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**Glenrothes**

**Amateur Swimming Club**

**Spooky Sprints 2025**

**Sunday 2nd November – Level 3**

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**Michael Woods Sports & Leisure Centre**

**Viewfield, Glenrothes,**

**KY6 2RD**

**License Number: L3/ED/081/NOV25**

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**MEET INFORMATION**

**Licenced by: SASA East District**

**Accreditation: SASA Level 3 Licenced Meet L3/ED/081/NOV25**

**Date: Sunday 2ndNovember 2025**

**Venue: Michael Woods Sports and Leisure Centre, Glenrothes, KY6 2RD**

**Pool: 8 x 25m with anti-turbulence lanes & full electronic timing**

**Closing Date: Noon on Wednesday 15th October 2025**

**Events: 50m Freestyle, Backstroke, Breaststroke, Butterfly (25m Butterfly 8 & under) 100m IM (8 & over)**

 **Mixed 4 x 50m Freestyle Relays, 10 & under and 11-12, teams of 2 male & open and 2 female swimmers**

 **All events will be Heat Declared Winner**

**Ages: Age on the day of the meet.**

**Age groups: 8 & under, 9-10, 11-12**

**Awards: Medals for 1st, 2nd & 3rd place in each event**

**Entry Fees: Individual events £6 each Team Relay entries £5**

**Timings: Warm up 08.30 and 12.45 Start 09.15 and 13.30**

**WARM UP TIMES MAYBE SUBJECT TO CHANGE ONCE THE DRAFT PROGRAMME IS PREPARED**

**Officials: Visiting Clubs should assist by providing**

**technical officials. Details of your STO support should be sent on the form included to** **gascsto@outlook.com**

**Spectators: Spectators will be welcomed on the balcony – please note there will be an entry fee for spectating.**

**Withdrawals: Advance withdrawals by 29th October 2025 please.**

**ORDER OF EVENTS**

|  |  |
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| **Session 1 – 9:15-12:15** | **Session 2 – 13:30-16:30** |
| 101 Female 8-10 100m IM102 Male & Open 8-10 100m IM103 Female 11-12 100m IM104 Male & Open 11-12 100m IM105 Female 8 & under 25m Butterfly106 Male & Open 8 & under 25m Butterfly107 Female 9-10 50m Butterfly108 Male & Open 9-10 50m Butterfly109 Female 11-12 50m Butterfly110 Male & Open 11-12 50m Butterfly111 Female 8 & under 50m Backstroke112 Male & Open 8 & under 50m Backstroke113 Female 9-10 50m Backstroke114 Male & Open 9-10 50m Backstroke115 Female 11-12 50m Backstroke116 Male & Open 11-12 50m Backstroke | 201 Female 8 & under 50m Breaststroke202 Male & Open 8 & under 50m Breaststroke203 Female 9-10 50m Breaststroke204 Male & Open 9-10 50m Breaststroke205 Female 11-12 50m Breaststroke206 Male & Open 11-12 50m Breaststroke207 Female 8 & under 50m Freestyle208 Male & Open 8 & under 50m Freestyle209 Female 9-10 50m Freestyle210 Male & Open 9-10 50m Freestyle211 Female 11-12 50m Freestyle212 Male & Open 11-12 50m Freestyle 213 Mixed 10 & under 4 x 50m Freestyle Relay214 Mixed 11-12 4 x 50m Freestyle Relay  |

**Meet Rules**

* The meet will be held under S.A.S.A. rules.
* Age is on the day of the meet.
* Swimmers may only enter their own age group.
* 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, back-up manual timing will be used.
* Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.
* Photography: please see the PHOTOGRAPHY STATEMENT below
* It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

**Entries & Start Lists**

* All entries must be submitted by email as a Hy-Tek file. These files can be requested by email to heathermcintyre2000@gmail.com
* Fees must accompany entries and are non-refundable. Entries without payment will not be accepted.
* Please return completed entry files to Heather McIntyre heathermcintyre2000@gmail.com
* All entry times must be Short Course or conversions to Short Course.
* It is the responsibility of Entry Secretaries to ensure that all entry times and dates of birth are correct.
* No late entries will be accepted.
* Entries will be accepted on time basis. Clubs should ensure entry times are accurate.
* The promoter reserves the right to restrict entries to facilitate the smooth running of the meet. Rejected entries will be refunded. There are no refunds for entries withdrawn after the draft programme is prepared.
* Start sheets will be prepared in advance of the meet. Any advance withdrawals should be made as early as possible to Heather McIntyre heathermcintyre2000@gmail.com and by 29th October at the latest.
* Where there are any withdrawals on the day, this will be filled by a reserve in the same age group. Where this is not possible the reserve space will be filled at the discretion of the referee.
* There will be no entries on the day. Glenrothes ASC reserves the right to fill any empty lanes.

