

**C.O.A.S.T GRAND PRIX 2014**  
ROUND 1 OF THE  
**SCOTTISH SWIMMING 2014 – 2015 GRAND PRIX SERIES**

**(UNDER FINA AND SASA RULES)**

**14 – 16 November 2014**  
**Aquatics Centre, Aberdeen Sports Village,**  
**Regents Walk, Aberdeen, AB24 1SX**

**MEET INFORMATION**

**Pool** 50 Metres (set up for Short Course), 10 Lanes, 2m Deep, Electronic Timing, Separate Swim Down Pool

<b>Sessions</b>	<b>Session One</b>	Warm Up 16.00	-Start 17.05	End 19.30
	<b>Session Two</b>	Warm Up 08.00	-Start 09.05	End 11.55
	<b>Session Three</b>	Warm Up 12.05	-Start 13.10	End 15.40
	<b>Session Four</b>	Warm Up 16.10	-Start 17.15	End 19.30
	<b>Session Five</b>	Warm Up 08.00	-Start 09.05	End 11.55
	<b>Session Six</b>	Warm Up 12.05	-Start 13.10	End 15.40
	<b>Session Seven</b>	Warm Up 16.10	-Start 17.15	End 19.30

(SUBJECT TO CHANGE IF NECESSARY)

**Events** Individual swimming events are: All strokes 50m, 100m, 200m; IM 200m, 400m; 800m Freestyle (female), 1500m Freestyle (male). All events are Open with no age groups.

Team events – Mixed 4 x 100m Freestyle Relay and Mixed 4 x 100m Medley Relay. These events will be for Open and Junior teams (where Junior is the Scottish Swimming defined age i.e. under 17 years of age at 31 December 2014).

**Entries** **CLOSING DATE FOR ELECTRONIC ENTRIES IS FRIDAY 17 OCT 2014**  
Please note - specified paperwork & payment must be received within 3 working days of this date.

All entries must be on Hy-tek Team manager entry file.  
Entry files may be obtained by downloading from the North District website ([www.sasanorth.org.uk](http://www.sasanorth.org.uk)), Swim Scotland website ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) or by contacting [meet.secretary@coastswimming.org.uk](mailto:meet.secretary@coastswimming.org.uk)

Please submit entry files by email to the same address and post summary sheet and entry fees to:

Sue Tootill  
31 Keirhill Gardens  
Westhill  
Aberdeenshire, AB32 6AZ

<b>Entry Fees</b>	<p>£7.00 PER INDIVIDUAL EVENT  £9 PER TEAM EVENT  Cheques should be made payable to C.O.A.S.T or BACS transfer to COAST account 801208 00581285 ref ENTRY/GP  Entries may have to be limited dependent upon numbers received.</p>
<b>Consideration Times</b>	<p>Consideration times are with the attached Programme of Events.  <u>Please note that accredited times are required.</u> Please submit a proof of time report with your entry file</p>
<b>Early Withdrawals</b>	<p>Withdrawals prior to the event may be sent by e-mail only to:  meet.secretary@coastswimming.org.uk to arrive by 5.00 pm at the latest on Thursday 13 Nov 2014.  NB: All details <b>must</b> be included on withdrawals - Name, Event No, Stroke, Distance  Telephone withdrawals will not be accepted</p>
<b>Marshalling</b>	<p>There will be marshalling for both heats and finals at this meet. Full details will be supplied with the Coaches Information.</p>
<b>Withdrawals from Heats at the Meet</b>	<p>Withdrawals from heats at the meet should be notified on the withdrawal form issued. The sheets should be handed in to the recorders table at least 1 hour prior to the start of the appropriate session.  A swimmer who withdraws from heats or finals outwith the times as specified on Meet Information shall pay a fine except in the case of genuine illness or proven emergency.</p>
<b>Reserves</b>	<p>Reserves for heats must marshal unless they have also withdrawn as above.</p>
<b>Qualifying for Finals</b>	<p>The fastest ten swimmers shall qualify for Open Finals. Two reserves shall be nominated.</p> <p>Events swum over 50m, 100m and 200m shall have B finals. In events with a B final the fastest ten swimmers who have not qualified for the Open Final shall qualify for the B final. For these events, there shall be no reserves for the Open Final; swimmers will be drawn from the B final in the event of withdrawals where time allows. Four reserves shall be nominated for the B final.</p>
<b>Withdrawals from Finals</b>	<p>Swimmers who wish to withdraw from a Final must inform the recorder and complete the withdrawal form no later than 30 minutes after Finalists lists have been published or announced. This will ensure that a reserve can be given the opportunity to compete and the final seeded accordingly. Withdrawals from finals or in the case of illness should be completed on the old style withdrawal forms available from the recorders.</p> <p>Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of proven illness or emergency) shall be suspended immediately from all further events at the Meet. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane; there will be no re-seeding.</p>
<b>Reserves</b>	<p>Reserves for Finals must marshal unless they have also withdrawn as above.</p>
<b>Accreditation</b>	<p>In the event that a qualifier for a B final is promoted to swim in the Open Final the space they vacate shall be filled by a reserve from the B final in turn.</p> <p>Free poolside passes will be issued to clubs for coaches and team managers. 2 passes will be issued for the first 10 swimmers and 1 more for each 10 swimmers attending the meet.</p> <p>All clubs are required to declare that the passes will be issued only to members of their club who are members of the PVG scheme. Please note that poolside passes do not entitle staff to meals. Meal tickets must be purchased separately.</p>
<b>Relay Awards</b>	<p>Medals will be awarded to top 3 relay teams in each event and to the top junior team where applicable. Other awards may be available, details to follow</p>

**Meet Specific Awards Spectators Grand Prix**

Details to follow

Admission to the spectator gallery will be free during the morning and afternoon heat sessions. There will be an admission charge for all spectators to the finals sessions. The Scottish Swimming Grand Prix Series 2014/2015 comprises three meets. The C.O.A.S.T Grand Prix 2014 is the first round of the Scottish Swimming Grand Prix 2014/2015 Series.

**Grand Prix Scoring and Prize Money**

The Grand Prix has 6 categories (3 male, 3 female) plus 2 overall winners (1 male, 1 female). Categories are as follows;

- Sprint – 50m and 100m events
- Middle Distance – 200m and 400m events
- Distance – 400m, 800/1500m events

Overall – Best male and female across each category.

FINA points tables will be used as the basis for deciding the ranking of swimmers at each meet of the series, according to each swimmer’s performances or best performances (if they are entered in more than one race at each distance).

Swimmers will be awarded FINA points scores for;

- Sprint – best 50m event plus best 100m event
- Middle Distance – best 200m event plus best 400m event
- Distance – two best events from 400m, 800m or 1500m events

Swimmers will score FINA points per event, and the top sixteen (16) swimmers will be allocated meet points for each of the respective Grand Prix meets. FINA points will only be ascribed to the swimmer’s last swim in the event. Where a swimmer makes a final, the FINA points score from the heats will be disregarded. If a swimmer is disqualified for a rule infringement from either heats or finals the swimmer will not score any FINA points for that event. If a swimmer withdraws from a final they will not score any FINA points for that event.

Swimmers will be ranked at each meet of the series according to their combined best points scored at that meet. Points will be awarded to the top sixteen (16) male and female swimmers. Each swimmer will be ranked once, with points awarded in each event as follows;

Meet Ranking	Points
1st	24
2nd	20
3rd	16
4th– 16th	13 to 1

Swimmers will score cumulative category points across all three Grand Prix meets and will be eligible to score in all categories at all meets. Swimmers will only be eligible for prize money in one category (that in which they are positioned highest, or in the event of equal positioning in more than one category, that in which they have scored the highest FINA points) after the third Grand Prix meet. To be eligible for a category award, swimmers must have competed in at least two of the three Grand Prix meets. In the event that a top three swimmer is ineligible for prize money in a category, the prize money will be awarded to the top three eligible swimmers.

