



**CARNEGIE LONG COURSE
OPEN WINTER MEET
at Tollcross Park leisure centre,
Glasgow
(under FINA/SASA rules)**

Saturday and Sunday 30-31st October 2010

Closing date for entries Noon, 30 September 2010

Licence number WD/L23/739/1010

General Information

Date:	Saturday 30 th and Sunday 31 st October 2010
Venue:	Tollcross Park leisure centre, Glasgow, G32 7QR
Times:	Session 1 Saturday 30 th Warm up 8:30 Start at 9:15 Session 2 Saturday 30 th Warm up 12:45 Start at 1:30 Session 3 Sunday 31 st Warm up 8:30 Start at 9:15 Session 4 Sunday 31 st Warm up 12:45 Start at 1:30
Pool:	10 lane 50m pool, host venue to the 2014 Commonwealth Games. Full electronic timing with display scoreboard; anti-wave lane ropes; free car parking; cafeteria. Four lane 25m continuous swim down and warm up pool (this may be withdrawn in the event of repeated disruptive behaviour).
Age groups	10-11 yrs, 12-13 yrs, 14-15 yrs, 16 and over. Based on age on last day of meet (31 October 2010) Heats will be swum for all age groups combined and swimmers will be seeded by entry time. Finals (50 and 100m events only) will be held for each age group. 200 and 400m events are swum as 'heat declared winner'.
Starts	A one start rule will be used throughout the competition. Over the top starts will be used where possible.
Accreditation	The meet is licensed and level 2 accreditation will be sought under SASA rules. All swimmers must be registered with SASA or the equivalent.
Medals	50, 100, 200 and 400m events: Medals will be presented to the top 5 in each event.
Other awards	50m sprint – additional cash prizes for 1 st to 3 rd (see later for details) Best boy and girl in each age group Best club, based on overall points Best swim by a boy and girl, based on BAGCAT points
Officials	Clubs with significant numbers of swimmers are asked to provide technical officials (at least one at judge level) and assist with timekeeping. Travelling expenses will be paid in line with the promoter's normal expenses policy (available from the gala convenor).
Entry fees	£6.00 individual event (50m - 200m). £7.00 for 400m events
Coaches pass	£4.00 per club includes refreshments for two coaches per club, start sheet & programme
Coaching extras	CPD events and different meal options are available – see later
Accommodation	Within 1 mile; Premier Inn; GlasgowCambuslang.PI@premierinn.com

Event sponsors: Sheppard Swim School; info@sheppardswimschool.co.uk and Sheppard Education for sports; sesports.org.uk

Entries

The closing date for entries is noon Thursday, 30 September 2010. Entries should be submitted via Hytek, Team Manager event file. This should be requested from **Gary England** at genland@supanet.com. (Tel 01383 726935) before 24 September 2010.

All entries should be emailed to Gary England at the above address. Entries will be accepted on a time basis and clubs should ensure that entry times are accurate. Entries should be converted to 50m times.

Rejected entries will be refunded in full but there are no refunds for entries withdrawn after the draft programme is prepared.

Entries from composite teams and composite entries from groups of clubs will not be accepted.

Any withdrawals known before 12 noon on 29 October should be emailed in advance to Gary England. Other withdrawals should be made to the recorders no later than 35 minutes prior to the start of each session.

Carnegie swimming club reserves the right to restrict entries to facilitate the smooth running of the meet.

Meet Rules

All swimmers of Scottish clubs must have a current S.A.S.A. registration number (Aquatic category 2 or 3). Any swimmers from non-Scottish clubs must be registered with their governing body. Entries will not be accepted without a SASA or equivalent registration number.

No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved S.A.S.A. form.

Swimmers and coaches must not take glassware into the showers or poolside and are liable for expulsion from the meet if they do. Swimmers outwith the poolside must wear dry clothing and footwear at all times.

It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines. All swimmers should be accompanied poolside by a person with a coach's pass, who has had a disclosure check.

Events

Swimmers must report to the marshalls in the designated marshalling area at least five heats in advance.

Heats will be swum with the age groups combined and swimmers seeded by entry time. Swimmers wishing to withdraw from finals must do so within 15 minutes from the end of their event. Failure to do so may result in that swimmer being withdrawn from the remainder of the meet.

There will be a maximum of three reserves per age group per event.

Sheppard swim school sprint event

There will be cash prizes for those placed 1st to 3rd in the 50m freestyle sprint events, with separate events for males and females and for each age group (10-11, 12-13, 14-15 and 16 and over).

Prize money – 10-11 and 12-13 yrs - £25 first place, £15 second, £10 third.
– 14-15 and 16 + yrs - £50 first place, £25 second, £10 third.

