



An invite to the

# Alloa Junior Development Meet

Sunday 19<sup>th</sup> May 2019

At

**Grangemouth  
Sports Complex**



## ALLOA AMATEUR SWIMMING CLUB

Would like to invite entries for their  
Junior Development Meet  
(Under SASA Rules and Licence No: WD/L3/007/0519)

### General Information:

Date	Sunday 19 <sup>th</sup> May 2019
Venue	Grangemouth Sports Complex Abbots Road Grangemouth FK3 8JB
Map Location	<a href="http://www.falkirkcommunitytrust.org/venues/grangemouth-sports-complex/default.aspx">http://www.falkirkcommunitytrust.org/venues/grangemouth-sports-complex/default.aspx</a>
Pool	6 lane 25M with full electronic timing and scoreboard
Times	Warm-up will be at 09:00 and 13:30 Start times will be 10:00 and 14:30
Ages	Age of entrants is age on the day of meet
Age Groups	7/8yrs ~ 9/10yrs ~ 11/12yrs
Events	See programme of events on page 5
Awards	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> & 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> for relays Awards to overall best boy & girl
Entry Fees	£6.00 per individual swim, £10.00 per relay. Payments can be made by either: <ul style="list-style-type: none"><li>• Direct bank transfer to Sort code: 80-05-28 – Account: 00119893 – Ref: <b>“Your Club Name” AASC Junior Development Meet 2019.</b></li></ul> Or by <ul style="list-style-type: none"><li>• Cheque made payable to <b>Alloa Amateur Swimming Club</b> to be received prior to the entries closing date.</li></ul>
Coach's Pass	Coach's Passes at a cost of £8.00 per person are available to cover lunch for the day and paperwork.
Officials	Each competing club is requested to provide at least 2 Technical Officials per session. We would request that clubs provide the names and roles of the STO's prior to the meet and preferably at the time of entries. Travelling expenses will only be paid to officials with no participating swimmers.
Facilities	There are café facilities available at Grangemouth Sports Complex.
Entry Files	The meet will be run using Hy-tek Meet Manager; TM files are available on SwimScotland and entries should be submitted by the closing date to the Meet Secretary: Christina A'Hara 7 Pine Crescent Menstrie Clackmannanshire FK11 7DT Mobile: 07850347393 E-mail: <a href="mailto:alloaasc.meetsecretary@gmail.com">alloaasc.meetsecretary@gmail.com</a>

## Meet Rules

- The meet will be held under SASA rules. A Health and Safety Declaration Form is included with this invitation and must be completed and returned with your Entry Summary Form to the Meet Secretary.
- Ages as at day of meet.
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure smooth running of the meet.
- Only swimmers, Coaches, Team Managers and Meet Officials will be admitted to poolside.
- No photographic or video equipment will be allowed unless prior approval from the Meet Secretary or Gala Convener has been sought. Forms may be requested from the Meet Secretary or completed at the Meet Entry Desk.
- Swimmers must wear appropriate footwear on poolside and marshalling areas and follow instructions from meet officials.
- Swimmers will be expected to behave in a reasonable manner at all times.
- No swimmers under the age of 7 years are permitted to swim in accordance with licence requirements.

## Entries and Withdrawals

- Closing date for entries will be **12 noon on Sunday 21<sup>st</sup> April 2019**. No late entries will be accepted.
- All entries must be made on the electronic files and submitted by e-mail to the Meet Secretary. Entry files can be downloaded from SwimScotland or can be requested by e-mail to the Meet Secretary.
- It is the responsibility of Entry Secretaries to ensure that all entry times and dates of birth are correct.
- Where an event is over-subscribed, entries may be scratched to ensure the smooth and timely running of the meet. Faster swimmers in each age group will be scratched.
- Participating clubs will be provided with a Draft Programme within 10 days of the meet closing date. Any scratches made will be fully refunded.
- Withdrawals may be made after the publication and circulation of the Draft Programme. Any such withdrawal will be refunded if they are received by email to the Meet Secretary by 6pm Wednesday 8<sup>th</sup> May 2019. This will allow for a Final Meet Programme to be produced.
- Withdrawals received after this cut off point (6pm on Weds 8<sup>th</sup> May) will not be refunded and will be charged in full.
- Participating clubs will be provided with a Final Meet Programme (Final Psych Sheets) 5 days before the meet commences.
- During the meet, withdrawals must be into the recorders desk no later than 45 minutes prior to the start of each session using the withdrawal form in the coach's pack.
- Start Lists will be prepared prior to the start of each session once all withdrawals have been processed.
- Alloa ASC reserves the right to fill empty lanes with swimmers from the club of the appropriate age who fulfil the entry criteria.
- No Time Only swims will be allowed or entries on the day without prior approval of the meet Referee.
- Results shall be posted on the walls and copies made available for coaches of participating clubs.

## **Events**

- Over the top starts may be used to ensure the smooth running of the meet.
- All events will be Heat Declared Winners (HDW).
- Heats will be seeded after withdrawals close 45 minutes before the start of each session.
- All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat.
- Start sheets will be issued to the clubs for marshalling, once all withdrawals have been processed.
- Swimmers are asked to report to the marshalling area at least five heats in advance.
- Heats will be run based on entry times, to provide competitive and comparative swimming.
- Relays: 4 x 50m Freestyle with the team comprising of the following - 1 swimmer from 7-8, 1 swimmer from 9-10 and 2 swimmers from 11-12. Please note: for relays only, swimmers can swim up an age group.

## **Awards/Presentations**

- Results will be posted on the walls in the pool area and at the back of the spectating area.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> in all individual events and for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in the relays.
- Trophies will be awarded for overall Top Boy and Top Girl.
- No formal presentations are scheduled to be held during the meet. Announcements will be made of the medallists in each event. Medals will be available poolside for collection during each session: an Alloa ASC official will make informal presentation of medals at the medal table.

## **Programme of Events – All Heat Declared Winners**

### **Session 1**

Event 101	Girls	7 - 8	50m Butterfly
Event 102	Boys	7 - 8	50m Butterfly
Event 103	Girls	9 -10	100m Backstroke
Event 104	Boys	9 -10	100m Backstroke
Event 105	Girls	11-12	100m Breaststroke
Event 106	Boys	11-12	100m Breaststroke
Event 107	Girls	7 - 8	50m Backstroke
Event 108	Boys	7 - 8	50m Backstroke
Event 109	Girls	9 -10	50m Breaststroke
Event 110	Boys	9 -10	50m Breaststroke
Event 111	Girls	11-12	50m Freestyle
Event 112	Boys	11-12	50m Freestyle
Event 113	Girls	7 - 8	100m Freestyle
Event 114	Boys	7 - 8	100m Freestyle
Event 115	Girls	9 -10	100m Freestyle
Event 116	Boys	9 -10	100m Freestyle
Event 117	Girls	11-12	100m Ind Medley
Event 118	Boys	11-12	100m Ind Medley
Event 119	Girls	7 - 12	200m Freestyle Relay

### **Session 2**

Event 201	Boys	7 - 8	50m Breaststroke
Event 202	Girls	7 - 8	50m Breaststroke
Event 203	Boys	9 -10	100m Ind Medley
Event 204	Girls	9 -10	100m Ind Medley
Event 205	Boys	11-12	50m Butterfly
Event 206	Girls	11-12	50m Butterfly
Event 207	Boys	7 - 8	100m Ind Medley
Event 208	Girls	7 - 8	100m Ind Medley
Event 209	Boys	9 -10	50m Freestyle
Event 210	Girls	9 -10	50m Freestyle
Event 211	Boys	11-12	100m Backstroke
Event 212	Girls	11-12	100m Backstroke
Event 213	Boys	7 - 8	50m Freestyle
Event 214	Girls	7 - 8	50m Freestyle
Event 215	Boys	9 -10	50m Butterfly
Event 216	Girls	9 -10	50m Butterfly
Event 217	Boys	11-12	100m Freestyle
Event 218	Girls	11-12	100m Freestyle
Event 219	Boys	7 - 12	200m Freestyle Relay

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**Health and Safety Declaration**

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

I confirm that all entered swimmers have paid their current SASA 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 onto swimmers and parents intending to travel to the meet.

Signed: .....

Print Name: .....

Position in club: .....

Club: .....

Please return this form along with the Entry Summary Information form and TM Entry file no later than **Sunday 21<sup>st</sup> April 2019** to:

Christina A'Hara  
7 Pine Crescent  
Menstrie  
Clackmannanshire  
FK11 7DT

[alloaasc.meetsecretary@gmail.com](mailto:alloaasc.meetsecretary@gmail.com)

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Entry Summary Information

**\*\*This form must be completed and returned with payment by the closing date\*\***

Club Name:	
Club Code:	
Contact:	
Position in club:	
Address:	
Postcode:	
Tel No:	
E-mail:	
	<i>(Information and updates relating to the meet will be provided via email)</i>
Signed:	

Number of Boys entries	_____	@ £6.00		£ _____
Number of Girls entries	_____	@ £6.00		£ _____
Number of Relay entries	_____	@ £10.00		£ _____
Number of Coach's passes	_____	@ £8.00		£ _____
Direct bank transfer to Sort Code: 80-05-28 Account No: 00119893 Ref: " <b>Your Club Name</b> " <b>AASC Junior Development Meet 2019</b>				£ _____
Total cheque enclosed <i>(Please make cheques payable to <b>Alloa Amateur Swimming Club</b>)</i>				£ _____

Please return along with remittance and entries by **Sunday 21<sup>st</sup> April 2019** to the Meet Secretary:

Christina A'Hara  
7 Pine Crescent  
Menstrie  
Clackmannanshire  
FK11 7DT  
[alloaasc.meetsecretary@gmail.com](mailto:alloaasc.meetsecretary@gmail.com)

Swimmers should only be entered for their own age group.

Clubs must ensure that their coaches, team staff and swimmers are aware of the regulations and dangers of entering the water with dive starts and must be aware of pool depth and all appropriate safety procedures.

Alloa ASC Version 1 (All Events) – February 2016

