



An invite to our

Winter Graded Meet

Held under licence from SASA West District
License Number: WD/L2/022/0119

On

Sunday 20th January 2019

At

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

Closing Date for Entries: Midnight, Friday 4th January 2019



Meet Information

- Date** Sunday 20th January 2019.
- Venue** Grangemouth Sports Complex
Abbots Road
Grangemouth. FK3 9JB
(Telephone No. 01324 504560)
- Pool** 6 lane, 25m pool with full electronic timing/scoreboard and anti-wave lane ropes.
- Session Times** Session 1: Warm up 9.00 am Start 10.00 am.
Session 2: Warm up 1.30 pm Start 2.30 pm.
- Age groups** 8-10yrs, 11/12yrs, 13/14yrs, 15yrs & over.
Age is on the day of Meet, 20th January 2019..
Events will be run in mixed age groups, with results sorted by age groups.
- Events** 50m (Backstroke, Breaststroke, Butterfly & Freestyle).
100m (Backstroke, Breaststroke, Butterfly & Freestyle).
200m Individual Medley
- Awards** All events will be Heat Declared Winners (HDW).
Medals will be awarded for 1st, 2nd and 3rd place in each age group in all events.
- Entry Fees** £6.50 per individual event.
- Coach's Pass** Coach's Passes at a cost of £10.00 are available to cover lunch for the day.
- Officials** Each competing club are requested to supply at least 2 Technical Officials per session, of whom at least 1 of which should be a Judge or above, to assist with accreditation of the Meet.
- Facilities** There are café facilities available at the Grangemouth Sports Complex.
- Entry Files** All entries with current times should be made on the relevant electronic file. The Hytek Team Manager Event File can be downloaded from the Swim Scotland Website or requested by email from:
- Meet Entry Secretary**
Michelle Murray
Email: meetsec@stirlingswimming.co.uk
- Closing Date** Midnight, Friday 4th January 2019. No late entries will be accepted.

Meet Rules

- The Meet will be held under SASA rules. Enclosed is a Health and Safety Declaration Form to be completed (mandatory). Please return this with your Entry Summary Form.
- A SASA West District Level 2 Licence has been granted for this meet. Accreditation of results will be applied for after the Meet.
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- Swimmers may only enter their own age group.
- No swimmers under the age of 8 years are permitted to swim in accordance with licence requirements.
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure accreditation of the Meet.
- Only Swimmers, Coaches, Team Managers and Meet Officials will be admitted poolside.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as per current planned legislation. There will be NO diving at the shallow end of the pool.
- Swimmers must act on the instructions given by the Meet Officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the Meet rules.
- 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.

Entries, Withdrawals and Start Lists

- All entries must be made on the electronic files, which can be downloaded from Swim Scotland or can be obtained by emailing the Meet Secretary, quoting your club name. Entry Files should be submitted by e-mail to the Meet Entry Secretary.
- Closing date for entries will be midnight, Friday 4th January 2019. No late entries will be accepted.
- Entries will be accepted on a time basis. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct.
- Where an event is over-subscribed, entries may be scratched, to ensure the smooth and timely running of the meet. Scratches will be made proportionally across all age groups.
- Participating clubs will be provided with a list of confirmed swims and scratches and a copy of the Programme within 10 days of the closing date. Any scratches will be fully refunded.
- Withdrawals made after issue of the programme will be charged in full.
- Please email any withdrawals to the Meet secretary meetsec@stirlingswimming.co.uk as soon as possible after issue of the programme and by midnight Wednesday 16th January 2019 at the latest. Any withdrawals after this time will have to be made during the relevant session on the day of the meet. Please include the following details on all email withdrawals: Name of swimmer, Age group, Event No and Stroke.
- Withdrawals on the day must be into the recorders desk no later than 45 minutes prior to the start of each session using the withdrawal form in the coach's pack.
- Start lists will be issued to all clubs, prior to the start of a session, once all the withdrawals have been processed.

- Stirling Swimming reserves the right to fill empty lanes with swimmers from Stirling Swimming in the appropriate age group and consideration time (if applicable).
- No Time Only swims will be allowed or entries on the day without prior approval of the Meet Referee.

Events

- Over the top starts may be used to ensure the smooth running of the meet.
- All events will be Heat Declared Winners (HDW).
- Heats will be seeded after withdrawals close 45 minutes before the start of each session.
- All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat.
- Updated start sheets will be issued to the clubs for marshalling once all on the day withdrawals and any updates to reserve swims have been processed. In the event of a delay producing the start sheets, a copy of the programme will be included in the coaches' packs to allow for marshalling of all swimmers listed for the first event.
- Swimmers are asked to report to the marshalling area at least **five heats** in advance and 10 minutes before the first event.
- Heats will be run as mixed age groups based on entry times, as with an open meet, to provide competitive and comparative swimming.

