

CUMBERNAULD Swimming Club



**TRYST SPORTS CENTRE
CUMBERNAULD
29/30 November 2014**

**Held under licence from SASA WEST DISTRICT
Licence Number WD/L2/923/1114**



CUMBERNAULD SWIMMING CLUB



invite entries to their Winter Open Meet 2014

General Meet Information

- Date: Saturday 29th – Sunday 30th November 2014
- Venue: Tryst Sports Centre, Cumbernauld
- Pool: 6 Lane 25 metre; swim down pool; full electronic timing with 6 lane alphanumeric scoreboard; anti-wave lane ropes; spectator area; cafeteria.
- Timings: Warm Up 09.00 and 13.30 each day
Start 10.00 and 14.30 each day
- Ages: As on last day of meet (30/11/14)
- Age Groups: Sat : 9/10yrs 11yrs, 12yrs
Sun: 13yrs, 14yrs, & 15yrs/Ov
- Events: 50 Free/Fly, 100 Fly & 200 Breast, Back & IM All Age Groups
6x50m Freestyle Cannon Relay both days

50m. Events Heats and Finals All Other Events HDW

- Entry Fees: £5.50 per individual event / £11 per relay entry
- Coaches Passes: £6 per day (Inc. Programme, Results and Meal)
- Awards: All Ages – Medals:- First 3 places only
Top Boy & Top Girl each day
- Officials: Clubs are invited to supply Technical Officials to assist with the smooth running of the meet.
- Closing Date for Entries: **Midday Saturday 1st November 2014**

All entries should be submitted using relevant electronic file on disk or e-mail to:

Ronnie Girvan
14 Ronaldsay Place
Ravenswood, Cumbernauld
G67 1NP
Tel: 01236 612269
E-mail: rgsw12257@blueyonder.co.uk

Open Meet – Specific Information

Meet Rules

- Swimmers may only enter their own age group.
- No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements
- All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.
- All swimmers of non-Scottish clubs must have or have applied for registration with their governing body.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current/planned legislation. There will be **NO** diving at the shallow end of the pool.
- No photographic or video equipment (inc videophones) will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved SASA form.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Entries & Start Lists

- All entries must be made on the relevant electronic files and submitted on disk or by e-mail to the address overleaf. Entry Files can be requested by returning the enclosed form or via e-mail.
- No Late entries will be accepted
- Start Lists will be prepared in advance of the meet. Any advanced withdrawals to be made to the Meet Entry Secretary by **12 midday on Saturday 22nd November 2014**
- On the Day Withdrawals must be made to the Electronics suite no later than 30 minutes prior to the start of each session on the event withdrawal form.
- The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure that entry times are accurate. Rejected entries will be refunded in full. Rejected Entries will be notified by e-mail as soon as possible after the closing date

Events

- All 100m, 200m & Relay Events will be Heat Declared Winner and all 50m Events will be Heats and Finals.
- Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.
- Any amendments to published Start Lists (inc Reserve swims) will be announced prior to the start of each session
- Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

Warm-up and Session Times

- The warm-up will commence only when announced by the warm-up controller.
- There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.
- Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.
- Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

Miscellaneous

- Accreditation has been sought via West District Licence.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.
- Cumbernauld Swimming Club, Tryst Sports Centre and North Lanarkshire Leisure Ltd take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.
- Swimmers out-with the pool area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on poolside.
- Anything not covered above and not printed in the meet programme will be at the promoters' discretion.
- Cumbernauld Swimming Club reserve the right to vary the above conditions as required.



CUMBERNAULD SWIMMING CLUB



Order of Events

SATURDAY SESSION 1

Warm up: 9.00 am.

Start: 10.00 am.

101	Boys	9-10 years	200m. Back	HDW
102	Girls	9-10 years	200m. Back	HDW
103	Boys	11 years	100m. Fly	HDW
104	Girls	11 years	100m. Fly	HDW
105	Boys	12 years	200m. Ind. Med.	HDW
106	Girls	12 years	200m. Ind. Med.	HDW
107	Boys	9-10 years	200m. Breast	HDW
108	Girls	9-10 years	200m. Breast	HDW
109	Boys	11 years	200m. Back	HDW
110	Girls	11 years	200m. Back	HDW
111	Boys	12 years	200m. Breast	HDW
112	Girls	12 years	200m. Breast	HDW
113	Boys	9-10 years	50m. Fly	Heats
114	Girls	9-10 years	50m. Fly	Heats
115	Boys	11 years	50m. Fly	Heats
116	Girls	11 years	50m. Fly	Heats
117	Boys	12 years	50m. Fly	Heats
118	Girls	12 years	50m. Fly	Heats

Presentation of HDW Events 101 – 112

Final of Event 113	Girls	9-10 years	50m. Fly
Final of Event 114	Boys	9-10 years	50m. Fly
Final of Event 115	Girls	11 years	50m. Fly
Final of Event 116	Boys	11 years	50m. Fly
Final of Event 117	Boys	12 years	50m. Fly
Final of Event 118	Girls	12 years	50m. Fly

Presentations of Final Events 113 – 118

SATURDAY SESSION 2

Warm up: 1.30 pm.

