InCAS

Distance Meet

2020

30th & 31st May 2020

Michael Woods Centre, Glenrothes

Licence No. L2/ED/079/MAY20

Meet Information

:: InCAS Distance Meet will be held at Michael Woods Centre, Glenrothes on 30th & 31st May 2020

:: 8 lane competition pool with anti-turbulence lane ropes and full electronic timing

:: Age will be determined as at the last day of competition (31st May 2020)

**Age Groups**

* 8-10 years
* 11-12 years
* 13-14 years
* 15 years and over

**Events & Fees**

* 200 metre Backstroke, Breaststroke, Butterfly, Freestyle & Individual Medley [£7.00 per swim]
* 400 metre Freestyle and Individual Medley [£8.00 per swim]
* 800 & 1500 metre Freestyle [£9.00 per swim]

:: Closing date noon 30th April 2020

:: Coaches lunch tickets £10.00 per day (lunch and refreshments)

:: All events will be Heat Declared Winners. Events will be swum purely on time and results sorted by age group

:: Medal will be made to 1st, 2nd and 3rd place swimmers in each age group. There will be no presentations but medals can be collected as soon as results are available from the medals table situated poolside

:: There will be a top boy and top girl presentation for each age group at the end of session 4

:: There will be £10 prize for any swimmer setting a new InCAS Distance Meet record for each event/age group. This can be collected as soon as results are available from the medals table situated poolside

:: The meet will be computerised and start sheets will be circulated as soon as possible prior to the start of the sessions

:: Withdrawals must be made to the Recorder no later than 45 minutes prior to the start of the session on the withdrawal forms provided. Nil returns should also be handed in

:: Marshalling should be at least 3 heats in advance. Those who do not check in at marshalling will be refused their swim

:: Results will be published around poolside as soon as available after the end of each event

:: The meet will be held under SASA and FINA rules and accreditation will be applied for

PROGRAMME OF EVENTS

Saturday am

Warm Up: 9am

Start: 10am

|  |  |  |
| --- | --- | --- |
| 101 | Boys | 200 Butterfly |
| 102 | Girls | 800 Free |
| 103 | Boys | 200 Breaststroke |
| 104 | Girls | 400 IM |
| 105 | Boys | 200 Free |

Saturday pm

Warm Up: 1:30pm

Start: 2:30pm

|  |  |  |
| --- | --- | --- |
| 201 | Girls | 200 Butterfly |
| 202 | Boys | 1500 Free |
| 203 | Girls | 200 Breaststroke |
| 204 | Boys | 400 IM |
| 205 | Girls | 200 Free |

Sunday am

Warm Up: 9am

Start: 10am

|  |  |  |
| --- | --- | --- |
| 301 | Girls | 1500 Free |
| 302 | Boys | 200 IM |
| 303 | Girls | 200 Back |
| 304 | Boys | 400 Free |

Sunday pm

Warm Up: 1:30pm

Start: 2:30pm

|  |  |  |
| --- | --- | --- |
| 401 | Boys | 800 Free |
| 402 | Girls | 200 IM |
| 403 | Boys | 200 Back |
| 404 | Girls | 400 Free |

SUMMARY SHEET

\*\* This form must be completed and returned to the Entry Secretary \*\*

Club\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Postcode \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total 200m Entries @ £7.00 = £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total 400m Entries @ £8.00 = £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total 800m Entries @ £9.00 = £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total 1500m Entries @ £9.00 = £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Coaches Lunch Tickets (per day) @ £10.00 = £\_\_\_\_\_\_\_\_

Total cheque enclosed = £\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please make cheque payable to **InCAS**

Forms and payment to be sent to:

Susan Liddle

9 Rullion Road

PENICUIK

EH26 9HS

E-mail: susan.liddle@googlemail.com

TO BE RETURNED no later than 3 days after closing date

To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are encouraged to provide 1-2 officials per club, ideally one timekeeper and one judge per session. Please complete the enclosed officials form nominating 1-2 officials and return to the Gala Convenor:

Gavin Ingram | Email: gingram.letham@gmail.com | Mobile: 07392 273515

Club\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail address\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**OFFICIALS SHEET (SATURDAY)**

|  |  |  |
| --- | --- | --- |
|  | STO | Timekeepers |
| AM |  |  |
| PM |  |  |

**OFFICIALS SHEET (SUNDAY)**

|  |  |  |
| --- | --- | --- |
|  | STO | Timekeepers |
| AM |  |  |
| PM |  |  |