Further event sponsor info available at <http://www.sheppardswimschool.co.uk>

Miscellaneous information

In the event of postponement, cancellation or abandonment of the event, Carnegie Swimming Club has no legal liability to make a refund or pay any form of consequential or indirect damage such as loss of enjoyment, travel or accommodation costs.

Electronic timing will be in operation, but in the event of electronic failure, back-up manual timing will be used.

Carnegie Swimming Club reserves the right to exclude or refuse admission to any competitor, spectator or team official.

Neither Carnegie Swimming Club nor the management of Tollcross Park leisure centre can be held responsible for loss or damage to swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure their property and not to leave belongings lying around unattended.

Carnegie Swimming Club reserves the right to vary the above conditions as necessary. Anything not covered above and not printed in the event programme will be at the promoter's discretion.

Results will be available on the swimscotland website.

Any queries concerning the above should be directed to the gala convenor andra.laird@talktalk.net (01383 729818)

Programme

Session 1 Saturday 30 October 2010				Warm – up 08.30 : Start 09.15	
Event					
101	Boys	10+	100m	Breaststroke	Heats
102	Girls	10+	100m	Breaststroke	Heats
103	Boys	10+	200m	Backstroke	HDW
104	Girls	10+	200m	Backstroke	HDW
105	Boys	10+	400m	Freestyle	HDW

Interval and presentations for events 3, 4 and 5

102	Girls	10/11	100m	Breaststroke	Final
102	Girls	12/13	100m	Breaststroke	Final
102	Girls	14/15	100m	Breaststroke	Final
102	Girls	16 & over	100m	Breaststroke	Final
101	Boys	10/11	100m	Breaststroke	Final
101	Boys	12/13	100m	Breaststroke	Final
101	Boys	14/15	100m	Breaststroke	Final
101	Boys	16 & over	100m	Breaststroke	Final

Interval and presentations for events 1 and 2

Session 2 Saturday 30 October 2010				Warm – up 12.45 : Start 13.30	
Event					
201	Girls	10+	100m	Backstroke	Heats
202	Boys	10+	100m	Backstroke	Heats
203	Girls	10+	200m	Breaststroke	HDW
204	Boys	10+	200m	Breaststroke	HDW
205	Girls	10+	400m	Freestyle	HDW

Interval and presentations for events 3, 4 and 5

202	Boys	10/11	100m	Backstroke	Final
202	Boys	12/13	100m	Backstroke	Final
202	Boys	14/15	100m	Backstroke	Final
202	Boys	16 & over	100m	Backstroke	Final
201	Girls	10/11	100m	Backstroke	Final
201	Girls	12/13	100m	Backstroke	Final
201	Girls	14/15	100m	Backstroke	Final
201	Girls	16 & over	100m	Backstroke	Final

Interval and presentations for events 1 and 2

Session 3 Sunday 31 October				Warm – up 08.30 : Start 09.15	
Event					
301	Boys	10+	50m	Freestyle	Heats
302	Girls	10+	50m	Freestyle	Heats
303	Boys	10+	100m	Butterfly	Heats
304	Girls	10+	100m	Butterfly	Heats
305	Boys	10+	200m	Freestyle	HDW
306	Girls	10+	200m	Freestyle	HDW
307	Boys	10+	200m	IM	HDW

Interval and presentations for events 5, 6 and 7

304	Girls	10/11	100m	Butterfly	Final
304	Girls	12/13	100m	Butterfly	Final
304	Girls	14/15	100m	Butterfly	Final
304	Girls	16 & over	100m	Butterfly	Final
303	Boys	10/11	100m	Butterfly	Final
303	Boys	12/13	100m	Butterfly	Final
303	Boys	14/15	100m	Butterfly	Final
303	Boys	16 & over	100m	Butterfly	Final

Interval and presentations for events 3 and 4

Session 4 Sunday 31 October 2009				Warm – up 12.45 : Start 13.30	
Event					
401	Girls	10/11	50m	Freestyle	Final
401	Girls	12/13	50m	Freestyle	Final
401	Girls	14/15	50m	Freestyle	Final
401	Girls	16 & over	50m	Freestyle	Final
402	Boys	10/11	50m	Freestyle	Final
402	Boys	12/13	50m	Freestyle	Final
402	Boys	14/15	50m	Freestyle	Final
402	Boys	16 & over	50m	Freestyle	Final

Presentations for events 1 and 2

403	Girls	10+	200m	IM	HDW
404	Boys	10+	100m	Freestyle	Heats
405	Girls	10+	100m	Freestyle	Heats
406	Boys	10+	200m	Butterfly	HDW
407	Girls	10+	200m	Butterfly	HDW

