

# Arbroath St Thomas Amateur Swimming Club



## Winter Graded

Arbroath Sports Centre

Sunday 4<sup>th</sup> December 2022

## MEET INFORMATION

(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

**POOL** 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks, Electronic Timing.  
Deck Level Pool; Shallow end 0.9m Deep end 2m.

**SESSIONS**

Session One	Warm Up - 08:45	Start - 09:50
Session Two	Warm Up - 13:30	Start - 14:35

(SUBJECT TO CHANGE IF NECESSARY)

**EVENTS** All events are single sex events and heat declared winner. See attached sheet for full programme of events.

**INDIVIDUAL EVENTS**

- 400m Freestyle
- 200m Backstroke, Breaststroke, Butterfly, Freestyle & Individual Medley
- 100m Backstroke, Breaststroke, Butterfly & Freestyle

**Consideration Times** Swimmers must be equal to or slower than the consideration times to enter. Please see considerations times sheet for full details.

**AGE** Age is at 31<sup>st</sup> December 2022

Age Groups for individual events for Girls and Boys will be: 10 & Under, 11-12 Years, 13 – 14 Years & 15 & Over

Heats will be swum with all age groups combined and swimmers seeded by entry times.

**ENTRY FEES** £6.50 PER INDIVIDUAL EVENT

Cheques should be made payable to Arbroath St Thomas Swimming Club

BACs transfer Acc: 00775842 Sort: 30 - 25 – 87

**ENTRIES** Entries to be sent to:

[arbroath.st.thomas.gala@gmail.com](mailto:arbroath.st.thomas.gala@gmail.com)

Please send the summary sheet and entry fees to:

**Jordan Young 8 Finlay Crescent Arbroath DD11 3FF**

**Cheques Payable to: Arbroath St Thomas Swimming Club**

Please note the entry file and summary sheet must be received by email by the closing date. Paper summary sheet and cheque to cover entry fees must be received by post within three working days of the closing date.

**CLOSING DATE FOR ENTRIES IS FRIDAY 4<sup>th</sup> November 2022**

Entries may have to be limited dependent upon numbers received.

**All entries must be on Hy-tek Team Manager entry file.**

Entry files may be obtained by downloading from SwimScotland, ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) or by contacting Jordan Young at [arbroath.st.thomas.gala@gmail.com](mailto:arbroath.st.thomas.gala@gmail.com)

Entries must be submitted using the most up to date personal best times for all swimmers at time of entry. **Swimmers entered with No Time (NT) will not be accepted**

Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups.

Arbroath St Thomas ASC reserves the right to swim a slower heat for their swimmers if entry numbers allow.

Lists of accepted participating swimmers and a draft programme will be emailed to each club.

## **AWARDS**

Medals will be awarded to 1<sup>st</sup> 2<sup>nd</sup> & 3<sup>rd</sup> in each age group

Swimmers who achieve 'Too Fast' times will receive certificates recording their time.

There will be a prize for Best Boy, Best Girl & Best Visiting Club

## **WITHDRAWALS**

Withdrawals prior to the competition should be emailed to:

Jordan Young - [arbroath.st.thomas.gala@gmail.com](mailto:arbroath.st.thomas.gala@gmail.com)

To arrive no later than 5pm Sunday 20<sup>th</sup> November 2022, withdrawals after this date will not be entitled to a refund

All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc.

Telephone withdrawals will not be accepted under any circumstances.

Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table at least 1 hour prior to the start of the appropriate session.

Please note that anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition.

## **MARSHALLING**

All swimmers including reserves must attend marshalling before their events and are advised to attend in good time. (The suggested minimum is five heats or one event in advance.) The start of a race will not be delayed for absent swimmers. If a swimmer is not present at first marshalling area, then the reserve will swim.

## **TECHNICAL OFFICIALS**

We would be very grateful for a list of Officials willing to help on the day. A completed technical officials sheet should be sent to our STO Co-Ordinator by email to arrive before Sunday 20<sup>th</sup> November 2022. Lunch will be provided for technical officials who officiate for the whole day.

