



CARNEGIE 'SO LONG' Meet 2015

**Saturday and Sunday 2nd and 3rd May 2015
Michael Wood Centre, Glenrothes.**

SESSIONS 1 and 3: Warm-up 08:30hrs Start 09:30hrs

SESSIONS 2 and 4: Warm-up 13:00hrs Start 14:00hrs

Licence number: ED/L2/010/0515

CARNEGIE 'SO LONG' MEET, 2 and 3 May 2015

Venue

The Michael Wood Centre LC offers a 8 lane 25 metre competition pool with full electronic timing and 8 lane display scoreboard, anti-wave lane ropes, spacious spectator area, car parking and and a cafeteria.

Events

The gala focuses on longer distance events; **200, 400, 800 and 1500m freestyle; 200 and 400m IM, 200m breaststroke, backstroke and butterfly**. Consideration times, based on DRP bronze squad times less 3%, are attached. All ages will swim together with awards for each age group.

There are also **4 x 100m relays** (freestyle and medley). As these events are rarely swum, clubs are invited to submit teams that comply with the age categories for district records – 11 and under; 12 yrs, 13/14 yrs, 15/16yrs, junior, 17/18 yrs, senior (*age as on 3 May for relay events*).

At this gala last year seven East District Age Group records and one East District Junior relay record were broken, a Scottish Junior Club record and a Scottish Junior National record were also broken.

Teams in different age and gender groups will swim against each other, seeded by expected time. Please note that teams entered must be single gender i.e. no mixed gender relay teams are to be entered. There are no prizes for each relay age group, but teams that achieve a district record will have their entry fees refunded. (See <http://www.swimscotland.co.uk/records/May-2014-PDF.pdf>) for details of current ED records, including any unclaimed records). For unclaimed records, only the fastest team on the day will have its entry fee refunded.

Age groups

For all individual events age is as on 31 December 2015.

All other swimmers in individual events must be 11 or over on **31 December 2015**. Events will be swum as three age groups – 11 and 12 yrs; 13 and 14 yrs; 15 yrs and over. See meet schedule for information on entry times for each age.

For relays age is as on 3 May 2015, to comply with record requirements.

Entry fees

£6.50 for 200m and 400m events. £8.75 for 800m and 1500m events.
£10 for each relay team.

Awards

There will be medals for those finishing 1st – 3rd in each individual event. Individual events swum as mixed gender events will have medals for both males and females.

Officials:

Clubs are asked to provide technical officials and assist with timekeeping. In return we will give free admission tickets for spectators in addition to the usual benefits – see following meet info for more information.

Closing date for entries: **Wednesday 1st April 2015**

Entries are via Hytek Team Manager Event File which can be requested **from Gary England at julieandgaryengland@talktalk.net. Tel 01383 726935**

CARNEGIE 'SO LONG' MEET PROGRAMME

<u>Saturday morning</u>		<u>Sunday morning</u>	
400 IM	Male	200 butterfly	Male
200 butterfly	Female	400 IM	Female
200 freestyle	Male	400 freestyle	Male
400 freestyle	Female	200 freestyle	Female
200 breaststroke	Male	4 x 100 medley relay	Male/Female (No mixed gender teams)
 <u>Saturday afternoon</u>		 <u>Sunday afternoon</u>	
200 IM	Female	800 freestyle	Mixed
1500 freestyle	Mixed	200 IM	Male
200 backstroke	Female	200 breaststroke	Female
		200 backstroke	Male
		4 x 100 freestyle relay	Male/Female (No mixed gender teams)

Presentations will take place throughout the swimming programme.

Meet Rules

- The meet will be held under S.A.S.A. laws.
- Age of 11 or more on 31 December 2015 for all other individual events. Relay events as specified.
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number. All swimmers of non-Scottish clubs must be registered with their governing body.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Coaches must ensure that all their swimmers can comply with the technical requirements of each stroke. This is a level 2 meet.
- No photographic or video equipment 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 attached S.A.S.A. form
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Events

- Over the top starts may be used at the discretion of the promoter to facilitate the smooth running of the meet.
- Swimmers must report to the competition stewards in the designated marshalling area in accordance with the instructions given at the meet.
- There will be a maximum of three reserves per event/age group.
- All events are heat declared winner.

Entries

- Closing date for entries Wednesday 1st April 2015
- All entries should be emailed to julieandgaryengland@talktalk.net.
- Withdrawals must be made to the recorders no later than 40 minutes prior to the start of each session.
- The promoter's reserve the right to restrict entries if required. Entries will be accepted on time basis. Clubs should ensure entry times are accurate.
- Rejected entries will be refunded in full. There are no refunds for entries withdrawn after the draft programme is prepared.

Officials

- Composite teams entering the gala must provide **at least 1 qualified judge per session**.
- Individual clubs are also asked to provide timekeepers and qualified judges.
- Details of the judges and timekeepers available to help should be returned with the entry form. We will provide free spectator passes to clubs who pre - register their officials beforehand in this way. These will be available for collection from the gala convener at the start of the event.

Miscellaneous

- The Michael Wood LC has a cafeteria and refreshment vending machines.
- Clubs are asked to purchase a coaches pass at £2 to cover poolside refreshments. Coaches meals are available on request.
- 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 showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Carnegie Swimming Club nor Fife Sports and Leisure Trust can be held responsible for loss or damage to swimmers', team staff or spectators' property. Swimmers should secure their belongings in the changing rooms and not leave belongings unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Carnegie Swimming Club reserves the right to vary the above conditions as necessary.

CONSIDERATION TIMES; entry times slower than....

Male			Age	Female		
11 /12	13/14	15+		11/ 12	13/14	15+
02:28:51	02:08:72	01:55:24	200 freestyle	02:32:39	02:14:15	02:03:00
05:16:51	04:34:70	04:05:99	400 freestyle	05:20:78	04:42:46	04:18:99
10:58:34	09:31:23	08:31:67	800 freestyle	10:57:27	09:38:70	08:50:69
20:55:18	18:09:21	16:16:01	1500 freestyle	21:12:25	18:40:35	17:07:62
02:41:89	02:20:55	02:06:00	200 butterfly	02:46:06	02:26:28	02:14:25
02:44:80	02:22:88	02:08:04	200 backstroke	02:48:20	02:28:12	02:15:90
03:02:07	02:37:82	02:21:33	200 breaststroke	03:09:15	02:46:45	02:32:68
02:46:45	02:24:34	02:09:30	200 IM	02:51:69	02:31:22	02:18:71
05:54:05	05:07:20	04:35:19	400IM	06:01:33	05:18:16	04:51:78

Please note that the consideration times for 2015/16 are yet to be published. Times above are for guidance only and that the entry files will be prepared and sent out after the new times are published.

CARNEGIE SWIMMING CLUB 'SO LONG' MEET

HEALTH AND SAFETY ANNOUNCEMENT

CONTROLLING THE USE OF PHOTOGRAPHIC EQUIPMENT

The Scottish Swimming Association has decided that control of photographic equipment is required at all meets. In view of this, the meet will run under the following guidelines:

- *No photographic equipment (e.g., camera, mobile telephone with camera, camcorder etc.) is to be used 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 enclosed with this information.*
- *Application can be made on the day to the meet director or to the meet director's appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.*

CARNEGIE SWIMMING CLUB 'SO LONG' MEET

This form must be completed and returned (with a cheque made payable to Carnegie Swimming Club) to **Mr Gary England, 2 Woodruff Gait, Dunfermline, KY12 0NL.**

Club name Contact Name
 Address
 Telephone No Email address.....

All entries to be emailed to julieandgaryengland@talktalk.net. Please attach an electronic copy of this form to the Hytec Entry Return.

Number of 200 and 400m entries @ £6:25 each £.....
 Number of 800m and 1500m entries @ £8.50 each £.....
 Number of relay entries @ £10.00 each £.....
 Coach Passes (per club) 1 @ £2.00
Coaches meal tickets @ **£7.00 each**
 £.....

TOTAL ENCLOSED £.....

Officials and timekeepers

Please list below the names of TO's, their level (J1, J2 etc) and timekeepers. Please also identify any probationers (P). Tick which sessions available for

	Names	Session			
		1	2	3	4
TOs and probationers					
Timekeepers					

Declaration I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed Position in Club Date

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

SCOTTISH SWIMMING
HEALTH & SAFETY COMMITTEE
APPLICATION FORM TO USE PHOTOGRAPHIC EQUIPMENT



DETAILS OF APPLICANT

Name _____

Address _____

Club _____

Name of Meet _____

Venue of Meet _____

Type of Equipment _____
(e.g. camera, camcorder)

VERIFICATION OF CLUB/ASSOCIATION

Club Name _____

Club Secretary Name _____

Address _____

Club Secretary Officials Signature _____

DECLARATION OF APPLICANT

I declare that the picture/film(s) produced by the equipment stated above will not be altered in any way, without prior approval, in writing of the person(s) photographed.

Signature of Applicant _____

NOTIFICATION TO APPLICANT

The above application has been (APPROVED / REFUSED) *(delete as appropriate)

Signature of Meet official _____

NOTE:- PROOF OF IDENTITY MUST BE PRODUCED ON REQUEST WHEN EQUIPMENT IS TO BE USED.