

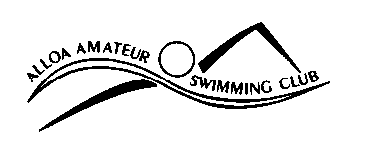
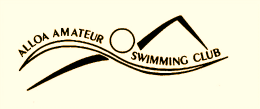
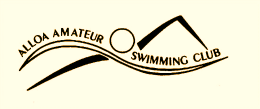
An invite to the

Alloa Open Meet

Saturday 22nd February 2020

##### At the

The Peak  
Stirling Sports Village  
Stirling

**ALLOA AMATEUR SWIMMING CLUB**

Would like to invite entries for their

**Alloa Open Meet**

(Under SASA Rules and Licence No: WD/L2/010/0220)

General Information:

### Date Saturday 22nd February 2020

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

Age Groups 11/12yrs, 13/14yrs, 15yrs & Over

Age of entrants is age on the day of the meet.

Events will be run in mixed age groups, with results sorted by age groups.

Events See programme of events on page 4

Awards All events will be Heat Declared Winners (HDW)

Medals will be awarded for 1st, 2nd, 3rd place in each age group in all events.

Awards will be made to overall Top Boy, Top Girl and Top Club

### Entry Fees **£7.00 for 200m swims; £8.00 for 400m swims; £9.00 for 800m & 1500m swims**

### Payments can be made by either of the following methods:

### Direct bank transfer to Sort code: 80-05-28 – Account: 00119893 –

### Ref: **“*Your Club Name*” AASC Open 2020**.

### 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 £10.00 are available to cover lunch and paperwork for the day.

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 STOs prior to the meet and preferably at the time of entries.

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:

Graeme Young

26 Grange Road

Alloa

FK10 1LP

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.
* It is the responsibility of each club to ensure that swimmers are aware of the meet rules.
* Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
* A SASA West District Level 2 Licence has been granted for this meet. Accreditation of results will be applied for after the meet.
* All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
* Swimmers may only enter their own age group.
* No swimmers under the age of 11yrs are permitted to swim in accordance with licence requirements.
* 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 STOs to ensure accreditation of the Meet.
* Only swimmers, Coaches, Team Managers and Meet Officials will be admitted to poolside.
* Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as per current planned legislation. There will be no diving at the shallow end of the pool.
* The Meet Management reserves the right to alter the programme and warm up times if necessary. Anything not covered above, or printed in the event programme will be at the Gala Convenor’s discretion.

**Entries, Withdrawals and Start Lists**

* Closing date for entries is **midnight on Friday 31st January 2020**. 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.
* No entries will be accepted without the correct fee. All payments should be received within three days of the entry closing date.
* Entries will be accepted on a time basis. 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 list of confirmed swims and a copy of the programme within 2 weeks of the closing date. Any scratches will be fully refunded.
* No refunds will be given after the programme has been finalised and issued. Withdrawals made after the issue of the programme will be charged in full.
* To assist with processing on-the-day withdrawals, please e-mail any advanced withdrawals prior to the competition to the Meet Secretary, as soon as possible and by **midnight on Thursday 20th February 2020.**

Please include the Name of Swimmer, Event number, Age Group and Stroke on all emailed withdrawals.

* 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 appropriate withdrawal form from 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).
* All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat.
* Updated Start sheets will be issued to the clubs for marshalling, once all withdrawals have been processed. In the event of a delay in producing the Start sheets, a copy of the programme will be included in the coaches’ packs to allow for marshalling of all swimmers listed for the first event.
* Swimmers are asked to report to the marshalling area 10 minutes before their event starts. 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 each age group, in all events.
* Trophies will be awarded for overall Top Boy, Top Girl and 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.

**Photography**

* The Scottish Swimming policy on the use of photographic equipment (cameras, camcorders, mobile phones, etc.) will be applied at this meet.
* Application forms for approval to use photographic equipment can be obtained from the entrance desk at the top of the spectator’s balcony.
* **Unauthorised use of photographic equipment is prohibited.**

**Miscellaneous**

* Swimmers and coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the Meet.
* Neither Alloa Amateur Swimming Club, nor The Peak, can be held responsible for loss or damage to any property of swimmers, team staff or spectators. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
* Swimmers out with the poolside area must wear dry clothing and footwear at all times.
* Outdoor footwear must not be worn poolside.

###### Programme of Events

**Saturday 22nd February 2020**

**SESSION 1**

**Warm Up: 9.00am – Start: 10.00am**

|  |  |  |  |
| --- | --- | --- | --- |
| Event 101 | Boys | 1500m Freestyle | HDW |
| Event 102 | Girls | 400m Freestyle | HDW |
| Event 103 | Boys | 200m Backstroke | HDW |
| Event 104 | Girls | 200m Breaststroke | HDW |
| Event 105 | Boys | 200m Individual Medley | HDW |
| Event 106 | Girls | 200m Butterfly | HDW |
| Event 107 | Boys | 200m Freestyle | HDW |

**SESSION 2**

**Warm Up: 1.30pm – Start: 2.30pm**

|  |  |  |  |
| --- | --- | --- | --- |
| Event 201 | Girls | 800m Freestyle | HDW |
| Event 202 | Boys | 400m Freestyle | HDW |
| Event 203 | Girls | 200m Backstroke | HDW |
| Event 204 | Boys | 200m Breaststroke | HDW |
| Event 205 | Girls | 200m Individual Medley | HDW |
| Event 206 | Boys | 200m Butterfly | HDW |
| Event 207 | Girls | 200m Freestyle | HDW |

**Alloa ASC Open Meet**

**22nd February 2020**

**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 no later than **Friday 31st January 2020** to:

Graeme Young

26 Grange Road

Alloa

FK10 1LP

E-mail: alloaasc.meetsecretary@gmail.com

**Alloa ASC Open Meet**

**22nd February 2020**

**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 and Postcode:** |  |
| **Tel No:** |  |
| **E-mail:** | *(Information and updates relating to the meet will be provided via email)* |
| **Signed:** |  |

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Number of Boys entries: | \_\_\_\_\_ @ £7.00 | \_\_\_\_\_ @ £8.00 | \_\_\_\_\_@ £9.00 | £\_\_\_\_\_\_\_\_\_\_ | | Number of Girls entries: | \_\_\_\_\_ @ £7.00 | \_\_\_\_\_ @ £8.00 | \_\_\_\_\_ @£9.00 | £\_\_\_\_\_\_\_\_\_\_ | | Number of Coach’s passes | | \_\_\_\_\_\_\_\_\_ | @ £10.00 | £\_\_\_\_\_\_\_\_\_\_ | | Direct bank transfer to Sort Code: 80-05-28 Account No: 00119893  Ref: **“*Your Club Name*” AASC Open 2020** | | | | £ \_\_\_\_\_\_\_\_\_\_ | | Total cheque enclosed  *(Please make cheques payable to* ***Alloa Amateur Swimming Club****)* | | | | £ \_\_\_\_\_\_\_\_\_\_ | |

Please return along with remittance and entries by **Friday 31st January 2020** to the Meet Secretary:

Graeme Young

26 Grange Road

Alloa

FK10 1LP

E-mail: alloaasc.meetsecretary@gmail.com