

# **CUMBERNAULD Swimming Club**

**Cumbernauld Summer Sprints Meet**

## **Meet Information**

**Sunday 9<sup>th</sup> June 2024**

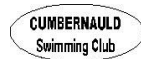
**Tryst Sports Centre  
Tryst Road  
Cumbernauld G67 1EW**

**Under SASA and FINA Rules**

**Licence No: WD/L2/050/0424**



# CUMBERNAULD SWIMMING CLUB



invite entries to their

## Summer Sprints Meet 2024

### General Meet Information

Date:	Sunday 9 <sup>th</sup> June 2024
Venue:	Tryst Sports Centre, Cumbernauld, G67 1EW
Pool:	6 Lane 25 metre; swim down pool; full electronic timing with 6 lane video scoreboard; anti-turbulence lane ropes; spectator area; cafeteria.
Timings:	Warm Up      09.00 and 13.30 Start            10.00 and 14.30
Ages:	As on last day of meet (09/06/24)
Age Groups:	8-9yrs, 10-11yrs, 12-13yrs, 14-15yrs
Events:	50m all strokes 8-11yrs & 100m Ind Medley 100m all strokes 12 – 15yrs 4x50 Free Relay 8-9, 10-11, 12-13 & 14-15yrs

### All Events Heat Declared Winner

Consideration Times:	<b><u>All Times must be Slower than Consideration Times</u></b>
Entry Fees:	£8.00 per individual event / £12 per relay team
Coaches Passes:	£8 (Inc. Programme, Results and Meal)
Awards:	All Ages – Medals 1st, 2nd & 3rd
Officials:	Clubs are requested to supply at least 2 Technical Officials at least one of which should be a Judge.
Closing Date for Entries:	<b>Midday – Friday 24<sup>th</sup> May 2024</b>

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

Ronnie Girvan  
Meetsecretary.casc@outlook.com

Entry Summary: [MEET SUMMARY SHEET](#)

## **Graded Meet – Specific Information**

### **Entry Times:**

Please see entry times page. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Any cuts will be made in as balanced a way as possible to ensure, where possible, an equal number of both male and female swimmers and of ages in each age group. All entries must be slower than the published entry time and No Times will not be accepted.

### **Entries:**

Must be submitted by the closing date using the supplied electronic file. This file can be requested by email from Ronnie Girvan at the following email address: meetsecretary.casc@outlook.com. Please ensure that the Full Name, Date of Birth and Registration Number is included for each swimmer. Entry fees are to be paid by BACS within 3 Days of the closing date. Details for payment are as follows

Sort Code: 80-13-13  
Account: 00227679

### **Withdrawals:**

Any withdrawal prior to the first day of the event should be notified to email: meetsecretary.casc@outlook.com by Friday 31<sup>st</sup> May 2024. On the day withdrawals should be notified 45mins prior to the start of the session to the meet office.

### **Start Lists/Results:**

Start lists will be prepared in advance of the meet and be available for spectators. These start list will be subject change dependant upon any on the day withdrawals. Revised start lists will be posted on poolside and given to each club prior to the start of each session.

Results will be available on poolside following completion of each event and on Meet Mobile.

### **Events**

All Events will be Heat Declared Winners

Relay Teams must consist of 1 Boy and 1 Girl each age group swam in age order. Swimmers will be allowed To swim up but not down

Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.

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.

### **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.

### **Prizes:**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all events. These can be collected from the medals table following publication of the official results of each event.

**Refunds:**

No refunds will be given after the closing date. Refunds for any rejected swims will be refunded as soon as possible after the event.

**Technical Officials:**

To help with accreditation, clubs are invited to supply at least 2 Officials per session, one of which should be a Judge Level 1.

**Meet Rules**

Meet is being held under Scottish Swimming 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.

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.

**Miscellaneous**

Accreditation has been sought via West District Licence – WD/L2/050/0424

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 Council 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

## Programme of Events

### Session One: Warm Up 09:00 Start 10:00

101	Mixed	8/9 yrs	50 Fly
102	Mixed	10/11 yrs	50 Back
103	Mixed	12/13 yrs	100 Breast
104	Mixed	14/15 yrs	100 Free
105	Mixed	8/9 yrs	100 IM
106	Mixed	10/11 yrs	100 IM
107	Mixed	12/13 yrs	100 Free
108	Mixed	14/15 yrs	100 Fly
109	Mixed	8/9 yrs	50 Back
110	Mixed	10/11 yrs	50 Breast
111	Mixed	12/13 yrs	4 x 50 Free
112	Mixed	14/15 yrs	4 x 50 Free

### Session Two: Warm Up 13:30 Start 14:30

201	Mixed	12/13 yrs	100 IM
202	Mixed	14/15 yrs	100 IM
203	Mixed	8/9 yrs	50 Breast
204	Mixed	10/11 yrs	50 Free
205	Mixed	12/13 yrs	100 Back
206	Mixed	14/15 yrs	100 Breast
207	Mixed	8/9 yrs	50 Free
208	Mixed	10/11 yrs	50 Breast
209	Mixed	12/13 yrs	100 Fly
210	Mixed	14/15 yrs	100 Back
211	Mixed	8/9 yrs	4 x 50 Free
212	Mixed	10/11 yrs	4 x 50 Free

All events swam as mixed gender then separated out for medals/results.

## SUMMER SPRINTS MEET 2024

### CONSIDERATION TIMES

GIRLS					BOYS			
14-15yrs	12-13yrs	10-11yrs	8-9yrs		8-9yrs	10-11yrs	12-13yrs	14-15yrs
		43.87	49.08	<b>50 Free</b>	48.66	43.77		
1.11.05	1.20.54			<b>100 Free</b>			1.19.44	1.07.00
		49.66	57.49	<b>50 Fly</b>	58.94	50.09		
1.19.16	1.31.45			<b>100 Fly</b>			1.30.74	1.14.94
		51.15	57.40	<b>50 Back</b>	57.30	51.42		
1.19.20	1.30.68			<b>100 Back</b>			1.30.49	1.15.40
		58.75	1.05.55	<b>50 Breast</b>	1.06.48	59.16		
1.30.93	1.43.68			<b>100 Breast</b>			1.43.22	1.25.43
1.22.15	1.33.13	1.54.39	2.01.07	<b>100 IM</b>	2.00.16	1.54.14	1.32.93	1.17.42

All entry times must be **SLOWER THAN** above