The male and female category winners with the highest points scored, in their winning category only, shall be declared the overall winners. In the case of a tie, the swimmer with the best combined FINA point score in any one round will be declared the winner.

FINA points will be calculated using the most recently published FINA point tables, as released by Hy-tek into their Meet Manager system, at the date of each Meet.

### **Prize Money**

Total prize money fund - £5,000. Prize money will be awarded to both men and women in each category as follows:

<b>Overall Ranking</b>	<b>Prize</b>
<b>1st</b>	<b>£300</b>
<b>2nd</b>	<b>£200</b>
<b>3rd</b>	<b>£100</b>

The overall male and female winners will be awarded £700 in addition to their category prize, making the total pot for category and overall winner £1,000.

Any queries about the Grand Prix scoring / prize structure should be addressed to Scottish Swimming.

Information about the leaders after the first two rounds can be found on the Scottish Swimming website – [www.scottishswimming.com](http://www.scottishswimming.com)

### **Technical Officials**

All clubs/teams attending are requested to supply as many officials as possible to the Meet Officials Convenor, Nicola Smith, [nicolaandcraig0909@btinternet.com](mailto:nicolaandcraig0909@btinternet.com), two weeks prior to the start of the first day of the meet.

Please note that probationary Judges and Timekeepers wishing specific signatures, e.g. Chief timekeeper or stroke, should make this request to the Meet Officials Convenor when names are submitted.

For Trainee Judge 1, Judge 2 or Judge 2S, please see the Officials Sheet.

Any queries or changes to Technical Officials after the closing date should be directed to the Meet Officials Convenor, Nicola Smith, [nicolaandcraig0909@btinternet.com](mailto:nicolaandcraig0909@btinternet.com)

Expenses may be awarded to visiting Technical Officials in accordance with Scottish Swimming Guidelines

### **Notes**

1. All swimmers entered must have paid their SASA membership fee for the current year or be a member of their own National Federation. 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.
2. All participants should adhere to the Scottish Swimming Code of Ethics, and relevant codes of conduct.
3. The use of mobile phones is not permitted in the pool hall or the changing village.
4. Due to lack of space poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time. Seating areas may 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.** Bin liners for plastic bottles/recyclable items and for general waste will be distributed around the pool - please use them. **Glass bottles or containers are not permitted in the pool hall – this includes the spectator areas.**
5. Warm-up Supervisors are appointed at this meet to ensure safe conduct during the warm-up and that swimmers enter and exit the warm up at the allotted times. Swimmers must not enter the pool until their warm-up start is announced and must follow any instruction of the Warm-up Supervisors. Swimmers must leave the pool when the end of their warm up is announced. No diving into the pool during warm-up except in the designated lanes during the one-way sprints.
6. As the public will be using the leisure pool during the competition sessions, vuvuzelas are not permitted at this meet. Air horns are not permitted.
7. Participating clubs will receive one copy of start sheets for each session.
8. Different persons have authority and overall responsibility for the running of the meet at different stages.

A list will be issued prior to the competition detailing whom you should approach with any queries, concerns or complaints during the various stages of the meet.

### **Photography**

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

### **Meet Convenor**

Keith Thomson, [coast.gala.convenor@gmail.com](mailto:coast.gala.convenor@gmail.com)

## GRAND PRIX – 14 / 16 November 2014 – ABERDEEN AQUATICS CENTRE

<b><u>PROGRAMME OF EVENTS</u></b>	<b>Saturday 15 Nov - Session 2</b> <b>Warm up 8.00am Start 9.05am End 11.55am</b>	<b>Sunday 16 Nov - Session 5</b> <b>Warm up 8.00am Start 9.05am End 11.55am</b>
<p><b>HEATS</b></p> <p><b>TIMED FINALS</b></p> <p><b>FINALS</b></p> <ul style="list-style-type: none"> <li>Fastest 4 heats of all 100, 200 and 400m events swum in the morning sessions (won't be changed to more or less)</li> <li>Slower heats of all 100, 200 and 400m events swum in the afternoon sessions</li> <li>Timed finals swum alternating women and men such that fastest heats of each are swum last</li> <li>'A' and 'B' finals for all 50, 100 and 200m events</li> <li>Finals for 400m events</li> </ul>	Event 201 Women 200m Individual Medley Event 202 Men 200m Freestyle Event 203 Women 200m Breaststroke Event 204 Men 100m Butterfly Event 205 Women 400m Freestyle Event 206 Men 400m Individual Medley Event 207 Women 50m Breaststroke Event 208 Men 50m Freestyle Event 209 Women 100m Backstroke Event 210 Men 200m Backstroke Event 211 Women 200m Butterfly Event 212 Men 100m Breaststroke Event 213 Women 100m Freestyle	Event 301 Men 200m Individual Medley Event 302 Women 200m Freestyle Event 303 Men 200m Breaststroke Event 304 Women 100m Butterfly Event 305 Men 400m Freestyle Event 306 Women 400m Individual Medley Event 307 Men 50m Breaststroke Event 308 Women 50m Freestyle Event 309 Men 100m Backstroke Event 310 Women 200m Backstroke Event 311 Men 200m Butterfly Event 312 Women 100m Breaststroke Event 313 Men 100m Freestyle
	<b>Saturday 15 Nov - Session 3</b> <b>Warm up 12.05 pm Start 1.20pm End 3.40pm</b>	<b>Sunday 16 Nov - Session 6</b> <b>Warm up 12.05 pm Start 1.10pm End 3.40pm</b>
	Slower heats of events 201-206 and 209-213	Slower heats of events 301-306 and 309-313
<b>Friday 14 Nov - Session 1</b> <b>Warm up 4.00pm Start 5.05pm End 7.30pm</b>	<b>Saturday 15 Nov - Session 4</b> <b>Warm up 4.10pm Start 5.15pm End 7.30pm</b>	<b>Sunday 16 Nov - Session 7</b> <b>Warm up 4.10pm Start 5.15pm End 7.30pm</b>
Event 101 Women 50m Backstroke Event 102 Men 50 Butterfly Event 103 Women 50m Butterfly Event 104 Men 50m Backstroke Event 105 Women 800m Freestyle Event 106 Men 1500m Freestyle Event 101 Women 50m Backstroke x 2 Event 102 Men 50 Butterfly x 2 Event 103 Women 50m Butterfly x 2 Event 104 Men 50m Backstroke x 2  L1/445/ND/NOV14	Event 201 Women x 2 200m IM Event 202 Men x 2 200m Freestyle Event 203 Women x 2 200m Breaststroke Event 204 Men x 2 100m Butterfly Event 205 Women 400m Freestyle Event 206 Men 400m IM Event 207 Women x 2 50m Breaststroke Event 208 Men x 2 50m Freestyle Event 209 Women x 2 100m Backstroke Event 210 Men x 2 200m Backstroke Event 211 Women x 2 200m Butterfly Event 212 Men x 2 100m Breaststroke Event 213 Women x 2 100m Freestyle Event 214 Mixed Medley Relay	Event 301 Men x 2 200m IM Event 302 Women x 2 200m Freestyle Event 303 Men x 2 200m Breaststroke Event 304 Women x 2 100m Butterfly Event 305 Men 400m Freestyle Event 306 Women 400m IM Event 307 Men x 2 50m Breaststroke Event 308 Women x 2 50m Freestyle Event 309 Men x 2 100m Backstroke Event 310 Women x 2 200m Backstroke Event 311 Men x 2 200m Butterfly Event 312 Women x 2 100m Breaststroke Event 313 Men x 2 100m Freestyle Event 314 Mixed Freestyle Relay

# *City of Aberdeen Swim Team*

## **COAST GRAND PRIX 14/16 NOV 2014 – ABERDEEN AQUATICS CENTRE**

### **CONSIDERATION TIMES**

**Please note accredited times are required for this Grand Prix.**

These times must have been achieved since 16 Nov 2013.

