

Step Rock Amateurs Swimming Club

90th Anniversary Celebration Gala

at

Michael Woods Sports and Leisure Centre, Glenrothes

on

Saturday, 9th June 2018

Session 1: Warm-up 0830 Start 0930

Session 2: Warm-up 1300 Start 1400

Licence Number: L3/ED/004/JUN18

STEP ROCK A.S.C.



Henderson Black & Co

Step Rock Amateurs Swimming Club

90th Anniversary Celebration Gala

Date:	Saturday, 9 th June 2018
Venue:	Michael Woods Sports & Leisure Centre, Glenrothes
Time:	Warm-up Session 1: 0830; Start: 0930 Warm-up Session 2: 1300; Start: 1400
Pool:	8 lane, 25 metre competition pool; full electronic timing with 8 lane display scoreboard; anti-wave lane ropes; spacious spectator area; car parking; cafeteria.
Age:	As at 9 th June 2018
Age groups:	Age Group 1: 8-9 years Age Group 2: 10-11 years Age Group 3: 12-13 years Age Group 4: 14 and over
Entry fees:	£15.00 per individual swimmer. Each swimmer will be entered for 50m races for freestyle, backstroke, breaststroke and butterfly (Age Group 1 will swim only 25m on butterfly). £7.00 per 4-person relay team
Coaches' meal	£10.00 per person. A two course meal, served in the officials' meeting room, includes tea, coffee and water.
Awards	As this is a celebration gala, there will be no medals for individual event winners. However, all participating swimmers will receive a free technical T-shirt as a souvenir of the event. Winners of the Skins events will collect £20 cash prizes. Other spot prizes will be awarded by the organising committee.

Clubs are asked to provide technical officials and assist with timekeeping. In return we will provide lunch for officials **who perform duties at both sessions.**

Closing date for entries: **Noon on Friday, 4th May 2018.** Entries will be via SPORTSYSTEMS Entry Manager which can be downloaded at the link on page 3 of this document. Required details for entry payments, for technical officials and for T-shirt orders are on pages 9-11.

Meet Rules

General

- The meet shall be held under SASA laws.
- Age is as on the day of the competition.
- All swimmers of Scottish clubs must have a current SASA 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.
- 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 approved SASA form.
- It is the responsibility of each club to ensure that their swimmers are aware of the Meet rules and guidelines.

Entries

- Entries from composite teams and composite entries from groups of clubs will not be accepted.
- Closing date for entries is Noon on Friday, 4th May 2018.
- All entries should be emailed to gala90@steprock.org.uk
- **Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session.**
- There are no refunds for entries withdrawn after the draft programme is prepared.
- The gala convenor reserves the right to restrict entries if required. Entries may be limited to ensure a large number of clubs may participate. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full.

Entry Software

Entry for this event will be through Sportsystems Entry Management software. This software, though different from HyTek, is extremely simple to use and is free to download. If required, help can be requested from David McCallum at gala90@steprock.org.uk.

- The entry software can be downloaded [from this webpage](#).
- The entry file available with this document on the SwimScotland website is used to select your entries before returning to the gala convenor.
- A short YouTube clip showing how to upload entries [can be found here](#).

Events

- All individual events are 50m with the exception of Age Group 1 Butterfly, which is 25m.
- It is expected that participating swimmers will swim in **all** individual strokes.
- Rules for the Relay events are listed separately below.
- Rules for the Skins event are listed separately below.
- Over the top starts may be used at the discretion of the Referee to facilitate the smooth

running of the meet.

- Swimmers must report to the competition stewards in the designated marshalling area at least **five heats in advance**.
- There will be a maximum of three reserves per event.

Miscellaneous

- The meet is licensed and a Level 3 accreditation will be obtained.
- 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 poolside and are liable for expulsion from the meet if they do.
- Neither Step Rock ASC nor Fife Sports and Leisure Trust can be held responsible for loss or damage to the property of swimmers, team staff or spectators. Swimmers are strongly advised to secure their property and not to leave belongings unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Step Rock ASC reserves the right to vary the above conditions as necessary.
- No guarantee can be given by Step Rock ASC that the event will take place at a particular time, place or date and reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be as a result of unforeseen circumstances, e.g. venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Step Rock ASC.
- Step Rock ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel or accommodation costs.

Relay Event

- Relay events will be held at the end of Session 1.
- All races will be 4 x 50m freestyle.
- Non-cash prizes will be awarded to the winning team of each event. This is a 'heat declared winner' event.
- To be eligible for a prize, each team must have at least one boy and one girl.
- There is no limit on the number of teams entered per club.

