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**Annual Club Championships**

**Sunday 8th December 2019**

 Bo’ness ASC Committee and Coaching Team would like to invite all Club swimmers to our upcoming Club Championships taking place on Sunday 8th December 2019.

The Club Championships is a fantastic opportunity for all members of the Club to celebrate their swimming development, to achieve personal bests, and ultimately have fun! All swimmers registered with Bo’ness ASC upon the day of competing are eligible to participate. There will be an Awards Evening and Family Disco to mark the occasion the following week, on Saturday 14th December.

The Club Championships is the highlight of our year at Bo’ness ASC and is always eagerly anticipated by swimmers and coaches alike.

I hope that you will join us in celebration of another great year for the Club.

Should you have any questions, please do not hesitate to get in touch.

Jaqueline Smith

Competition Secretary

Bo’ness Amateur Swimming Club

Email: mailto:competitions@bonessasc.org

**Meet Arrangements**

Sunday 8th December 2019

Bo’ness Recreation Centre

Warmup: 11:00am. All swimmers must be poolside by 10:45am.

The final event will conclude at around 5:00pm.

*All swimmers must sign-in at the registration desk upon arrival. The registration desk will close at 10:45am sharp. Registration is located in the foyer and will be open from 10.30am.*

There are 5 age groups, based on the swimmer’s age on 31st December 2019.

Age groups: 8 years & under, 9 years, 10/11 years, 12/13 years and 14 years and over.

Events are:

25m Butterfly, 50m Freestyle, Breaststroke, Backstroke and 100 IM for **8 years & under and 9 years age-groups.**

50m Butterfly, 100m Freestyle, Breaststroke, Backstroke and 100 IM plus 50m Freestyle for **10/11 years age-group.**

100m Butterfly, Freestyle, Breaststroke, Backstroke and 100 IM plus 50m Freestyle for **all other age-groups.**

Swimmers will swim all events, unless otherwise indicated by Head Coach.

There will be medals for 1st, 2nd, 3rd, 4th, 5th and 6th place in each event. In addition, there are boy and girl age-group champions in each age range.

Medals will be awarded at the Club Championships, and trophies presented at the **Awards Evening on Saturday 14th December 2019.**

**Entry/ Withdrawal**

All swimmers currently registered with Bo’ness ASC have been entered, and removal from this event is on an ‘opt-out’ basis, with the exception of Platinum and Masters swimmers who should notify the Competition Secretary of the events they wish to participate in.

All entries will be displayed on the Club’s website, please visit: <http://www.bonessasc.org>

All swims are free. No cost to parents/ guardians.

If your child is unable to make it, you must advise:

Jaqueline Smith

BASC Competition Secretary

Email: mailto:competitions@bonessasc.org

**All withdrawals must be received by Sunday 1st December, 12 noon.**

**Parent/Guardian Assistance**

In order to make this event a success, we require assistance from parents/guardians of the swimmers. We require at least 12 timekeepers (no qualification is necessary, and we will provide training on the day), a Chief Timekeeper and volunteers to man the registration desk. We will also need volunteers to help to set up the pool.

If you are able to assist please advise:

 Rachel McCavish

Gala Convenor

Email: galas@bonessasc.org

**Meet Regulations**

* Swimmers and coaches must not take glassware into the changing area or onto poolside.
* Neither Bo’ness A.S.C nor Falkirk Community Trust can be held responsible for loss or damage to swimmers, club officials or spectators property during the meet.
* Under no circumstances should any swimmer other than those named on the start sheets go to the marshalling area.
* The use of photographic or video equipment is prohibited unless prior written consent has been obtained from the Gala Convener. Please request consent forms at the meet desk/ registration desk located in foyer.
* Flash photography is not permitted due to false start risk.
* Once start sheets have been prepared no alterations to heats will be made.
* Swimmers out with the poolside must wear dry clothing and footwear at all times.
* Outdoor footwear must not be worn at poolside.
* In the event of a fire evacuation, please follow direction from facility staff. All nonswimmers will be evacuated from the building. All swimmers will follow EAP (Emergency Action Plan) directed by the duty lifeguards.
* Swimmers should not enter the pool hall until the duty lifeguard is present.
* Swimmers should not leave the pool hall without authorisation by a member of the coaching team.
* The Gala Convener reserves the right to alter the programme and warm-up times if necessary. Anything not covered above will be at the Gala Convener’s discretion.

**Awards Evening and Family Ceilidh & Disco**

We will be holding an Awards Evening and Family Ceilidh & Disco. This will be held at Linlithgow Rugby Club the week after the Championships, on Saturday 14th December. The evening will start at 7:00pm, with an awards ceremony being followed by a disco and buffet supper. Swimmers, their parents and siblings and, of course, the coaches are all very warmly invited to join the celebrations.

We have lots of exciting swimming goodies up for grabs in our swimmers’ prize draw, so please come along and see if you’re one of the lucky winners!

Tickets for the evening are available to purchase online in advance.

We would appreciate everyone contributing to our buffet supper. To ensure we have a good range of food a list has been pinned on the Club Noticeboard in the Bo’ness Rec – please add your name against one of the items. All drinks must be purchased from the bar.

**Frequently Asked Questions**

* My child is new to the Club, can he/she participate? Yes, all swimmers currently registered with SASA under Bo’ness are eligible. Swimmers who are still within their 28 day ‘trial’ period are not eligible.
* I would happily help out but what will I be asked to do? We require parents to volunteer and time-keep. Don’t worry, you will be paired with someone more experienced. It truly is a great way to get involved in the fun!