Start: 2.30 pm.

201	Girls	9-10 years	100m. Fly	HDW
202	Boys	9-10 years	100m. Fly	HDW
203	Girls	11 years	200m. Ind. Med.	HDW
204	Boys	11 years	200m. Ind. Med.	HDW
205	Girls	12 years	200m. Back	HDW
206	Boys	12 years	200m. Back	HDW
207	Girls	9-10 years	200m. Ind. Med	HDW
208	Boys	9-10 years	200m. Ind. Med	HDW
209	Girls	11 years	200m. Breast	HDW
210	Boys	11 years	200m. Breast	HDW
211	Girls	12 years	100m. Fly	HDW
212	Boys	12 years	100m. Fly	HDW
213	Girls	9-10 years	50m. Free	Heats
214	Boys	9-10 years	50m. Free	Heats
215	Girls	11 years	50m. Free	Heats
216	Boys	11 years	50m. Free	Heats
217	Girls	12 years	50m. Free	Heats
218	Boys	12 years	50m. Free	Heats

Presentations of HDW Events 201- 212

Final of Event 213	Girls	9-10 years	50m. Free
Final of Event 214	Boys	9-10 years	50m. Free
Final of Event 215	Girls	11 years	50m. Free
Final of Event 216	Boys	11 years	50m. Free
Final of Event 217	Boys	12 years	50m. Free
Final of Event 218	Girls	12 years	50m. Free

219 | 1 Boy & 1 Girl Each Age Group | 6 x 50m Freestyle Relay

Presentations of Final Events 213 – 219

SUNDAY SESSION 3

Warm up: 9.00 am.

Start: 10.00 am.

301	Girls	13 years	200m. Back	HDW
302	Boys	13 years	200m. Back	HDW
303	Girls	14 years	100m. Fly	HDW
304	Boys	14 years	100m. Fly	HDW
305	Girls	15 years/Ov	200m. Ind. Med.	HDW
306	Boys	15 years/Ov	200m. Ind. Med.	HDW
307	Girls	13 years	200m. Breast	HDW
308	Boys	13 years	200m. Breast	HDW
309	Girls	14 years	200m. Back	HDW
310	Boys	14 years	200m. Back	HDW
311	Girls	15 years/Ov	200m. Breast	HDW
312	Boys	15 years/Ov	200m. Breast	HDW
313	Girls	13 years	50m. Fly	Heats
314	Boys	13 years	50m. Fly	Heats
315	Girls	14 years	50m. Fly	Heats
316	Boys	14 years	50m. Fly	Heats
317	Girls	15 years/Ov	50m. Fly	Heats
318	Boys	15 years/Ov	50m. Fly	Heats

Presentation of HDW Events 301 – 312

Final of Event 313	Girls	13 years	50m. Fly
Final of Event 314	Boys	13 years	50m. Fly
Final of Event 315	Girls	14 years	50m. Fly
Final of Event 316	Boys	14 years	50m. Fly
Final of Event 317	Girls	15 years/Ov	50m. Fly
Final of Event 318	Boys	15 years/Ov	50m. Fly

Presentations of Final Events 313 – 318

SUNDAY SESSION 4

Warm up: 1.30 pm.

Start: 2.30 pm.

401	Boys	13 years	100m. Fly	HDW
402	Girls	13 years	100m. Fly	HDW
403	Boys	14 years	200m. Ind. Med.	HDW
404	Girls	14 years	200m. Ind. Med.	HDW
405	Boys	15 years/Ov	200m. Back	HDW
406	Girls	15 years/Ov	200m. Back	HDW
407	Boys	13 years	200m. Ind. Med	HDW
408	Girls	13 years	200m. Ind. Med	HDW
409	Boys	14 years	200m. Breast	HDW
410	Girls	14 years	200m. Breast	HDW
411	Boys	15 years/Ov	100m. Fly	HDW
412	Girls	15 years/Ov	100m. Fly	HDW
413	Boys	13 years	50m. Free	Heats
414	Girls	13 years	50m. Free	Heats
415	Boys	14 years	50m. Free	Heats
416	Girls	14 years	50m. Free	Heats
417	Boys	15 years/Ov	50m. Free	Heats
418	Girls	15 years/Ov	50m. Free	Heats

Presentations of HDW Events 401- 412

Final of Event 413	Boys	13 years	50m. Free
Final of Event 414	Girls	13 years	50m. Free
Final of Event 415	Boys	14 years	50m. Free
Final of Event 416	Girls	14 years	50m. Free
Final of Event 417	Boys	15 years/Ov	50m. Free
Final of Event 418	Girls	15 years/Ov	50m. Free