Interval and presentations for events 3, 6 and 7

404	Boys	10/11	100m	Freestyle	Final
404	Boys	12/13	100m	Freestyle	Final
404	Boys	14/15	100m	Freestyle	Final
404	Boys	16 & over	100m	Freestyle	Final
405	Girls	10/11	100m	Freestyle	Final
405	Girls	12/13	100m	Freestyle	Final
405	Girls	14/15	100m	Freestyle	Final
405	Girls	16 & over	100m	Freestyle	Final

Interval and presentations for events 4 and 5

Swimmers may only enter the 50m event, if they have entered at least two other events

**CARNEGIE SWIMMING CLUB
LONG COURSE OPEN WINTER MEET
30 and 31 October 2010**

This form must be completed and returned (with a cheque made payable to Carnegie Swimming Club) to Mr Gary England, 2 Woodruff Gait, Dunfermline, KY12 0NL within 3 working days.

Club name Contact Name
Address
Telephone No Email address.....

All entries to be emailed to genland@supanet.com. Please attach an electronic copy of this form to the Hytec Entry return.

Number of 400m entries @ £7:00 each £.....
Number of other entries @ £6:00 each £.....

Coach Passes (per club) 1 @ £4.00
Coaches meal tickets* @ £10.50 each £.....
Coaches meal tickets* @ £6.50 each £.....

* please see attached sheet for options

TOTAL ENCLOSED	£.....
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Officials and timekeepers

Please list below the names of TO's, their level (J1, J2 etc) and timekeepers. Please also identify any probationers (P).

	Session 1	Session 2	Session 3	Session 4
TOs and probationers				
Timekeepers				

Information for Coaches

CPD workshops

Sheppard swim school began sponsoring this event in 2009. This year the education branch of the swim school, Sheppard Education for Sports, hopes to run a taster programme of short sports education workshops for coaches attending the winter meet.

Dr Monika Schloder is the guest speaker. She is a professor of sport sociology at the University of Calgary, is a three time Olympian and among other achievements has authored two books on swimming and developed a number of coach training programmes.

The full programme of education events is still being finalized and a copy will be provided directly by sesports to all clubs who request an entry file for the meet.

SESports is jointly owned and directed by five time Olympian Alison Sheppard MBE and her husband, Olympic coach Gary Vandermeulen.

Courses range from initial teacher training to advanced coaching CPD's and are delivered through Scottish Swimming approved learning centres.

Coaches' passes

Please provide below the names of those attending as coaches for the meet.

Name	Session (tick)			
	1	2	3	4

Coaches' meals

Coaches can opt for a two course meal, served by centre staff in the officials meeting room. The cost of this is £10:50 each day and includes tea, coffee and cold drinks. Please specify separately the number of tickets required for each day.

Alternatively, we can provide coaches with vouchers, at a cost of £6.50 per voucher, which can be used to buy a meal or snack from the café. This voucher can be redeemed for anything on the café menu and can be used at any time during the day but has to be eaten in the café area. Typically £6.50 will cover the cost of a main course meal and drink or soup and a sandwich.

Please order meal tickets below and return this form with your cheque payment and entry summary.

	Saturday	Sunday
No. of coaches meal tickets required at £10:50		
No. of vouchers required at £6.50		

CARNEGIE SWIMMING CLUB

HEALTH AND SAFETY ANNOUNCEMENT

CONTROLLING THE USE OF PHOTOGRAPHIC EQUIPMENT

The Scottish 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, mobile phones with cameras etc.) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the gala convenor.*
- *Application to use photographic equipment must be made on the approved S.A.S.A. form enclosed with this information.*
- *Application can be made on the day to the gala convenor or to the gala convenor's appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.*

SCOTTISH SWIMMING
HEALTH & SAFETY COMMITTEE
APPLICATION FORM TO USE PHOTOGRAPHIC EQUIPMENT



DETAILS OF APPLICANT

Name _____

Address _____

Club _____

Name of Meet _____

Venue of Meet _____

Type of Equipment _____
(e.g. camera, camcorder)

VERIFICATION OF CLUB/ASSOCIATION

Club Name _____

Club Secretary Name _____

Address _____

Club Secretary Officials Signature _____

DECLARATION OF APPLICANT

I declare that the picture/film(s) produced by the equipment stated above will not be altered in any way, without prior approval, in writing of the person(s) photographed.

Signature of Applicant _____

NOTIFICATION TO APPLICANT

The above application has been (APPROVED / REFUSED) *(delete as appropriate)

Signature of Meet official _____

NOTE:- PROOF OF IDENTITY MUST BE PRODUCED ON REQUEST WHEN EQUIPMENT IS TO BE USED.