

**Grangemouth Amateur Swimming Club**

(Affiliated to SASA)

**Present**

**The 1st Annual Grangemouth Mini Meet**

(Under FINA Rules & Scottish Swimming Regulations)

**SASA Meet Licence – WD/L3/013/0819**

**On**

**Saturday 31st August 2019**

**At**

**Grangemouth Sports Complex**

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

**Telephone No. 01324 504560**

**Closing Date – Midnight Tuesday 06 August 2019**



**Grangemouth Amateur Swimming Club – Grangemouth Mini Meet**

**Meet Information**

**Date** Saturday 31st August 2019

**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/L3/013/0819 granted

All swimmers must be registered with their governing body

Entries are invited for our annual Mini Meet aimed specifically at swimmers who may not have competed before.

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

Session 2 – Warm Up 1.30pm Start 2.30pm

**Age Groups** **Ages on the day (31/08/2019)**

Saturday morning 9 years & under, 10 years

Saturday afternoon 11 years, 12 years

**Events** 9 and under 25m all strokes, 100m IM

10yrs 25m butterfly, 50m Backstroke, Breaststroke, Freestyle, 100IM,

11,12yrs 50m all strokes, 100m IM

Saturday Morning 4x50m Girls and Boys relay, 2 swimmers from 9 and under and 2 swimmers from 10yrs age group

Saturday afternoon 4x50m Girls and Boys relay, 2 swimmers from 11yrs and 2 swimmers from 12 yrs age group

**Relays – swimmers can swim up an age group in the relays only. All swimmers must have swam in the meet**

**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

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. Tuesday 30th July 2019). 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 Tuesday 06th August 2019. 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 /GMM19”

**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 – i.e. Monday 26th August 2019**. All cheques should be made payable to Grangemouth Amateur Swimming Club

They should be 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 without prior approval of the Gala Convenor or President of Grangemouth ASC. Applications to use photographic equipment must be made on the approved SASA form at the entrance desk. Applicant must provide photographic proof of identity. No photographic equipment is allowed in the changing rooms, shower or toilet accommodation. All photos and video clips can only be uploaded to secure club websites and not into the public domain.

**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 – Grangemouth Mini 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** |
| 25 Free | 22:00 |  |  |  |
| 25 Fly | 25:00 | 23:00 |  |  |
| 25 Back | 25:00 |  |  |  |
| 25 Breast | 26:00 |  |  |  |
| 50 Free |  | 40:00 | 38:00 | 35:00 |
| 50 Fly |  |  | 46:00 | 44:00 |
| 50 Back |  | 46:00 | 43:00 | 41:00 |
| 50 Breast |  | 51:00 | 49:00 | 47:00 |
| 100 IM |  | 1:38:00 | 1:32:00 | 1:28:00 |

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

**Closing Date – Tuesday 6th August 2019**

**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 1st Grangemouth Mini Meet**

**On**

**Saturday 31st August 2019**

**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 Tuesday 6th August 2019

**Grangemouth Amateur Swimming Club – Grangemouth Mini Meet**

**Saturday 31st August 2019**

**Grangemouth Sports Complex**

|  |
| --- |
| **Summary Sheet**  **\*\*This form must be completed and returned with the payment (if payment not submitted electronically)\*\*** |

|  |  |
| --- | --- |
| 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) |

|  |
| --- |
| .......... Male Entries @£6.00 £..........  .......... Female Entries @£6.00 £..........  .......... Relay Teams @£8.00 £..........  .......... Coach’s passes (for lunch) @£7.00 £..........  Total cheque enclosed £..........  Please make cheques payable to Grangemouth Amateur Swimming Club |

|  |
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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**  **Or emailed to GalaConvenor@grangemouthasc.org** |

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| **Entry Forms and fees to be returned by Tuesday 6th August 2019** |