[arbroath.st.thomas.sto@gmail.com](mailto:arbroath.st.thomas.sto@gmail.com)

Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the referee considers it practical.

**Programmes & Spectators** Full meet programmes and spectating will be available for both sessions. Tickets for spectating must be purchased online at [www.arbroathstthomas.co.uk/events](http://www.arbroathstthomas.co.uk/events) prior to the start of the session

**MEET REGULATIONS**

- No guarantee can be given by Arbroath St Thomas ASC that the event will take place at a particular time or any particular date and Arbroath St Thomas ASC reserves the right to reschedule the event without notice and without liability for so doing. It is expected that this would only happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Arbroath St Thomas ASC. Arbroath St Thomas ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of Arbroath St Thomas ASC and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse will be tolerated by our Club.
- No alcohol may be consumed at the event.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of Arbroath St Thomas ASC and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to the SASA Midland District

**NOTES**

- Coaches will be issued a poolside pass at a price of £7 which includes lunch, and this should be submitted with the summary sheet and payment included with entries.
- Electronic Timing will be in use and we would greatly appreciate if coaches could explain the necessity for swimmers to achieve firm contact with the pads at the finish of each event.
- Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.
- Participating clubs will receive one copy of start sheets and results will be posted at the pool during the events and after the event.
- Arbroath St Thomas ASC reserves the right to amend the programme at any time.

- Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. No bags allowed on poolside.
- Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.
- Free Parking is available at Arbroath Sports Centre.

**GALA  
CONVENER**

Jordan Young

**CLUB**

Steph Wren

**PRESIDENT**

**We look forward to seeing you on 4<sup>th</sup> December 2022**

# Media /Photography & Mobile Phones

Throughout this event Arbroath St Thomas ASC may have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

All parents, competitors, coaches and volunteers are required to acknowledge this is a public event and upon entering the swimming arena this may result in the recording and publication of his/her image.

Arbroath St Thomas ASC will hold this information on file for the use of promotion, general information and marketing. This information will not be passed on to third party media partners.

Should any competitor wish not to be photographed please complete the form below. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Arbroath St Thomas after which the data will be removed.

Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must register with the Gala Convener (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).

No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of Arbroath St Thomas ASC.

No flash photography is permitted at any time within the competition pool area.

Mobile phones may not be used in the pool hall or in the changing area. Use of mobile phones within the building is limited to designated areas.

Further guidance can be found in our Child Protection Policy.

## MEDIA/PHOTOGRAPHY REFUSAL OF CONSENT

<b>Event:</b>	<b>St Thomas Winter Graded 2022</b>
<b>Date:</b>	<b>4<sup>th</sup> December 2022</b>
<b>Name of Swimmer:</b>	
<b>Club:</b>	

**I refuse permission for the Official Photographer of Arbroath St Thomas ASC and its media partners to take and/or publish the images of me / my child. This includes the sharing of photos/images on your website and social media sites.**

<b>Signed</b> (Parent/Carer if aged 16 or under):	
<b>Print Name:</b>	
<b>Date:</b>	

## Health & Safety Declaration

In order to comply with accreditation and health & 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 onto the swimmers and parents intending to travel to this meet.

Signed.....

Print Name.....

Position in Club.....

Club.....

Return this form along with entries no later than the closing date for the competition to

Jordan Young – [arbroath.st.thomas.gala@gmail.com](mailto:arbroath.st.thomas.gala@gmail.com)

8 Finlay Crescent

Arbroath

DD11 3FF

# Arbroath St Thomas

## Amateur Swimming Club

<b>SESSION ONE</b>		<b>WARM UP</b>	<b>08.45</b>	<b>START</b>	<b>09.50</b>
Event No	101	Boys		400m Freestyle	
	102	Girls		200m Backstroke	
	103	Boys		200m Breaststroke	
	104	Girls		200m Butterfly	
	105	Boys		200m Freestyle	
	106	Girls		200m IM	
	107	Boys		100m Backstroke	
	108	Girls		100m Breaststroke	
	109	Boys		100m Butterfly	
	110	Girls		100m Freestyle	

