



Stirling Swimming

(Affiliated to SASA)



present their

2014 Autumn Swim Meet

(Under FINA Rules & Scottish Swimming Regulations)

SASA Meet License – WD/L2/957/0914

On

Saturday 20 & Sunday 21 - September 2014

at

**The Peak,
Stirling Sports Village**

Closing Date - 12 Noon Wednesday 10 September 2014



Stirling Swimming - Junior Autumn Meet
Meet Information

Dates Saturday 20 and Sunday 21 September 2014.

Venue The Peak, Stirling Sports Village
Forthside Way,
Stirling.
FK8 1QZ
(telephone 01786 273555)

Pool 6 lane, 25 metre pool, anti-turbulent lane ropes and electronic timing.

Swim-Down A Swim down pool will be available during the meet.

Meet Status Scottish Swimming, LA2 License **WD/L2/957/0914** granted.
Accreditation of results will be applied for after the meet.
All swimmers must be registered with their governing body.

<u>Session Times</u>	Session 1 -	Saturday 19 January 2013	Warm up 9.00 am.	Start 10.00 am.
	Session 2 -	Saturday 19 January 2013	Warm up 1.30 pm.	Start 2.30 pm.
	Session 3 -	Sunday 20 January 2013	Warm up 9.00 am.	Start 10.00 am.
	Session 4 -	Sunday 20 January 2013	Warm up 1.30 pm.	Start 2.30 pm.

Sessions, including presentations, will be limited to 3 hours.

<u>Warm Ups</u> (Both days)	Warm up 1	Girls – all ages	9.00 am - 9.25 am & 1.30 pm - 1.55 pm
	Warm up 2	Boys – all ages	9.30 am - 9.55 am & 2.00 pm - 2.25 pm

Swim Downs The small pool **will be available** for swim downs - if it misused it will be withdrawn.
It is the responsibility of Coaches and Team managers to supervise their own swimmers.

Age Groups Ages as at **21 September 2014 (last day of competition)**
10 years, 11 - 12 years, 13 years, 14 years, and 15 years and over

Events

All age groups

200m Backstroke, Breaststroke, Butterfly & Freestyle
200m Individual Medley
400m Freestyle
50m Backstroke, Breaststroke, Butterfly & Freestyle

Heats/Finals

All events HDW

Fees

£5.00 per event

There will be **no refund** of fees for times outwith consideration time
All cheques should be made payable to Stirling Swimming.

No entries will be accepted without the correct fees paid on time (see below) or with the Entry Files incorrectly completed.

Coach's Pass

Coach's Passes at a cost of £12 are available to cover lunch for both days.
There are café facilities available at the Sports Village.

Entry Files-

Request for entry files should be made by email to Jim Smith at smudger1297@live.co.uk at **least one week in advance** of the closing date.

Event Files will be produced using Hy-Tek Meet management System and will be sent by email.
Please provide the following details - Name, Club, Phone contact and e-mail address.

Entries-

Entries will be by computer files.
Only official files are acceptable.

The entries file should be emailed to Jim Smith at smudger1297@live.co.uk

Hy-Tek's "Team Manager" or "Team Manager Lite" is needed in order to complete entries
"Team Manager Lite" can be downloaded free of charge by going to www.hy-tek ltd.com

Entry Fees

The appropriate entry fees and summary sheet must be sent to arrive **within 5 days of the Closing Date – i.e. by Monday 15 September 2014.**

They should be sent to

Jim Smith (Meet Entry Secretary)
7 Peterswell Brae
Bannockburn
Stirling
FK7 8JE

telephone 01786 815033 (home)
07554 017628 (mobile)

email smudger1297@live.co.uk

- Awards** Awards will be presented to the top three in all events.
- Withdrawals** Any withdrawals must be notified to the recorders on the appropriate forms not later than 45 minutes before the session starts (9.15 am for morning and 1.45pm for afternoon).
- Marshalling** Swimmers must marshal for their events 3 heats prior to their race 10 minutes before 1st event. The **Marshalling area** is at the fire exit opposite the balcony between the small and main pools. Any swimmers who does not marshal will be deemed to have withdrawn. Reserves, who have marshalled, will be allocated the place of swimmers who have not marshalled for heats.
- Presentations** Swimmers should report for presentations to the marshalling area at the window side of the pool (see marshalling above), in time for presentations in line with the presentation schedule. Presentations may be made during events to reduce session times.
- Starts** “Over the Top Starts” will be used in all heats apart from backstroke events.
- Diving** Please ensure that only swimmers who are competent to dive are allowed to dive. No diving is allowed at the shallow end of the main pool. During warm ups, diving is only allowed from the deep end of the pool in sprint lanes designated as being “dive starts” and not “in the water” start lanes.
- First Aid** The pool staff are providing qualified First Aid cover.
- Fire Alarms** In the case of fire alarms being activated please comply with the pool staff’s instructions.
- Lockers** A locker system operates in the changing rooms and swimmers are advised to use them. Please do not leave clothes in the changing areas or in unlocked lockers. The changing rooms are not supervised and are open to members of the public as well those competing in the event.
- Officials** As we are applying for accreditation we will be require the minimum number of Judges for each session. We would ask that all clubs participating should provide at least 2 officials per session.
- Photography** The Scottish Swimming policy on the use of photographic equipment (cameras, camcorders, mobile phones, etc.) will be applied at this meet. Application forms for approval to use photographic equipment can be obtained from the entrance desk at the top of the spectator’s balcony. Unauthorised use of photographic equipment is not permitted.

