

*Inverkeithing Competitive
Amateur Swimmers*



***InCAS
Sprints Meet
2014***

***27th September 2014
Carnegie Leisure Centre
Pilmuir Street
Dunfermline***

Licence No. ED/L2/708/1013

Gala Convenor: John Kirby E-mail: johnenkirby@tiscali.co.uk Tel No. 07453-562503

www.incas-sc.org.uk

InCAS Sprints Meet General Meet Information

- 1. The meet shall be held under the SASA Rules.*
- 2. Accreditation has been applied for under Licence No: ED/L2/708/1013*
- 3. InCAS Sprints Meet held at Carnegie Leisure Centre on Saturday 27th September '14*
- 4. Competition pool - 6 Lane, 25m pool with anti-turbulence lane ropes with full electronic timing.*
- 5. Age on day of Gala (27th September 2014).*
- 6. Age Groups: 8/10yrs – 11/12yrs – 13/14yrs*
- 7. 2 sessions - warm-ups 09:00hrs and 13:30hrs, start 10:00hrs & 14:30hrs, finish 13:00hrs & 17:30hrs*
- 8. Events: 50m BF, BK, BS, FR, 100 IM & 4x 50m Medley Relay (all HDW), events run by age group.*
- 9. Entries will not be accepted without a SASA Registration No. or equivalent.*
- 10. Presentations will take place at the end of session 1 & session 2*
- 11. Awards will be made to 1st, 2nd and 3rd places in each event, and in each age group. There will also be presentations to the top boy and girl in each age group, presented at the end of session 2.*
- 12. The meet will be fully computerised and no time cards will be used. Start sheets will be circulated as soon as possible after withdrawals have closed.*
- 13. Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.*
- 14. Marshalling will ensure that swimmers go to the correct heats and lanes.*
- 15. Results will be published poolside and will be available as soon as practical after each event.*
- 16. Refunds will be processed during Session 2 but failing that then in the week following the Gala.*

Photographic Equipment Notice

Due to warnings issued by the SASA we are obliged to inform you that the use of photographic equipment (cameras, camcorders, mobile phones incorporating cameras, etc.) will be restricted as follows:

- No photographic equipment will be allowed either on poolside or the viewing gallery or any other area under the jurisdiction of the organising club without the written prior approval of that club.*
- Application to use the above named equipment can be made on the day to the organising clubs' nominated official. Any person wishing to do this must be able to provide identification, and evidence that they have swimmer(s) competing in the gala.*
- Application must be made on the official SASA form.*

NO FLASH PHOTOGRAPHY DURING STARTS

Event Listing

Age Groups: 8/10yrs – 11/12yrs – 13/14yrs
 2 Sessions – Warm-ups at 9.00 Hrs and 13.30 Hrs each day
 S1 & 2 – Saturday 27th September '14
 (Age on 27th September 2014)

Entry Fees

£4.50 per 50m BF, BK, BS and FR

£5.00 for 100 IM

£8.00 per 4x 50m Medley Relay

Coaches Pass £8.00 per day (includes programme, start sheets, meals & refreshments)

Cheques should be made payable to InCAS

Entry fees should be received within 3 days of the closing date

Event File Request – send an E-mail to John Bruce at john.bruce@swimscotland.org.uk quoting your Club, Name, Address & Tel No.

All entries should be submitted by E-mail and cheques / paperwork posted to:

John Bruce

50 Station Road

Roslin, EH25 9LR

Closing date for entries is noon on Tuesday 26th August '14

It is the responsibility of all club entry secretaries to ensure that all entry times and dates of birth are correct. A draft programme will be made available to all club entry secretaries as soon as possible after the closing date at which time corrections other than to entry times already made will be accepted. There will be no refunds for withdrawals after the draft programme is published.

Session 1 – Warm up 09:00hrs; Start 10:00hrs				Session 2 – Warm up 13:30hrs; Start 14:30hrs			
101	Girls	8 – 10yrs	50m Freestyle	201	Girls	8 – 10yrs	100m IM
102	Boys	8 – 10yrs	50m Freestyle	202	Boys	8 – 10yrs	100m IM
103	Girls	11 – 12yrs	50m Butterfly	203	Girls	11 – 12yrs	50m Freestyle
104	Boys	11 – 12yrs	50m Butterfly	204	Boys	11 – 12yrs	50m Freestyle
105	Girls	13 – 14yrs	50m Backstroke	205	Girls	13 – 14yrs	50m Butterfly
106	Boys	13 – 14yrs	50m Backstroke	206	Boys	13 – 14yrs	50m Butterfly
107	Girls	8 – 10yrs	50m Breaststroke	207	Girls	8 – 10yrs	50m Backstroke
108	Boys	8 – 10yrs	50m Breaststroke	208	Boys	8 – 10yrs	50m Backstroke
109	Girls	11 – 12yrs	100m IM	209	Girls	11 – 12yrs	50m Breaststroke
110	Boys	11 – 12yrs	100m IM	210	Boys	11 – 12yrs	50m Breaststroke
111	Girls	13 – 14yrs	50m Freestyle	211	Girls	13 – 14yrs	100m IM
112	Boys	13 – 14yrs	50m Freestyle	212	Boys	13 – 14yrs	100m IM
113	Girls	8 – 10yrs	50m Butterfly	213	Girls	8 – 10yrs	4x 50m Medley Relay
114	Boys	8 – 10yrs	50m Butterfly	214	Boys	8 – 10yrs	4x 50m Medley Relay
115	Girls	11 – 12yrs	50m Backstroke	215	Girls	11 – 12yrs	4x 50m Medley Relay
116	Boys	11 – 12yrs	50m Backstroke	216	Boys	11 – 12yrs	4x 50m Medley Relay
117	Girls	13 – 14yrs	50m Breaststroke	217	Girls	13 – 14yrs	4x 50m Medley Relay
118	Boys	13 – 14yrs	50m Breaststroke	218	Boys	13 – 14yrs	4x 50m Medley Relay

SUMMARY SHEET

**** This form must be completed and returned to the Entry Secretary ****

Club _____

Contact Name _____

Address _____

Postcode _____ Tel No. _____

E-mail address _____

Important for urgent distribution of information and updates pertaining to meet

Total 50m Entries @ £4.50 = £ _____

Total 100m IM Entries @ £5.00 = £ _____

Total 4x 50m Medley Relay Entries @ £8.00 = £ _____

Total Coaches Pass (Saturday) @ £8.00 = £ _____

Total cheque enclosed £ _____

Please make cheque payable to InCAS

Form to returned to:

John Bruce
50 Station Road
Roslin
EH25 9LR

E-mail Address: john.bruce@swimscotland.org.uk

TO BE RETURNED BY NOON Tuesday 26th August 2014



To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are obliged to provide 1-2 officials per club, ideally one timekeeper and one judge per session. Please complete the enclosed officials form nominating 1-2 officials and return to the Entry Secretary, John Bruce by Tuesday 26th August 2014.

Club	
Club Contact	
Tel No.	
E-mail Address	

OFFICIALS SHEET (SATURDAY)

Name	STO Duty	S1	S2

Please return this form completed and send to John Bruce by Tuesday 26th August 2014

In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the Entry Secretary with entries.

I confirm that all the entered swimmers have paid their current S.A.S.A. Registration fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a Registration Number (Scottish Clubs) or not affiliated to there governing body (non-Scottish Clubs) will automatically be 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 guidelines.

I hereby confirm all swimmers have agreed to submit to drug testing if selected to do so.

Signed:

Name (print)

Position in Club:

Name of Club:

