

**Grangemouth Amateur Swimming Club**

(Affiliated to SASA)

**Present**

**The 20th Annual J.A.G.S Meet**

(Under FINA Rules & Scottish Swimming Regulations)

**SASA Meet Licence – WD/L3/035/0120**

**On**

**Saturday 25th January 2020**

**At**

**Grangemouth Sports Complex**

**Abbots Road, Grangemouth, FK3 9JD**

**Telephone No. 01324 504560**

**Closing Date – Midnight Monday 06 January 2020**



**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Meet Information**

**Date** Saturday 25th January 2020

**Venue** Grangemouth Sports Complex

Abbots Road

Grangemouth

FK3 9JD

Telephone No. 01324 504560

**Pool** 6 lane, 25 metre pool, anti-turbulent lane ropes and full electronic timing and scoreboard

**Map Location** <http://www.falkirkcommunitytrust.org/venues/map.aspx?vid=142>

**Meet Status** Scottish Swimming Licence WD/L3/035/0120

All swimmers must be registered with their governing body

**Session Times** Session 1 – Warm Up 9.00am Start 10.00am for 9 & under & 10 year olds

Session 2 – Warm Up 1.30pm Start 2.30pm for 11 & 12 year olds

**Age Groups** **Ages on the day**

9 years & under 10 years 11 years 12 years

**Events** 50m Backstroke, Breaststroke, Butterfly, Freestyle

Squadron Relay: 9/10 years freestyle relay team – BOYS & the same for GIRLS 11/12 years freestyle relay team – BOYS & the same for GIRLS

**Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group (morning 2 x 10 years/afternoon 2 x 12 years) both boys and girls. Swimmers can swim up an age group.**

**Heats/Finals** All events Heat Declared Winners

Heats will be swam based on times but split into age groups for medals. A ONE start rule and age group rules will apply in line with SASA accreditation procedures

**Fees** £6.00 per individual event

£8.00 per relay team

There will be **no refund** of fees for times out with consideration time

All cheques should be made payable to Grangemouth Amateur Swimming Club

There will be no refunds for any withdrawals received after the meet programme has been issued advising of accepted and scratched swims. Grangemouth ASC reserves the right to enter their own swimmers should any spaces become available after the programme has been issued.

No entries will be accepted without the correct fees paid on time (see below) or with the Entry Files incorrectly completed

**Coach’s Pass** Coach’s Passes at a cost of £7 are available to cover lunch for the day. This must be paid for with the gala entry fee

**Entry Files** In addition to the Meet Notice, the Entry File can be downloaded from the SwimScotland website. It can also be requested by emailing [**GalaConvenor@grangemouthasc.org**](mailto:GalaConvenor@grangemouthasc.org)at least **one week in advance** of the closing date (i.e. Monday 06 January 2020). Entries will be by computer files. Only official files are acceptable

The meet will be run using Hy-tek Meet Management; therefore entries should be requested and submitted on the appropriate electronic file available from [**GalaConvenor@grangemouthasc.org**](mailto:GalaConvenor@grangemouthasc.org)

The closing date for receipt of entries is Monday 06 January 2020. The entries file should be emailed to [**GalaConvenor@grangemouthasc.org**](mailto:GalaConvenor@grangemouthasc.org)

**Entry Fees** The appropriate entry fees should be paid directly into the Grangemouth ASC bank account using Ref “ Your club name /JAGS20”

**BACS details as follows:**

Name:Grangemouth ASC  
Bank: Bank of Scotland  
Acc:  16332165  
Sort Code: 80-22-60

In the event that you are unable to pay electronically then please submit a cheque along with the summary sheet which must be sent to arrive **within 5 days of the closing date –Monday 6th January 2020**. All cheques should be made payable to Grangemouth Amateur Swimming Club and sent to:-

**Frances Collins**

**30 Burns Avenue**

**Larbert**

**FK5 4FB**

**Medals & Awards** Medals will be presented to the top six in each age group and too fast prizes will be given to any “speedy” swimmers. **(Swimmers who swim faster but within a tolerance set prior to the meet will receive a too fast prize).** Relay team medals will be presented to the top three teams

A **Top Club** Trophy is presented to the club scoring the most points in the finals. Trophies will be presented for best **boy** and **girl** in each age group **(Trophies are worked on a points system)**

**Withdrawals** Any withdrawals must be notified to the withdrawals desk on the appropriate forms not later than **45 minutes** before the session starts (9.15am for morning and 1.45pm for afternoon).

