

Bo'ness Amateur Swimming Club (WBSX)

invites you to their

18TH ANNUAL WINTER MINI MEET

on

Sunday 5th October 2014

at

Grangemouth Sports Complex



Bo'ness Amateur Swimming Club

Bo'ness Amateur Swimming Club (WBSX) hopes that you will join them to celebrate their 18th and final mini meet in the current Level 3 meet accreditation format.

Session 1: Warm-up 09:00, Start 10:00

Session 2: Warm-up 13:30, Start 14:30

Bo'ness Amateur Swimming Club (WBSX) is a member of SASA West District
License No. WD/L3/919/1014

www.bonessasc.org

Meet Information

Venue: Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 8JB.

Pool: 25m x 6 lanes, anti-wave lane ropes.

Age Groups: 9 & under, 10, 11 & 12 years (age on day of meet).

Sessions: There will be 2 sessions:

1. Morning: Warm-up 09:00, Start 10:00; and
2. Afternoon: Warm-up 13:30, Start 14:30.

Events: 50m all strokes and 100m I.M.
200m freestyle mixed relay. Mixed relay teams will each have 2 boys and 2 girls. Swimmers may swim up an age group in relay events only. Swimmers can only compete for one age group in the relays.

Entries will be accepted on a **SLOWER THAN** basis for 50m all strokes and 100m I.M. **QUALIFYING TIMES MUST BE SLOWER THAN THE TIMES TABLED BELOW.**

Age (Boys & Girls)	50m Fly	50m Back	50m Breast	50m Free	100m I.M
9 & under	50.00	46.00	52.00	40.00	01:38.00
10 years	46.00	43.00	49.00	38.00	01:28.00
11 years	44.00	41.00	47.00	35.00	01:25.00
12 years	41.00	38.00	45.00	32.00	01:23.00

No overall points or medal placings will be awarded to swimmers who swim faster than the times tabled above. Swimmers who swim faster than the times above will receive a too fast award in that event.

Entry Fees: £5 per individual event.
£7 per relay team.

Cheques to be made payable to: Bo'ness A.S.C

Gala Convenor: Alan Stoddart
BASC Gala Convenor
11 Ardmore Drive,
Polmont,
FK2 0LD

Email: alan.stoddart@hotmail.co.uk
Phone: 01324 720080 / 07920 538043

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Entries: Swimmers details and current times should be detailed on the Entry File (all should be 25m conversions).

The Health and Safety Form, Entry Form and Technical Officials Form should be returned to our Club Meet Manager as detailed below.

The meet will be run using Hytek Team Manager. Requests for entry files can be made by email to our Club Meet Manager:

Michael Calder
BASC Meet Manager
Lindisfarne,
New Well Wynd,
Linlithgow,
EH49 7EW

Email: mikeandviv@blueyonder.co.uk
Phone: 01506 204992/ 07947 564 496

Closing Date: Entries must be received no later than midnight on:
Sunday 7th September 2014
Late entries will not be accepted.

Officials: Each club entering the meet is asked to supply at least 1 swimming technical official for each session. The names of nominated officials and their requested role (including any mentoring requests) should be stated on the completed Technical Officials Form.

Meet Referee: Robert Taylor

Awards: Medals will be presented to 1st, 2nd, 3rd, 4th, 5th and 6th places for 50m all strokes and 100m Individual Medley. Too fast awards will be issued to swimmers who swim faster than the qualifying times in the table above.

Medals will be presented to 1st, 2nd and 3rd places for relays.

The Bo'ness A.S.C. Trophy will be presented to the club with the most points at the end of the day (which must be returned after 1 year). Trophies will also be available to the Top Boy and Top Girl in each age group.

