



# Open Meet 2025

**Grangemouth Sports Complex,  
Grangemouth**

**Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> January 2025**

SESSIONS 1 & 3: Warm-up 09:00      Start 10:00  
SESSIONS 2 & 4: Warm-up 13:30      Start 14:30

Held under licence from SASA West District  
Licence Number: **WD/L2/0125/09**

**FORTH VALLEY TRIDENTS**  
FORMERLY



# Forth Valley Tridents Open Meet 2025

**Forth Valley Tridents** (formerly Bo'ness ASC, Falkirk Otter ASC & Grangemouth ASC) would like to invite you to their inaugural Open Meet on Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> January 2025.

## MEET INFORMATION

**VENUE** Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB

**POOL** 25m x 6 lanes, anti-wave lane ropes

**EVENTS** 50m, 100m & 200m all strokes  
200m & 400m IM  
400m Freestyle  
50m Skins

Swimmers must swim in their own age group for all events. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.

**AGE GROUPS** **11 years & under, 12/13 years, 14/15 years, 16 years & over**  
**Skins: 14 years & under, 15 years & over**  
Minimum age for entering the meet is 8 years  
Age as on last day of meet - 26<sup>th</sup> January 2025.

**SESSIONS** There will be 4 sessions as follows:  
Morning: warm-up - 09.00 start - 10.00  
Afternoon: warm-up - 13.30 start - 14.30

**ENTRIES** All entries & current times should be made on the relevant electronic file. HYTEK Team Manager Event File can be obtained from the [West District](#) and [Swim Scotland](#) websites

Or requested via e-mail from: [gala@forthvalleytridents.org](mailto:gala@forthvalleytridents.org)

Closing date for entries is **midnight on Friday 3<sup>rd</sup> January 2025**  
**NO LATE ENTRIES WILL BE ACCEPTED.**

**ENTRY FEES** £8.00 per individual event  
Bank transfer: **Bank of Scotland**  
**Sort Code: 80-22-60**  
**A/C No: 16332165**

Any over-subscribed entries or reserve swims that are not offered a swim will be refunded in full.

Any withdrawals after the confirmed swims have been circulated to the clubs will not be eligible for a refund.

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## SKINS

Entry into the skins event will be offered to the top 6 placed swimmers from the 200m IM event held in the morning session. If any swimmer does not wish to participate in the skins event then the next fastest swimmer will be offered the place.

At the end of each heat the 2 slowest swimmers will be eliminated until there are only 2 swimmers. The final 2 swimmers will go head-to-head to produce a winner.

The stroke for the first heat will be drawn by the referee. The stroke for each heat will be drawn by an eliminated swimmer from the previous heat.

Age groups for the skins finals will be **14 years & under** and **15 years & over**.

## OFFICIALS

It is requested that each club supply at least 2 swimming technical officials, at least one of which should ideally be a judge for each Session to assist with accreditation of meet. A SignupGenius form for STO's will be provided to the clubs once the draft programme has been issued.

## AWARDS

Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places per age group in all events and will be awarded throughout sessions.  
A £50 cash prize will be awarded to the winners of the skins events.

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## GENERAL INFORMATION

1. Meet to be held under SASA rules. Enclosed is a health and safety form to be completed (mandatory).
2. All swimmers of Scottish clubs must have a S.A.S.A. number.
3. All swimmers of non-Scottish clubs must have registration with their governing body.
4. Composite Squads are allowed and are eligible for top club/team trophy
5. No swimmer under the age of 8 years is permitted to swim in accordance with licence requirements.
6. Start sheets will be available to clubs prior to the start of each session.
7. Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
8. Withdrawals must be notified to the recorders no later than 40 minutes prior to the start of each session.
9. Once start sheets have been prepared no alterations shall be made.
10. It is the swimmer's responsibility to check with the marshals in the allocated area. Swimmers should report to the Marshalls four heats in advance of their race.
11. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.
12. There will be a maximum of two reserve swimmers for each event and no time only swims on the day. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
13. No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet director. Application must be made on the approved SASA form.
14. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
15. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.
16. The Meet Management reserves the right to alter the programme and warm-up times if necessary. Anything not covered above or printed in the event programme will be at the gala convenor's discretion.
17. The convenor reserves 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 entry times are accurate. Rejected entries will be refunded in full.
18. Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
19. FIRST Committee, nor Grangemouth Sports Complex cannot be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in changing rooms and not to leave belongings lying around unattended.
20. Swimmers out with the pool side must wear dry clothing and footwear at all times.
21. Outdoor footwear must not be worn at poolside.