**Events**

* All events will be heat declared winner (HDW).
* Events will be swum by age group.
* Relay teams to comprise of 2 male & open swimmers and 2 female swimmers.
* Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
* Over the top starts may be used at the discretion of the referee to facilitate the smooth running of the meet.
* Swimmers must report to the designated marshalling area at least **four** heats in advance. It is the responsibility of Coaches/Team Managers to ensure that their swimmers report to the marshalling area on time.
* Medals will be awarded for top 3 in each event.

**Warm-up**

* The warm-up will commence only when advised to do so.
* Timings: detailed information about warm up timings and lanes will be shared with clubs ahead of the meet.
* Sprint lanes will be made available during each warm-up period. Stewards

may control these as necessary.

* Coaches/team staff to supervise their swimmers during their warm-up period.
* No congregating allowed at either end of the lanes, swimmers to keep moving.

**Miscellaneous**

* Glenrothes Amateur Swimming Club 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.
* Glenrothes Amateur Swimming Club and Michael Woods Sports and Leisure Centre take no responsibility for any loss or damage to swimmers, team officials or spectator’s property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended.
* Glenrothes Amateur Swimming Club will take no responsibility for any accidents that occur throughout the duration of the Meet.
* Swimmers out with the pool area must always wear dry clothing and footwear.
* Swimmers are required to have adequate footwear to move between poolside and other areas of Michael Woods Sports and Leisure Centre.
* Outdoor footwear must not be worn on the poolside.
* Anything not covered above and not printed in the meet programme will be at the promoter’s discretion.
* Glenrothes Amateur Swimming Club reserve the right to vary the above conditions as required.
* The Swim Scotland swimsuit policy for under 13-year-olds will be implemented. For more information see [Swimsuits | Scottish Swimming](https://scottishswimming.com/our-sports/swimming/swimsuits/)

**Meet Disclaimer**

* In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Glenrothes Amateur Swimming Club and said club 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, catering, and accommodation.

**Photography Statement**

By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed.

**The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.**

Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of professional camera equipment and flash photography is prohibited at the Event.

**Transgender and Non-binary Competition**

The Scottish Swimming Transgender & Non-Binary Competition Policy was implemented on 1st January 2024. The policy and FAQs can be found [HERE](https://www.scottishswimming.com/about-us/equality). Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

**Safeguarding**

The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the Meet Organiser. The secondary point of contact is the Scottish Swimming Safeguarding Manager.

**Health and Safety Declaration**

In order to comply with accreditation and health and 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 on to swimmers and parents intending to travel to the meet.

Signed: .......................................................................................

Print Name: ………………………………………………………...........................

Position in club: ........................................................................................

On behalf of: ........................................................................................

(Name of club)

Return this form along with entries to Heather McIntyre heathermcintyre2000@gmail.com

**Summary Entry Form**

This form MUST be completed and returned with all entries

**Club Name**: .....................................................................................

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

**Telephone**: .....................................................................................

**E-Mail**: ..............................................................................................

**Sunday 2nd November**

Total male & open entries 25m, 50m, 100m @ £6 each .................... £...............

Total female entries 25m, 50m, 100m @ £6 each ................... £...............

Team Relay entries @ £5 each ................... £...............

**Total Amount:**  **£..............**

Signed: ......................................................................................................

Position in club: .........................................................................................

Please make payment to the account details below using your **club name** as a reference

**Glenrothes Amateur Swimming Club (GASC)**

**Account No: 00376126 Sort Code: 80-08-09**

Over-subscribed swims will be eligible to receive a refund of entry fees. In case this is necessary, please provide **your club** bank details:

Account name: ……………………………………………………………………………………………..

Account Number: ………………………………… Account Sort Code: …………………………

Please return this form along with entries no later than Wednesday **15th October 2025** to Heather McIntyre heathermcintyre2000@gmail.com

**OFFICIALS SHEET**

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| **SUNDAY 2nd NOV** | STOs and level | Timekeepers |
| Session 1 | 1. |  | 1. |
|  | 2. |  | 2. |
|  | 3. |  | 3. |
| Session 2 | 1. |  | 1. |
|  | 2. |  | 2. |
|  | 3. |  | 3. |

Lunch/refreshments will be provided for officials taking part in both the morning and afternoon session. Please specify any dietary requirements here:

Please complete details and return by **Wednesday 22nd October 2025** at the latest to Glenrothes STO at gascsto@outlook.com