB**

**SPRING MEET 2018**

**SUMMARY SHEET**

**\*\* This form must be completed and returned with your cheque. \*\***

Club: .....................................................................................................

 Contact Name: .....................................................................................................

 Address: ......................................................................................................

 ......................................................................................................

 Post Code: .............................. Tel No. ....................................................

**e-mail address:** ………………………………..…………………………………

(important for urgent distribution of information and updates pertaining to the meet).

Total Male Entries @ £5.00 …………….. £…………………………

 Total Female Entries @ £5.00 ……………… £…………………………

 Lunch Ticket @ £8.00 …………….. £........................................

 Total cheque enclosed £ ……...…………...........

**Please make cheques payable to GLENROTHES ASC**

 **Form to be returned to: Heather McIntyre**

 **Meet Entry Secretary**

 **The Bungalow,**

 **Carslogie Road,**

 **Cupar, KY15 4HY**

 **Tel 01334 656559**

 **Email:** **heathermcintyre2000@gmail.com**