Grangemouth ASC reserves the right to enter their own swimmers should any spaces become available.

**Marshalling** Swimmers must marshal for their events 4 heats prior to their race, 10 minutes before the 1st event. The marshalling area is at the window side of the pool. Any swimmers who do not marshal will be deemed to have withdrawn. Reserves, who have marshalled, will be allocated the place of swimmers who have not marshalled for heats

**Presentations** Swimmers should report for presentations to the marshalling area at the window side of the pool, in time for presentations in line with the presentation schedule. Presentations may be made during events to reduce session times

**Starts** “Over the top starts” will be used in all heats apart from backstroke events

**Diving** Please ensure that only swimmers who are competent to dive are allowed to dive. No diving is allowed at the shallow end of the pool. During warm ups, diving is only allowed from the deep end of the pool in sprint lanes designated as being “dive starts” and not “in the water” start lanes

**First Aid** The pool staff are providing qualified First Aid cover

**Fire Alarms** In the case of fire alarms being activated please comply with the pool staff’s instructions

**Lockers** A locker system operates in the changing rooms and swimmers are advised to use them. Please do not leave clothes in the changing areas or in unlocked lockers. The changing rooms are not supervised and are open to members of the public as well as those competing in the event. Lockers require £1 coin

**Photography** No photographic equipment (e.g. camera, camcorder, iPad etc.) is to be allowed on poolside, in the spectator gallery or any other area overlooking the pool

**Behaviour & Conduct** Please ensure all swimmers are reminded of the need to be courteous at all times, particularly to the marshals, and to remain quiet at the start of **every** race. Those swimmers who do not show such courtesy will be removed from all their remaining swims at the discretion of the Gala Convenor. Coaches and poolside helpers are asked to act as role models for the swimmers and engage with the swimmers; each other and the event organisers in a professional and courteous manner. We also ask that all swimmers and club representatives use the black bin bags provided for all rubbish and ensure that their seating area is clean and tidy before they leave at the end of their session.

**General Information** The Gala Convenor reserves the right to restrict entries in order to facilitate the smooth running of the meet. The Gala Convenor also reserves the right to alter the program and warm-up times if necessary. Anything not covered above or printed in the event program will be at the Gala Convenor’s discretion

Each club will receive a welcome pack prior to the start of Session 1



**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Consideration Times**

**Swimmers entry times must be slower than the Consideration Times**

**N.B. Ages as on the day**

**Boys & Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **9 & under** | **10 years** | **11 years** | **12 years** |
| 50 Free | 42:00 | 40:00 | 38:00 | 35:00 |
| 50 Fly | 52:00 | 49:00 | 46:00 | 44:00 |
| 50 Back | 48:00 | 46:00 | 43:00 | 41:00 |
| 50 Breast | 55:00 | 52:00 | 49:00 | 47:00 |

**There will be a tolerance allowance on the times**

**Closing Date – Monday 6th January 2020**

**No late entries will be considered**

Swimmers should only be entered for their own age group

Entries will be accepted on a time basis. Clubs should ensure that entry times for their swimmers are accurate

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



**Grangemouth Amateur Swimming Club**

**The 20th Annual J.A.G.S Meet**

**On**

**Saturday 25th January 2020**

**At**

**Grangemouth Sports Complex**

**Health & Safety Form**

In order to comply with accreditation and health and safety requirements, this form should be completed and returned along with the Entry Form prior to the start of the meet

* I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee
* I confirm that the regulations regarding the use of photographic equipment have been brought to the attention of all swimmers, parents and coaches who will be attending the competition
* I confirm that all swimmers have been trained and are competent to dive into the pool. Any swimmer unable to do so must start in the water and notify the referee beforehand