**Grangemouth Amateur Swimming Club – Grangemouth Mini Meet**

**Saturday 31st August 2019**

**Programme of events**

**Morning – Session 1**

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

|  |  |  |  |
| --- | --- | --- | --- |
| EVENT |  |  |  |
| 101 | GIRLS 10 AND UNDER | 100M | INDIVIDUAL MEDLEY |
| 102 | BOYS 10 AND UNDER | 100M | INDIVIDUAL MEDLEY |
| 103 | GIRLS 9 AND UNDER | 25M | BUTTERFLY |
| 104 | BOYS 9 AND UNDER | 25M | BUTTERFLY |
| 105 | GIRLS 10 YEARS | 25M | BUTTERFLY |
| 106 | BOYS10 YEARS | 25M | BUTTERFLY |
| 107 | GIRLS 9 AND UNDER | 25M | BACKSTROKE |
| 108 | BOYS 9 AND UNDER | 25M | BACKSTROKE |
| 109 | GIRLS 10 YEARS | 50M | BACKSTROKE |
| 110 | BOYS10 YEARS | 50M | BACKSTROKE |
| 111 | GIRLS 9 AND UNDER | 25M | BREASTSTROKE |
| 112 | BOYS 9 AND UNDER | 25M | BREASTSTROKE |
| 113 | GIRLS 10 YEARS | 50M | BREASTSTROKE |
| 114 | BOYS10 YEARS | 50M | BREASTSTROKE |
| 115 | GIRLS 9 AND UNDER | 25M | FREESTYLE |
| 116 | BOYS 9 AND UNDER | 25M | FREESTYLE |
| 117 | GIRLS 10 YEARS | 50M | FREESTYLE |
| 118 | BOYS10 YEARS | 50M | FREESTYLE |
| 119 | GIRLS 9 & under/10 YEARS | 4x50M | FREESTYLE RELAY |
| 120 | BOYS 9& under/10 YEARS | 4x50M | FREESTYLE RELAY |

**Afternoon – Session 2**

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

|  |  |  |  |
| --- | --- | --- | --- |
| EVENT |  |  |  |
| 201 | GIRLS 11 YEARS | 100M | INDIVIDUAL MEDLEY |
| 202 | BOYS 11 YEARS | 100M | INDIVIDUAL MEDLEY |
| 203 | GIRLS 12 YEARS | 100M | INDIVIDUAL MEDLEY |
| 204 | BOYS 12 YEARS | 100M | INDIVIDUAL MEDLEY |
| 205 | GIRLS 11 YEARS | 50M | BUTTERFLY |
| 206 | BOYS 11 YEARS | 50M | BUTTERFLY |
| 207 | GIRLS 12 YEARS | 50M | BUTTERFLY |
| 208 | BOYS 12 YEARS | 50M | BUTTERFLY |
| 209 | GIRLS 11 YEARS | 50M | BACKSTROKE |
| 210 | BOYS 11 YEARS | 50M | BACKSTROKE |
| 211 | GIRLS 12 YEARS | 50M | BACKSTROKE |
| 212 | BOYS 12 YEARS | 50M | BACKSTROKE |
| 213 | GIRLS 11 YEARS | 50M | BREASTSTTROKE |
| 214 | BOYS 11 YEARS | 50M | BREASTSTTROKE |
| 215 | GIRLS 12 YEARS | 50M | BREASTSTTROKE |
| 216 | BOYS 12 YEARS | 50M | BREASTSTTROKE |
| 217 | GIRLS 11 YEARS | 50M | FREESTYLE |
| 218 | BOYS 11 YEARS | 50M | FREESTYLE |
| 219 | GIRLS 12 YEARS | 50M | FREESTYLE |
| 220 | BOYS 12 YEARS | 50M | FREESTYLE |
| 221 | GIRLS 11/12 YEARS | 4x50M | FREESTYLE RELAY |
| 222 | BOYS 11/12 YEARS | 4x50M | 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 Swimmers can swim up an age group.**