419 | 1 Boy & 1 Girl Each Age Group | 6 x 50m Freestyle Relay

Presentations of Final Events 413 – 419

Health and Safety Announcement

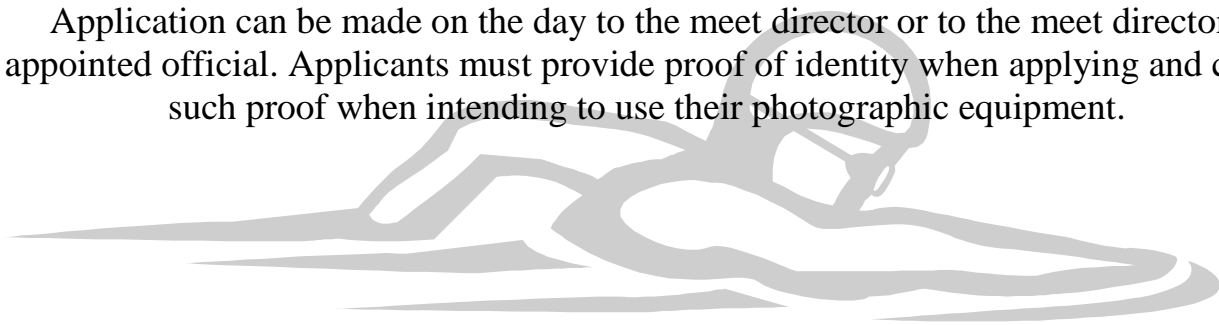
Controlling the Use of Photographic Equipment

The S.A.S.A has a strict child protection policy, brought about by concerns over paedophile activity. This policy has been adopted by each member club and requires that meet organisers strictly control the use of photographic and video equipment. Therefore the use of such equipment shall be subject to the following guidelines:

No photographic equipment (e.g., camera, camcorder, cameraphones etc,) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.

Application to use photographic equipment must be made on the approved S.A.S.A. form which is available on request.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.





CUMBERNAULD SWIMMING CLUB



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

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

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically 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/planned legislation.

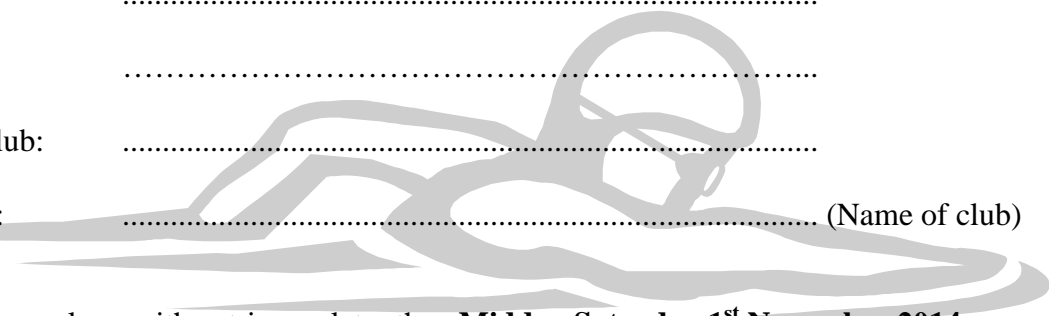
I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed:

Print Name:

Position in club:

On behalf of: (Name of club)



Return this form along with entries no later than **Midday Saturday 1st November 2014** to:

Ronnie Girvan
14 Ronaldsay Place
Ravenswood
Cumbernauld
Glasgow
G67 1NP

Tel: 01236 612269



CUMBERNAULD SWIMMING CLUB



Summary Entry Form

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

Club Name: Contact Name:

Club Code: Address:

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Telephone:

Fax:

E-Mail

Total Male Entries @ £5.50 each: £.....

Total Female Entries @ £5.50 each: £.....

Relay Entries @ £11 each: £.....

Number of Coaches Passes @ £6 each day: Sat

Sun £.....

Total Amount Enclosed: £.....

Signed:

Position in club:

Please make cheques payable to: **Cumbernauld Swimming Club**

Return this form along with entries no later than **Midday Saturday 1st November 2014** to:

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14 Ronaldsay Place
Ravenswood
Cumbernauld
Glasgow
G67 1NP

Tel: 01236 612269

Winter Open Meet 2014



CUMBERNAULD SWIMMING CLUB



Entry Files Request Form

Please email the entry files for the above meet to:

Club _____ Contact Name _____

Address _____

Telephone _____ E-mail _____

Return this completed form to:

Ronnie Girvan
14 Ronaldsay Place
Ravenswood
Cumbernauld
Glasgow
G67 1NP

Tel: 01236 612269

Alternatively, send an e-mail with the same information to Ronnie Girvan at:

Rgsw12257@blueyonder.co.uk