Skins Event

- Four Skins events will be held: Girls 10-12, Boys 10-12, Girls 13-15 and Boys 13-15.
- Every heat will be 50m.
- The running order will be in accordance with Table 3 below.
- Events 217 and 218 will be run with interleaved heats; the same will apply for Events 219 and 220.
- Each event will start with the 8 competitors; this means a total of 7 heats per event.
- Competitors will be selected on the basis of points accrued during the individual events.
- A maximum of one swimmer per event is allowed for each club.
- In the event of a tie for entry, a swim-off will be conducted
- The heats will start every 2 minutes.
- The start sequence will not be standard. A whistle will be blown with 10 seconds to go, with the starting buzzer on 'go' time. There will be no voice warnings.
- Swimmers will retain the same lane throughout the competition; only in the final heat will the remaining swimmers line up in lanes 4 and 5.
- The stroke for each heat will be called by the commentator immediately before each heat.
- The stroke selection will be drawn by the commentator using playing cards. (Hearts - Fly, Clubs - Back, Diamonds - Breast, Spades - Freestyle)
- The slowest swimmer in each heat will be eliminated. The decision of the referee is final.
- In the event of a dead heat in one heat, no swimmer will be eliminated. However, in the following heat the two slowest swimmers will be eliminated.
- Normal swimming rules still apply; disqualifications are still possible.
- The winner will be the fastest swimmer in the two-person race.
- The prize for the winner of each event will be £20.
- Times recorded at the skins event are not eligible for the SASA rankings database.
- Even if you haven't qualified for the Skins event, please take the time to watch this event as it is both tactical and exciting to watch.

Meet Running Order

Table 1

Session 1: Warm-up 0830, Start 0930

Event number	Stroke/distance	Gender	Age Group
Event 101	25m Fly	Girls	Age group 1
Event 102	25m Fly	Boys	Age group 1
Event 103	50m Fly	Girls	Age group 3
Event 104	50m Fly	Boys	Age group 3
Event 105	50m Back	Girls	Age group 2
Event 106	50m Back	Boys	Age group 2
Event 107	50m Back	Girls	Age group 4
Event 108	50m Back	Boys	Age group 4
Event 109	50m Breaststroke	Girls	Age group 1
Event 110	50m Breaststroke	Boys	Age group 1
Event 111	50m Breaststroke	Girls	Age group 3
Event 112	50m Breaststroke	Boys	Age group 3
Event 113	50m Freestyle	Girls	Age group 2
Event 114	50m Freestyle	Boys	Age group 2
Event 115	50m Freestyle	Girls	Age group 4
Event 116	50m Freestyle	Boys	Age group 4
Marshalling prior to relays			
Event 117	4 x 50m Relay	Mixed	Age group 1
Event 118	4 x 50m Relay	Mixed	Age group 2
Event 119	4 x 50m Relay	Mixed	Age group 3
Event 120	4 x 50m Relay	Mixed	Age group 4

Table 2

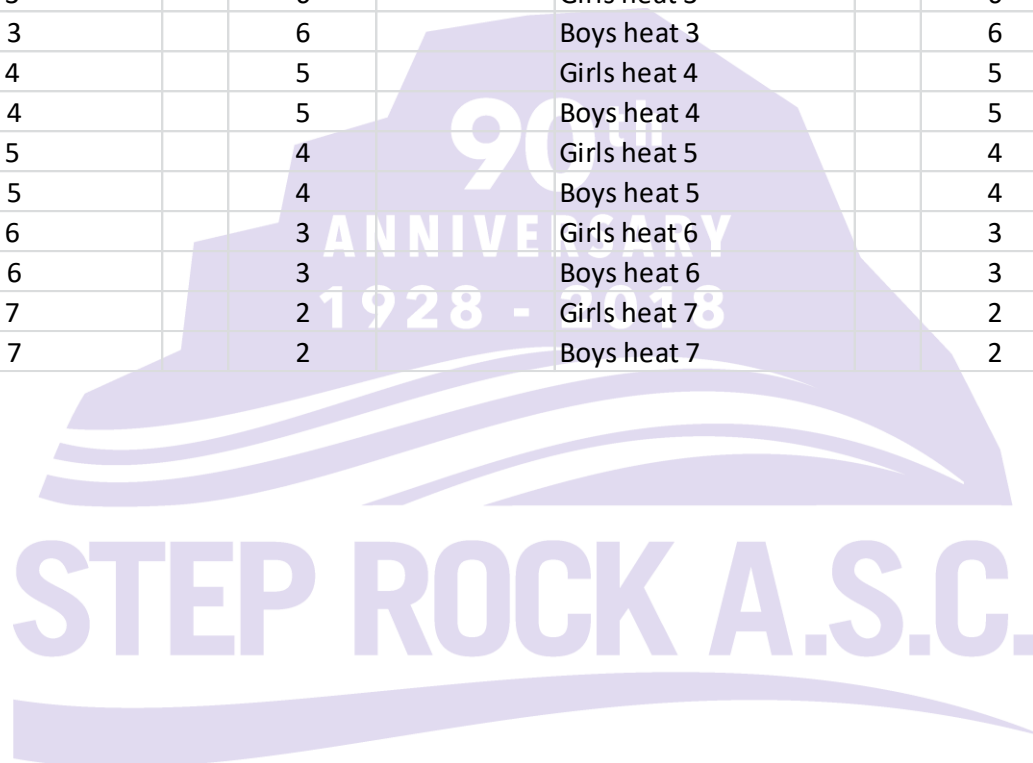
Session2: Warm-up 1300, Start 1400

Event number	Stroke/ distance	Gender	Age Group
Event 201	50m Fly	Girls	Age group 2
Event 202	50m Fly	Boys	Age group 2
Event 203	50m Fly	Girls	Age group 4
Event 204	50m Fly	Boys	Age group 4
Event 205	50m Back	Girls	Age group 1
Event 206	50m Back	Boys	Age group 1
Event 207	50m Back	Girls	Age group 3
Event 208	50m Back	Boys	Age group 3
Event 209	50m Breaststroke	Girls	Age group 2
Event 210	50m Breaststroke	Boys	Age group 2
Event 211	50m Breaststroke	Girls	Age group 4
Event 212	50m Breaststroke	Boys	Age group 4
Event 213	50m Freestyle	Girls	Age group 1
Event 214	50m Freestyle	Boys	Age group 1
Event 215	50m Freestyle	Girls	Age group 3
Event 216	50m Freestyle	Boys	Age group 3
Marshalling prior to Skins			
Event 217	Skins	Girls	10-12 yrs
Event 218	Skins	Boys	10-12 yrs
Event 219	Skins	Girls	13-15 yrs
Event 220	Skins	Boys	13-15 yrs

Table 3

Skins running order

Events 217 & 218			Events 219 & 220		
Age 10-12			Age 13-15		
	Swimmers			Swimmers	
Girls heat 1	8		Girls heat 1	8	
Boys heat 1	8		Boys heat 1	8	
Girls heat 2	7		Girls heat 2	7	
Boys heat 2	7		Boys heat 2	7	
Girls heat 3	6		Girls heat 3	6	
Boys heat 3	6		Boys heat 3	6	
Girls heat 4	5		Girls heat 4	5	
Boys heat 4	5		Boys heat 4	5	
Girls heat 5	4		Girls heat 5	4	
Boys heat 5	4		Boys heat 5	4	
Girls heat 6	3		Girls heat 6	3	
Boys heat 6	3		Boys heat 6	3	
Girls heat 7	2		Girls heat 7	2	
Boys heat 7	2		Boys heat 7	2	



Entry Form

Step Rock ASC

90th Anniversary Celebration Gala

9th June 2018

This form must be completed and returned (with a cheque made payable to Step Rock ASC) to **Mr David McCallum, 18 Cant Crescent, St Andrews, Fife, KY16 8NF.**

Club nameContact Name

Address

Telephone NoEmail address.....

All entries to be emailed to gala90@steprock.org.uk Please attach an electronic copy of this form with your SPORTSYSTEMS Entry Manager return. Clubs wishing to pay entry fees by bank transfer should use the email above to obtain details, having emailed a copy of this form.

Number of individual entries @ £15.00 each £.....

Number of relay entries @ £7.00 each £.....

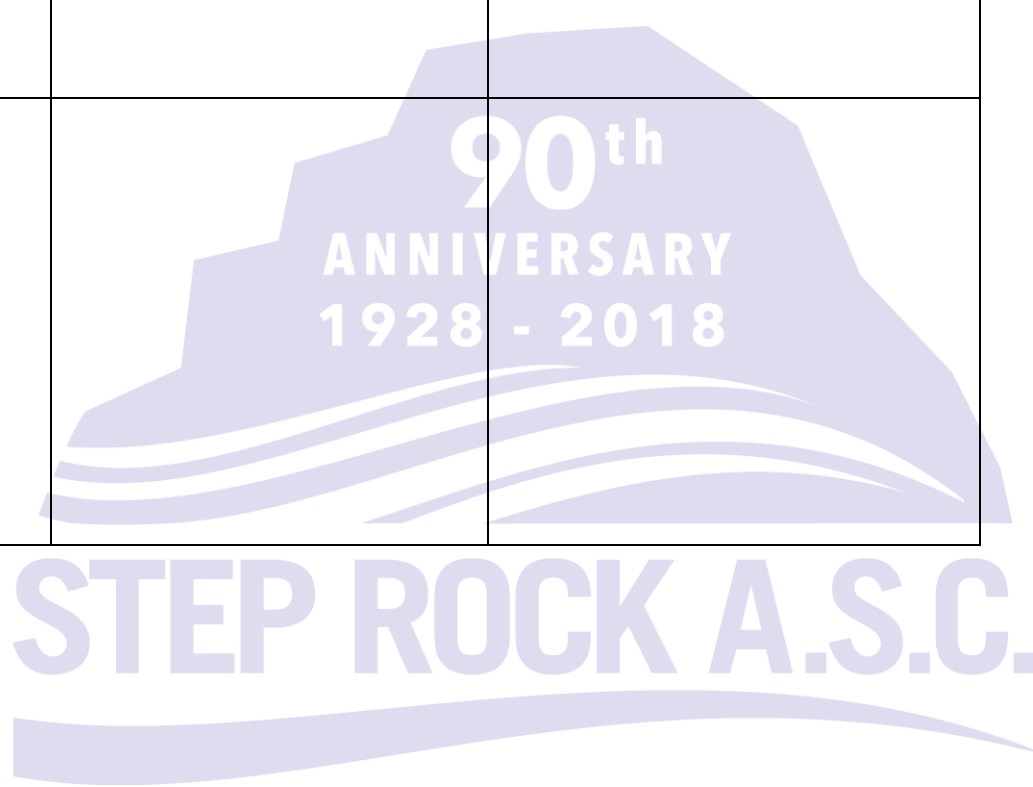
Coaches meal tickets @ £10.00 each £.....

TOTAL ENCLOSED/TRANSFERRED	£.....
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Officials and timekeepers

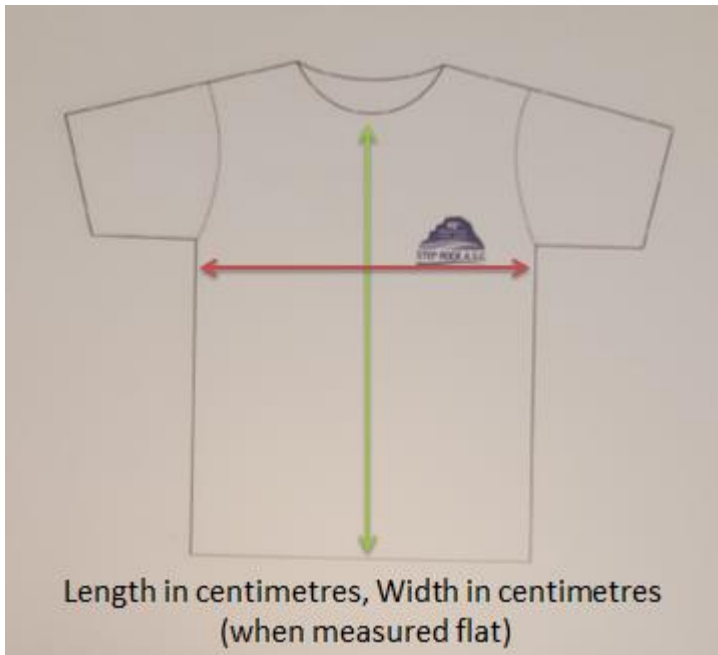
Please list below the names of STOs with their level (J1, J2 etc.) and timekeepers. Please also identify any probationers with the annotation 'P'.

	Session 1	Session 2
STOs and probationers		
Timekeepers		



Free Souvenir T-Shirts

Sizing Guidelines and order form



T-shirt Size	Length (cm)	Width (cm)	Number required
Child small	43	36	
Child large	46	40	
Child extra large	48	43	
Female extra small	54	41	
Female small	56	44	
Male small	57	51	
Male large	60	55	

Total not to exceed total number of swimmers. Note that there will be no opportunities to change T-shirt sizes on the day of the event.

Note: please do not submit this order until your club's entries have been confirmed.