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## SCHEDULE OF EVENTS

<b>Saturday 25<sup>th</sup> January 2025</b>			
<b>Session 1</b>		<b>Session 2</b>	
<b>Warm Up 9am - Start 10am</b>		<b>Warm up 1:30pm - Start 2:30pm</b>	
101	Male/Open 200m IM	201	Male/Open 14 & Under 50m Skins
102	Female 50m Butterfly	202	Male/Open 15 & Over Skins
103	Male/Open 50m Butterfly	203	Female 400m Freestyle
104	Female 200m Backstroke	204	Male/Open 50m Backstroke
105	Male/Open 200m Backstroke	205	Female 50m Backstroke
106	Female 100m Breaststroke	206	Male/Open 200m Breaststroke
107	Male/Open 100m Breaststroke	207	Female 200m Breaststroke
108	Female 400m IM	208	Male/Open 100m Freestyle
		209	Female 100m Freestyle
<b>Sunday 26<sup>th</sup> January 2025</b>			
<b>Session 3</b>		<b>Session 4</b>	
<b>Warm Up 9:00am – Start 10:00am</b>		<b>Warm Up 1:30pm – Start 2:30pm</b>	
301	Female 200m IM	401	Female 14 & Under 50m Skins
302	Male/Open 50m Breaststroke	402	Female 15 & Over Skins
303	Female 50m Breaststroke	403	Male/Open 400 m Freestyle
304	Male/Open 200m Freestyle	404	Female 50m Freestyle
305	Female 200m Freestyle	405	Male/Open 50m Freestyle
306	Male/Open 100m Butterfly	406	Female 200m Butterfly
307	Female 100m Butterfly	407	Male/Open 200m Butterfly
308	Male/Open 400m IM	408	Female 100m Backstroke
		409	Male/Open 100m Backstroke

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## CONTROLLING THE USE OF PHOTOGRAPHIC EQUIPMENT

Scottish Amateur 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, Camcorder, etc) is to be allowed on 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 SASA form.
- Application can be made on the day to the meet director or to the meet directors appointed official. Applicant must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.
- In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

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## HEALTH AND SAFETY ANNOUNCEMENT

I confirm that all the entered swimmers have paid their current SASA Annual Competitive Fee.

I understand that any swimmer entered without an SASA number 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: .....

Position in Club: .....

On behalf of: ..... (Name of Club)

Return this form with entry payment no later than midnight **Friday 3<sup>rd</sup> February 2025**

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# Forth Valley Tridents Open Meet 2025

## SUMMARY ENTRY FORM

**\*this form must be completed and returned with any entries\***

<b>Club Name</b>	
<b>Club Code</b>	
<b>Contact Name:</b>	
<b>Address:</b>	
<b>Telephone:</b>	
<b>E Mail:</b>	

<b>Total number of male/open entries</b>		x £8.00 each	£
<b>Total number of female entries</b>		x £8.00 each	£
<b>Coaches pass</b>		x £10.00 each	£
		<b>TOTAL =</b>	<b>£</b>

<b>Total amount enclosed</b>	£
<b>Signed</b>	
<b>Position in Club</b>	

### Payments:

Bank transfer: **Bank of Scotland**

**Sort Code: 80-22-60**

**A/c No: 16332165**

**Ref: Open25/[club code]**

Return this form along with entries, no later than **Midnight Friday 3<sup>rd</sup> January 2025**, to:

**Convenor: Graham Crawford**

**Address: Loganhill, Station Road, Polmont, Falkirk, FK2 0UE**

**Email: [gala@forthvalleytridents.org](mailto:gala@forthvalleytridents.org)**

Please fill in your club bank details to allow us to transfer any refund due after the meet.

<b>Bank Name</b>	
<b>Account No</b>	
<b>Sort Code</b>	

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