Meet Rules / General Information

1. The meet will be held under S.A.S.A. Rules (Level 3 accreditation has been applied for and confirmed). License No: WD/ L3/ 919/ 1014. Enclosed is a Health & Safety Form and Technical Officials Form which must be completed and, returned along with the Entry Form prior to the start of the meet.
2. Swimmers are responsible for **signing in at the registration desk** upon arrival at both sessions. The registration desk for Session 1 opens at 08:15, and closes at 09:05. The registration desk for Session 2 opens at 12:30, and closes at 13:35. All swimmers who have not signed-in will be withdrawn as soon as the desk closes. Please note that it is the responsibility of all clubs to draw this to the attention of swimmers and parents prior to the meet, as no appeals can be made once registration closes. Relay lines should be submitted to the Meet Manager 45 minutes before the start time.
3. All Scottish swimmers must have paid their annual registration fee to S.A.S.A. and be in possession of a competitive number. All non-Scottish club swimmers must be similarly registered with their governing body.
4. Coach's passes will be issued at £6 each. Passes include: welcome pack, admission to both sessions, start sheets, morning tea/ coffee, poolside refreshments and lunch. Please add this cost to your Entry Form.
5. Prior to start-sheets being issued, Bo'ness A.S.C may offer clubs the opportunity to enter swimmers if empty lanes exist. This will be announced to coaches, and lanes first come basis. Payment will be upfront, at a cost £5 per swim or deducted from any club refund.
6. Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
7. Once start sheets have been prepared no alterations to heats will be made.
8. All refunds will be returned to the club on the day of the meet in the form of a cheque.
9. It is the responsibility of swimmers to report to the marshalling area five heats in advance of their race.
10. Swimmers and coaches must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.
11. There will be no diving from the shallow end of the pool. During relays, starts from the shallow end will be from within the water.
12. Bo'ness A.S.C. reserves the right to enter swimmers for a 'time only' swim in unused lanes.
13. Under no circumstances should any swimmer other than those named on the start sheets go to the marshaling area.
14. The use of photographic or video equipment is prohibited unless the appropriate form has been signed and authorised by the Gala Convenor.
15. Flash photography is not permitted due to false start risk.
16. It is the responsibility of each club to ensure that their swimmers are aware of the meet rules. Swimmers must act on the instructions given by meet officials and behave in a responsible manner at all times.
17. The Gala Convenor 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.

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18. Entries will be accepted on a time basis. Clubs should ensure that entry times for their swimmers are accurate.
19. The Gala Convenor reserves the right to restrict entries in order to facilitate the smooth running of the meet.
20. Swimmers and coaches must not take glassware into the changing village or onto poolside.
21. Neither Bo'ness A.S.C nor Falkirk Community Trust can be held responsible for loss or damage to property during the meet.
22. Swimmers out with the poolside must wear dry clothing and footwear at all times.
23. Outdoor footwear must not be worn at poolside.

Programme of Events

Morning: Session 1

101 - 102	Boys/Girls	9 & under	50m Butterfly
103 - 104	Boys/Girls	10 years	50m Butterfly
105 - 106	Boys/Girls	11 years	50m Butterfly
107 - 108	Boys/Girls	12 years	50m Butterfly
109 - 110	Boys/Girls	9 & under	50m Backstroke
111 - 112	Boys/Girls	10 years	50m Backstroke
113 - 114	Boys/Girls	11 years	50m Backstroke
115 - 116	Boys/Girls	12 years	50m Backstroke
117 - 118	Boys/Girls	9 & under	50m Freestyle
119 - 120	Boys/Girls	10 years	50m Freestyle
121 - 122	Boys/Girls	11 years	50m Freestyle
123 - 124	Boys/Girls	12 years	50m Freestyle

Afternoon: Session 2

201 - 202	Boys/Girls	9 & under	50m Breaststroke
203 - 204	Boys/Girls	10 years	50m Breaststroke
205 - 206	Boys/Girls	11 years	50m Breaststroke
207 - 208	Boys/Girls	12 years	50m Breaststroke
209 - 210	Boys/Girls	9 & under	100m I.M.
211 - 212	Boys/Girls	10 years	100m I.M.
213 - 214	Boys/Girls	11 years	100m I.M.
215 - 216	Boys/Girls	12 years	100m I.M.
217	Mixed	9 & under	200m Relay
218	Mixed	10 years	200m Relay
219	Mixed	11 years	200m Relay
220	Mixed	12 years	200m Relay

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Health & Safety Form

**** This form must be completed and returned with any entries ****

In order to comply with accreditation and, health and safety requirements, this form should be completed and returned along with the Entry Form prior to the start of the meet.

- I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee.
- I confirm that the regulations regarding the use of photographic equipment have been brought to the attention of all swimmers, parents and coaches who will be attending the competition.
- I confirm that all swimmers have been trained and are competent to dive into the pool. Any swimmer unable to do so must start in the water and notify the Referee beforehand.

Signed:

Print:

Position in Club:

On behalf of:

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Entry Form

**** This form must be completed and returned with any entries ****

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
Email:	

Individual Female Entries		@ £5.00 each:	£
Individual Male Entries		@ £5.00 each	£
Relay Entries		@ £7.00 each:	£
Coach's Pass		@ £6.00 each:	£
Total Amount Enclosed			£

Please make cheques payable to: **Bo'ness A.S.C**

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Technical Officials Form

**** This form must be completed and returned with any entries ****

Club Name:	
Contact Name:	
Email:	

Session 1

Name of STO attending	Qualification	Mentoring Requirements

Session 2

Name of STO attending	Qualification	Mentoring Requirements