**Clubs are requested to submit a proof of times report.** Failure to do so may result in a request to provide evidence of times. Should you receive such a request you will also be advised of the deadline for verification. Where no satisfactory proof can be provided the competitor shall withdraw, forfeit their entry fee, and will be excluded from the meet.

**Times must be faster than or equal to the following -**

<b>MALE</b>		<b>EVENT</b>	<b>FEMALE</b>	
<b>Junior*</b>	<b>Open</b>		<b>Open</b>	<b>Junior*</b>
	00:26.40	50 FREE	00:29.47	
01:00.80	00:55.30	100 FREE	01:02.20	01:07.30
02:24.60	02:02.40	200 FREE	02:15.60	02:31.20
05:08.20	04:23.40	400 FREE	04:42.90	05:17.20
		800 FREE	09:51.40	10:10.00
18:45.00	18:06.00	1500 FREE		
	00:32.10	50 BACK	00:34.70	
01:11.00	01:07.10	100 BACK	01:11.60	01:17.60
02:40.30	02:23.10	200 BACK	02:34.20	02:46.80
	00:29.00	50 FLY	00:32.80	
01:10.20	01:03.10	100 FLY	01:11.80	01:18.70
02:46.62	02:30.62	200 FLY	02:41.70	2:57.10
	00:35.80	50 BREAST	00:39.40	
01:23.80	01:14.80	100 BREAST	01:22.50	01:33.00
03:00.10	02:46.60	200 BREAST	02:58.10	03:10.40
02:41.00	02:19.30	200 IM	02:31.60	
05:40.80	05:09.10	400 IM	05:25.80	05:58.40

**Notes:** There will be Open and B Finals for 50, 100 and 200 events.

There will be an Open Final for 400 events.

800 and 1500 Freestyle events will be swum as timed finals.

\*Junior is Scottish Swimming definition ie under 17 years of age by 31 December 2014. Junior consideration times are a means of enabling younger swimmers to enter the meet – all events will be swum as Open events.



# City of Aberdeen Swim Team

## GRAND PRIX – 14/16 NOV 2014 – ABERDEEN AQUATICS CENTRE

### SUMMARY SHEET

Club Name/Abbr \_\_\_\_\_

Match Secretary \_\_\_\_\_

Address \_\_\_\_\_

Tel. No \_\_\_\_\_

E-mail address \_\_\_\_\_

..... Individual Age Group Male Entries	@£7.00	£	.....
..... Individual Age Group Female Entries	@£7.00	£	.....
..... Team Entries	@£9.00	£	.....
..... Coaches' Meal Pass	@£24.00	£	.....

(Day meal passes may be arranged by individual request @ £12 per day – please specify day)

TOTAL £ .....

**CLOSING DATE FOR ENTRIES IS 5.00 PM on 17 OCT 2014**

**PAPERWORK AND PAYMENT MUST BE RECEIVED WITHIN 3 WORKING DAYS OF THIS DATE ie WEDNESDAY 22 OCT  
CHEQUES SHOULD BE MADE PAYABLE TO:  
C.O.A.S.T**

**Have you enclosed or sent: Cheque  
Hy-tek Team Manager Entry File  
Summary Sheet**

### Declaration

I confirm that all swimmers entered in this meet must have paid their current SASA membership fee.  
I confirm that all coaches passes will only be issued to individuals from our club that are known to have current enhanced disclosures and/or PVG .

Signed ..... Position in Club ..... Date .....

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

