



KINGSTON SPRINTS 2013 GRADED MEET

Licence Number: WD/L3/888/1113

Date	Sunday 10th November 2013
	Session One : Warm up at 9.00 am - Start at 9.45 am Session Two : Warm up at 1.15 pm - Start at 2.00 pm
Venue	Larkhall Leisure Centre, Broomhill Road, Larkhall ML9 1QP
Pool	6 lane 25m pool, anti-wave lane ropes, spectator seating for over 200.
Age	As on 31 st December 2013
Age Groups / Events	8 years & under. 25m all strokes 9 years 25m all strokes 10-11 years 50m all strokes 12-13 years 50m all strokes 14-15 years 50m all strokes 16 years & over 50m all strokes
	Swimmers may only swim in their own age group. No faster times than the consideration times will be accepted.
	Number of heats will be limited to ensure the smooth running of the sprints. Heats will be swum slowest to fastest.
Closing Date	Sunday 13th October 2013
Entry Details	All entries must be supplied as a Hy-Tek entry file, details available on request from Mike Perceval-Maxwell at meet.secretary@kingstonasc.com . All entry times must be short course or conversions to short course. Entries will not be accepted without a valid SASA Registration ID.
Entry Fee	£4.50 per event.
Cheques	Made payable to: Kingston A.S.C.
Coaches Pass	£4.50 , includes meal and refreshments.
Awards	Medals to 1 st , 2 nd and 3 rd places with smaller medals for 4 th , 5 th and 6 th places A memento will be awarded to swimmers who exceed the medal cut-off time*.
Spare Lanes	Kingston ASC reserves the right to fill spare lanes if available where any event is undersubscribed.



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- Programme Entry Lists with details of reserves and rejections will be sent out to your club's nominated representative as soon after the closing date as possible. Details for your swimmers must be checked and any errors or omissions reported immediately.
- Withdrawals Withdrawals will be accepted by email to meet.secretary@kingstonasc.com up to 12:00pm on Sunday 3rd November for exclusion from the Start Sheets and allocation of Reserves. No refunds will be granted for any withdrawals after this date. Refunds for rejections/withdrawals will be returned on day of competition.
On-day withdrawal forms **must** be completed and returned to the recorders' table **no less than 35 minutes before the start of each session**, after which Start Sheets will be issued.
- Time Cards **Do not send time cards with your entries.** These will be provided on the day and issued with coaches packs.

Please note – Lanes/heats will **not** be noted on this year's time cards to allow for re-seeding on the day. Coaches must consult the Start Sheets which will be posted during the warm-up and fill these in prior to marshalling.
- All swimmers must have a current S.A.S.A. annual competitive registration number.
 - No swimmer should be faster than the consideration time set.
 - Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep water. There will be no diving at the shallow end of the pool.
 - With child protection being uppermost in our minds it has been decided that **NO PHOTOGRAPHY WILL BE ALLOWED** at this meet. This includes cameras, camera phones, video and any other photographic equipment. Anyone found using such equipment will be immediately excluded from the remainder of the meet and the organising committee will take any further action required.
 - No mobile phones are allowed on poolside.
 - Meals, snacks and refreshments will be available in the Lesser Hall.
 - Kingston A.S.C. reserves the right to exclude or refuse admission to any competitor, official, spectator or team official.
 - Swimmers and officials must not take glassware or food onto poolside.
 - Swimmers outside of the poolside must wear dry clothing and footwear at all times.
 - An entry fee for spectators will be charged per adult (no charge for children). Would clubs please make sure anyone travelling to support their team is made aware of this.



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Main contact for all correspondence:

Mr Mike Perceval-Maxwell
1 Regent Park Square
Glasgow
G41 2AF

Tel: 0791 086 3353

E-mail: meet.secretary@kingstonasc.com

Alternative contact:

Mr Adrian Foulds

E-mail: chungfoulds@ntlworld.com

Tel: 0774 245 0514



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CONSIDERATION TIMES

Event No.		SESSION 1			
GIRLS	BOYS			GIRLS	BOYS
101	102	8 & Under	25M Butterfly	29.00	29.00
103	104	9 Years	25M Butterfly	22.00	23.00
105	106	10-11 Years	50M Butterfly	43.00	44.00
107	108	12-13 Years	50M Butterfly	39.00	39.00
109	110	14-15 Years	50M Butterfly	35.00	34.00
111	112	16 & Over	50M Butterfly	32.00	29.00
113	114	8 & Under	25M Backstroke	24.00	25.00
115	116	9 Years	25M Backstroke	21.00	22.00
117	118	10-11 Years	50M Backstroke	42.00	44.00
119	120	12-13 Years	50M Backstroke	39.00	40.00
121	122	14-15 Years	50M Backstroke	36.00	35.00
123	124	16 & Over	50M Backstroke	33.00	31.00
SESSION 2					
GIRLS	BOYS			GIRLS	BOYS
201	202	8 & Under	25M Front Crawl	21.00	21.00
203	204	9 Years	25M Front Crawl	18.00	18.00
205	206	10-11 Years	50M Front Crawl	36.00	36.00
207	208	12-13 Years	50M Front Crawl	32.00	32.00
209	210	14-15 Years	50M Front Crawl	29.00	28.00
211	212	16 & Over	50M Front Crawl	26.00	24.00
213	214	8 & Under	25M Breaststroke	29.00	29.00
215	216	9 Years	25M Breaststroke	24.00	24.00
217	218	10-11 Years	50M Breaststroke	48.00	49.00
219	220	12-13 Years	50M Breaststroke	44.00	44.00
221	222	14-15 Years	50M Breaststroke	40.00	39.00
223	224	16 & Over	50M Breaststroke	37.00	35.00

No faster times than the consideration times will be considered.
 For all age groups, the fastest eligible swimmer in each event will be declared the winner.

Medals to 1st, 2nd and 3rd places. Smaller awards for 4th, 5th and 6th places.
 *A memento will be issued for swims that are faster than these times by 5% or more.

Session One : warm up at 9.00 am - start at 9.45 am
 Session Two : warm up at 1.15 pm - start at 2.00 pm



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KINGSTON A.S.C.

In order to comply with health and safety requirements, this form must be completed and returned along with the entry information

- I confirm that all the entered swimmers have paid their current S.A.S.A annual competitive fee.
- I understand that any swimmer entered without a valid S.A.S.A. id number will be automatically rejected.
- I confirm that all entered swimmers have been trained and are competent to dive into deep water in a safe manner as prescribed by current/planned legislation.
- I confirm that the information regarding the use of photographic equipment has been passed on to swimmers and parents who intend to travel to the meet.

Signed _____

Position in club _____

Name of club _____

Please return this form along with entry details to:

**Mr Mike Perceval-Maxwell
1 Regent Park Square,
Glasgow, G41 2AF**

Tel: 0791 086 3353

E-mail: meet.secretary@kingstonasc.com