Stirling Swimming - Autumn Swim Meet

Saturday 20 & Sunday 21 September 2014

Programme of events

(N.B. Ages as at 22 September 2013 last day of competition).

Saturday 20 September 2014

10 years, 11/12 years

Session 1 – 9.00 am Warm Up for 10.00 am Start

101 Girls 200m Ind/Medley
102 Boys 200m Backstroke
103 Girls 200m Free
104 Boys 200m Fly

Presentation of events 102&104

105 Girls 200m Breaststroke

Presentations of events 101, 103, 105

106 Boys 400m Free
107 Girls 50m Backstroke
108 Boys 50m Breaststroke
109 Girls 50m Butterfly
110 Boys 50m Freestyle

Presentations of events 106-110

Session 2 - 1.30pm Warm up for 2.30pm start

201 Boys 200m Ind Medley
202 Girls 200m Backstroke
203 Boys 200m Freestyle
204 Girls 200m Fly

Presentation of events 202&204

205 Boys 200m Breaststroke

Presentations of events 201, 203, 205

206 Girls 400m Freestyle
207 Boys 50m Backstroke
208 Girls 50m Breaststroke
209 Boys 50m Fly
210 Girls 50m Free

Presentations of events 206-210

Sunday 21 September 2014

13/14 years, 15 years and over

Session 3 – 9.00 am Warm Up for 10.00 am Start

301 Girls 200m Ind/Medley
302 Boys 200m Backstroke
303 Girls 200m Free
304 Boys 200m Fly

Presentation of events 302 & 304

305 Girls 200m Breaststroke

Presentations of events 301, 303, 305

306 Boys 400m Free
307 Girls 50m Backstroke
308 Boys 50m Breaststroke
309 Girls 50m Butterfly
310 Boys 50m Freestyle

Presentations of events 306-310

Session 4 - 1.30 pm Warm Up for 2.30 pm Start

401 Boys 200m Ind Medley
402 Girls 200m Backstroke
403 Boys 200m Freestyle
404 Girls 200m Fly

Presentation of events 402&404

405 Boys 200m Breaststroke

Presentations of events 401, 403, 405

406 Girls 400m Freestyle
407 Boys 50m Backstroke
408 Girls 50m Breaststroke
409 Boys 50m Fly
410 Girls 50m Free

Presentations of events 406-410

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Saturday 20 & Sunday 21 September 2014

Consideration Times.

Swimmers entry times must be equal to or slower than the Consideration Times

N.B. Ages as at 21 September 2014 last & only day of competition.

Entry Times **200m & 400m Events**

Entry times should be either actual or converted short course times.

They must not be faster than the short course times set out in the table below.

These times are based on the 2014 District Regional Programme selection times for the oldest age in the event.

Boys		Event	Girls	
10-12	13-14		10-12	13-14
02:35.90	02:15.30	200 Free	02:41.40	02:22.30
02:50.00	02:27.70	200 Fly	02:55.80	02:35.20
02:52.80	02:30.10	200 Back	02:58.10	02:37.20
03:11.10	02:45.80	200 Breast	03:20.30	02:56.60
02:54.70	02:31.70	200 IM	03:01.90	02:40.40
05:32.00	04:48.50	400 Free	05:39.70	04:59.00

50m Events There are no entry times for the 50m events, however, swimmers can only enter the 50m events if they are entering one or more of the 200m or 400m events.

15 years and over – No prescribed entry times

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The Peak, Stirling Sports Village

<h2>Summary Sheet</h2>

** This form must be completed and returned with the payment. **
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Club Name	
Contact	
Address	
Post Code	
Home Tel no	
Mobile Tel no	
e-mail	(important for distribution of information and updates pertaining to the meet)

.....	Male Entries	@ £5.00	£.....
.....	Female Entries	@ £5.00	£.....
.....	Coach's passes (for lunch both days)	@ £12.00	£.....
	Total cheque enclosed		<u>£.....</u>

Please make cheques payable to **Stirling Swimming**

Form to be returned to Meet Entry Secretary	
Jim Smith (Meet Entry Secretary) 7 Peterswell Brae Bannockburn Stirling FK7 8JE	
Tel	01786 815033 07554017628
e-mail	smudger1297@live.co.uk