**Signed: .................................................................................................**

**Print: .................................................................................................**

**Position in Club: .................................................................................................**

**Club: .................................................................................................**

Please return this form with entries no later than Monday 6th January 2020

**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Saturday 25th January 2020**

**Grangemouth Sports Complex**

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| **Summary Sheet**  **\*\*This form must be completed and returned with the payment\*\*** |

|  |  |
| --- | --- |
| Club Name |  |
| Contact |  |
| Address |  |
| Post Code |  |
| Home Tel.No. |  |
| Mobile Tel.No. |  |
| e-mail | (important for distribution of information and updates pertaining to the meet) |

|  |
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| .......... Male Entries @£6.00 £..........  .......... Female Entries @£6.00 £..........  .......... Relay Teams @£8.00 £..........  .......... Coach’s passes (for lunch) @£7.00 £..........  Total cheque enclosed £..........  **Please pay by Bacs Transfer to Bank of Scotland Sort Code 80 -22 -60 Account No 16332165 Ref:Your Club name/JAGS20 or by cheques payable to Grangemouth ASC** |

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| We request two officials per club per session. Please provide their details below:-  Official 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Official 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| --- |
| **Form to be returned to Gala Convenor**  **Frances Collins**  **30 Burns Avenue**  **Larbert**  **FK5 4FB**  **Entry Forms and fees to be returned by 6th January 2020** |



**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Saturday 25th January 2020**

**Programme of events**

**Morning – Session 1**

**Session 1 – 9.00am Warm Up for 10.00am Start**

101 Boys 9 and under 50m BUTTERFLY

102 Girls 9 and under 50m BUTTERFLY

103 Boys 10 YEARS 50m BUTTERFLY

104 Girls 10 YEARS 50m BUTTERFLY

105 Boys 9 and under 50m Backstroke

106 Girls 9 and under 50m Backstroke

107 BOYS 10 YEARS 50m Backstroke

108 GIRLS 10 YEARS 50m Backstroke

109 BOYS 9 AND UNDER 50M Breaststroke

110 GIRLS 9 AND UNDER 50M Breaststroke

111 BOYS 10 YEARS 50M Breaststroke

112 GIRLS 10 YEARS 50M Breaststroke

113 BOYS 9 AND UNDER 50M FREESTYLE

114 GIRLS 9 AND UNDER 50M FREESTYLE

115 BOYS 10 YEARS 50M FREESTYLE

116 GIRLS 10 YEARS 50M FREESTYLE

117 BOYS 9/10 YEARS 100M FREESTYLE RELAY

118 GIRLS 9/10 YEARS 100M FREESTYLE RELAY

**Afternoon – Session 2**

**Session 2 – 1.30pm Warm Up for 2.30pm Start**

201 BOYS 11 YEARS 50M Butterfly

202 GIRLS 11 YEARS 50M Butterfly

203 BOYS 12 YEARS 50M Butterfly

204 GIRLS 12 YEARS 50M Butterfly

205 BOYS 11 YEARS 50M BACKSTROKE

206 GIRLS 11 YEARS 50M BACKSTROKE

207 BOYS 12 YEARS 50M BACKSTROKE

208 GIRLS 12 YEARS 50M BACKSTROKE

209 BOYS 11 YEARS 50M BREASTSTROKE

210 GIRLS 11 YEARS 50M BREASTSTROKE

211 BOYS 12 YEARS 50M BREASTSTROKE

212 GIRLS 12 YEARS 50M BREASTSTROKE

213 BOYS 11 YEARS 50M FREESTYLE

214 GIRLS 11 YEARS 50M FREESTYLE

215 BOYS 12 YEARS 50M FREESTYLE

216 GIRLS 12 YEARS 50M FREESTYLE

217 BOYS 11/12 YEARS 200M FREESTYLE RELAY

218 GIRLS 11/12 YEARS 200M FREESTYLE RELAY

**Presentations will be made at the end of each session unless advised by Gala Convenor**

**Over the top starts will be used where possible**

**Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group (morning 2 x 10 years/afternoon 2 x 12 years) both boys and girls. Swimmers can swim up an age group.**

**Trophies for Best Boy/Girl in each age group and Best Club**