Awards/Presentations

- Results will be posted on the walls in the pool area and at the back of the spectating area.
- Medals will be awarded for 1st, 2nd and 3rd place in each age group in all events.
- No formal presentations are scheduled. Announcements will be made of the medallists in each event and medals will be available poolside for collection during each session.

Photography

- The Scottish Swimming policy on the use of photographic equipment (cameras, camcorders, mobile phones, etc.) will be applied at this meet.
- Application forms for approval to use photographic equipment can be obtained from the entrance desk at the top of the spectator's balcony.
- Unauthorised use of photographic equipment is not permitted.

Miscellaneous

- Swimmers and coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the Meet.
- Stirling Swimming Club, nor the Grangemouth Sports Complex, cannot be held responsible for loss or damage to swimmers, team staff or spectators property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn poolside

2019 Stirling Winter Graded Meet Programme of Events

Sunday 20th January 2019

SESSION 1

Warm Up: 9.00am - Start: 10.00am

Event 101	Girls	200m Individual Medley	HDW
Event 102	Boys	100m Butterfly	HDW
Event 103	Girls	100m Breaststroke	HDW
Event 104	Boys	100m Freestyle	HDW
Event 105	Girls	100m Backstroke	HDW
Event 106	Boys	50m Breaststroke	HDW
Event 107	Girls	50m Butterfly	HDW
Event 108	Boys	50m Backstroke	HDW
Event 109	Girls	50m Freestyle	HDW

SESSION 2

Warm Up: 1.30pm - Start: 2.30pm

Event 201	Boys	200m Individual Medley	HDW
Event 202	Girls	100m Butterfly	HDW
Event 203	Boys	100m Breaststroke	HDW
Event 204	Girls	100m Freestyle	HDW
Event 205	Boys	100m Backstroke	HDW
Event 206	Girls	50m Breaststroke	HDW
Event 207	Boys	50m Butterfly	HDW
Event 208	Girls	50m Backstroke	HDW
Event 209	Boys	50m Freestyle	HDW

2019 Stirling Winter Graded Meet Consideration Times and Age Groups

(Times must be slower than the times stated below)

Boys				Event	Girls			
15yrs&0	13/14yrs	11/12yrs	8-10yrs		8-10yrs	11/12yrs	13/14yrs	15yrs&O
29.00	30.00	32.00	34.00	50 Free	34.00	32.00	30.00	30.00
1.04.00	1.08.00	1.11.00	1.15.00	100 Free	1.15.00	1.11.00	1.08.00	1.06.00
36.00	38.00	41.00	44.00	50 Breast	44.00	41.00	38.00	38.00
1.20.00	1.26.00	1.30.00	1.37.00	100 Breast	1.37.00	1.30.00	1.26.00	1.24.00
31.00	33.00	36.00	39.00	50 Back	39.00	36.00	33.00	32.00
1.10.00	1.14.00	1.20.00	1.30.00	100 Back	1.30.00	1.20.00	1.14.00	1.11.00
32.00	34.00	36.00	38.00	50 Fly	38.00	36.00	34.00	33.00
1.14.00	1.20.00	1.27.00	1.35.00	100 Fly	1.35.00	1.27.00	1.20.00	1.16.00
2.35.00	2.47.00	2.55.00	3.15.00	200 IM	3.15.00	2.55.00	2.47.00	2.40.00

Age Group for entrants is AGE ON THE DAY OF THE MEET.

Faster entry times will not be accepted.

2019 Stirling Winter Graded Meet

Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned with the entry information.

I confirm that all entered swimmers have paid their current SASA annual membership fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs)

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) 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 onto swimmers and parents intending to travel to the meet.

Signed:	
Print Name:	
Position in Club:	
Club:	

Return completed form with entries, to arrive no later than Friday 4th January 2019 to:

Meet Entry Secretary
Michelle Murray
7 Barbush
Dunblane, Perthshire, FK15 0FE

E-mail: meetsec@stirlingswimming.co.uk

2019 Stirling Winter Graded Meet Entry Summary Sheet

**** This form must be completed and returned with payment by the closing date. ****

Club Name:	
Contact:	
Position in Club:	
Address:	
Post Code:	
Home Tel No:	
Mobile Tel No:	
E-mail:	

.....	Male Entries	@ £6.50	£.....
.....	Female Entries	@ £6.50	£.....
.....	Total Entries	@ £6.50	£.....
.....	Coach's passes (Lunch on Sunday)	@ £10.00	£.....
Total cheque enclosed			<u>£.....</u>
Please make cheques payable to Stirling Swimming .			
Direct bank transfer to Sort Code: 80-91-29 - Account No: 00829926			<u>£.....</u>
Ref: "Your Club Name" 2019 Stirling Winter Graded Meet.			

Return completed form with entries, to arrive no later than Friday 4th January 2019 to:

Meet Entry Secretary
Michelle Murray
7 Barbush
Dunblane, Perthshire, FK15 0FE

E-mail: meetsec@stirlingswimming.co.uk