### Award Presentations after Event 110

<b>SESSION TWO</b>		<b>WARM UP</b>	<b>13.30</b>	<b>START</b>	<b>14.35</b>
Event No	201	Girls		400m Freestyle	
	202	Boys		200m Backstroke	
	203	Girls		200m Breaststroke	
	204	Boys		200m Butterfly	
	205	Girls		200m Freestyle	
	206	Boys		200m IM	
	207	Girls		100m Backstroke	
	208	Boys		100m Breaststroke	
	209	Girls		100m Butterfly	
	210	Boys		100m Freestyle	

### Award Presentations after Event 210



## Consideration Times

Swimmers must enter with times equal to or slower than the times below.

Boys				Girls				
15 & Over	13 – 14 Years	11 – 12 Years	10 & Under	Event	10 & Under	11 – 12 Years	13 – 14 Years	15 & Over
4:37.00	5:00.00	5:20.00	6:00.00	<b>400m Free</b>	6:00.00	5:20.00	5:00.00	4:45.00
2:37.00	2:47.00	2:57.00	3:30.00	<b>200m Back</b>	3:30.00	2:57.00	2:47.00	2:40.00
2:44.00	3:10.00	3:30.00	3:50.00	<b>200m Breast</b>	3:50.00	3:30.00	3:10.00	2:48.00
3:00.00	3:15.00	3:30.00	3:40.00	<b>200m Fly</b>	3:40.00	3:30.00	3:15.00	3:05.00
2:17.00	2:25.00	2:40.00	2:50.00	<b>200m Free</b>	2:50.00	2:40.00	2:25.00	2:20.00
2:29.00	2:50.00	3:00.00	3:40.00	<b>200m IM</b>	3:40.00	3:00.00	2:50.00	2:35.00
1:10.00	1:15.00	1:21.00	1:35.00	<b>100m Back</b>	1:35.00	1:21.00	1:15.00	1:12.00
1:17.00	1:22.00	1:35.00	1:45.00	<b>100m Breast</b>	1:45.00	1:35.00	1:22.00	1:20.00
1:10.00	1:20.00	1:30.00	1:35.00	<b>100m Fly</b>	1:35.00	1:30.00	1:20.00	1:13.00
1:00.00	1:10.00	1:15.00	1:25.00	<b>100m Free</b>	1:25.00	1:15.00	1:10.00	1:03.00

## Arbroath St Thomas Winter Graded

**Sunday 4<sup>th</sup> December 2022 – Arbroath Sports Centre    SUMMARY SHEET**

### Contact Details

Club Name/Addr \_\_\_\_\_

Entries Secretary \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_ Tel. No. \_\_\_\_\_

Email Address \_\_\_\_\_

Individual Male Entries		@ £6.50	= £
Individual Female Entries		@ £6.50	= £
Coaches Pass Includes Lunch – Max 3 per club		@ £7.00	= £
		TOTAL	= £

**CLOSING DATE FOR ENTRIES IS FRIDAY 4th November 2022**  
**Cheques should be made payable to ARBROATH ST THOMAS ASC**

**BACS Transfer**     **Cheque**     **(Tick appropriate box)**

**Declaration**    (This declaration **must** be completed by all competing clubs)

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed \_\_\_\_\_ Position in Club \_\_\_\_\_

Date \_\_\_\_\_

## Arbroath St Thomas Winter Graded

Sunday 4<sup>th</sup> December 2022 – Arbroath Sports Centre

CLUB \_\_\_\_\_

STO CONTACT \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

TEL.NO. \_\_\_\_\_

### OFFICIALS SHEET

Name	Qualified Level	Mentoring			Timekeeper Signatures Required?		Sessions Available		Lunch Needed
		Required (Y/N)	Trainee Level	Any Specific Duties Required (e.g. CIT, Finish Order)	Timekeeper (Y/N)	Chief Timekeeper (Y/N)	1	2	

Please complete multiple sheets if needed

Please return this form or email it by Sunday 20<sup>th</sup> November 2022:- [arbroath.st.thomas.sto@gmail.com](mailto:arbroath.st.thomas.sto@gmail.com)