

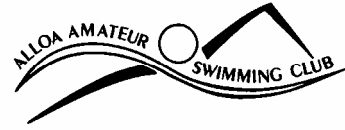
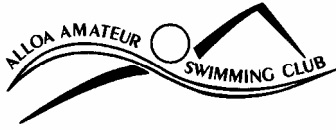
An invite to the

Alloa Graded Meet

October 30th & 31st 2010

At the

**The Peak
Stirling Sports Village
Stirling**



ALLOA AMATEUR SWIMMING CLUB

Would like to invite entries for their

Graded Meet

(under SASA Rules and Licence No)

General Information:

Date	Saturday & Sunday 30 th & 31st October 2010
Venue	The Peak Stirling Sports Village Forthside Way FK7 7UJ
Map Location	http://www.stirling.gov.uk/thepeak/peak-findus.htm
Pool	6 lane 25M with full electronic timing and scoreboard
Times	Warm-up will be at 09:00 and 13:30 each day Start times will be 10:00 and 14:30 each day
Ages	Age of entrants is age on last day of the meet
Age Groups	10&U, 11/12, 13/14, 15&O
Events	See meet programme
Awards	Medals for 1 st , 2 nd & 3 rd , overall best boy & girl and best club trophy
Entry Fees	£4.50 per individual swim. Cheques should be made payable to Alloa ASC to be received prior to the entries closing date.
Officials	Each competing club is requested to provide two STO's each day. We would request that clubs provide the names and roles of the STO's prior to the meet and preferably at the time of entries. Travelling expenses will only be paid to officials with no participating swimmers. A midday meal will be provided for the STO's and two coaches from each club on both days.

The meet will be run using Hy-tek meet management; therefore entries should be requested and submitted on the appropriate electronic file available from:

Amanda Douglas
79 Claremont
Alloa
FK10 2DJ
Mobile: 07952645756
E-mail: amandadouglas185@hotmail.com

Meet Rules

- The meet will be held under SASA rules
- Ages as at last day of meet
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body
- 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 and meet officials will be admitted to poolside
- No photographic or video equipment will be allowed unless prior approval from the meet secretary has been sought. Forms may be requested from the meet secretary
- Swimmers must wear appropriate footwear on poolside and marshalling areas and follow instructions from meet officials
- Swimmers will be expected to behave in a reasonable manner at all times
- No swimmers under the age of 8yrs is permitted to swim in accordance with licence requirements

Entries and Withdrawals

- Closing date for entries will be midnight on Saturday 2nd October 2010. No late entries will be accepted
- All entries must be made on the electronic files and submitted by e-mail to the secretary. Entry files can be requested by e-mail to the meet secretary
- Withdrawals must be into the meet office no later than 45 minutes prior to the start of each session using the withdrawal form in the coaches pack
- Withdrawals made after issue of the final meet programme may be charged in full
- A coaches pack can be picked up at the meet office from 08:30 each day
- Entries may be rejected to ensure the smooth and timely running of the meet
- Participating clubs will be provided with a meet programme prior to the meet and any rejections will be fully refunded
- Alloa ASC reserve the right to fill empty lanes with swimmers from the club of the appropriate age

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
- Start sheets will be issued to the clubs for marshalling
- Swimmers are asked to report to the marshalling area at least three heats in advance
- Heats will be run as mixed age groups based on entry times, as with an open meet, to provide competitive and comparative swimming

Programme of Events

Saturday 30th October

Session 1

Event 101	Boys	200m Ind Medley
Event 102	Girls	200m Freestyle
Event 103	Boys	100m Freestyle
Event 104	Girls	100m Butterfly
Event 105	Boys	50m Backstroke
Event 106	Girls	50m Freestyle

Session 2

Event 201	Girls	200m Ind Medley
Event 202	Boys	200m Freestyle
Event 203	Girls	100m Freestyle
Event 204	Boys	100m Butterfly
Event 205	Girls	50m Backstroke
Event 206	Boys	50m Freestyle

Sunday 31st October

Session 3

Event 301	Boys	400m Freestyle
Event 302	Girls	200m Backstroke
Event 303	Boys	100m Ind Medley
Event 304	Girls	200m Breaststroke
Event 305	Boys	50m Butterfly
Event 306	Girls	50m Breaststroke

Sessions 4

Event 401	Girls	400m Freestyle
Event 402	Boys	200m Backstroke
Event 403	Girls	100m Ind Medley
Event 404	Boys	200m Breaststroke
Event 405	Girls	50m Butterfly
Event 406	Boys	50m Breaststroke

ALLOA ASC AUTUMN GRADED MEET

CONSIDERATION TIMES AND AGE GROUPS

MALE				FEMALE				
<u>15 & +</u>	<u>13/14</u>	<u>11/12</u>	<u>10 & - U</u>		<u>10 & - U</u>	<u>11/12</u>	<u>13/14</u>	<u>15 & +</u>
29.00	30.00	31.00	34.00	50 Free	34.00	32.00	31.00	30.00
1.03.00	1.06.00	1.09.00	1.15.00	100 Free	1.15.00	1.11.00	1.08.00	1.06.00
2.20.00	2.25.00	2.35.00	2.45.00	200 Free	2.45.00	2.35.00	2.25.00	2.20.00
4.45.00	4.55.00	5.20.00	6.00.00	400 Free**	6.00.00	5.20.00	5.00.00	4.50.00
36.00	38.00	41.00	44.00	50 Breast	44.00	41.00	39.00	38.00
2.53.00	3.10.00	3.18.00	3.35.00	200 Breast	3.35.00	3.18.00	3.10.00	2.53.00
31.00	33.00	36.00	39.00	50 Back	39.00	36.00	34.00	33.00
2.35.00	2.44.00	2.57.00	3.20.00	200 Back	3.15.00	2.55.00	2.44.00	2.36.00
32.00	34.00	36.00	38.00	50 Fly	39.00	36.00	34.00	32.00
1.14.00	1.20.00	1.27.00	1.35.00	100 Fly	1.35.00	1.28.00	1.22.00	1.16.00
1.12.00	1.17.00	1.22.00	1.29.00	100 IM	1.28.00	1.24.00	1.20.00	1.16.00
2.35.00	2.45.00	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 LAST DAY OF THE MEET.

Faster entry times will not be accepted.

Swimmers should only be entered for their own age group.

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.

Alloa ASC Version 4 (All Events) - March 2007

Alloa ASC Open Meet

Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned with 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:

Please return this form with entries no later than Midnight Saturday 2nd October 2010 to:

Amanda Douglas
79 Claremont
Alloa
FK10 2DJ

Information Sheet

Alloa ASC Open Meet

Club: _____

Number of Boys individual entries _____ @ £4.50 Total: _____

Number of Girls individual entries _____ @ £4.50 Total: _____

Total: _____

Submitted by: _____

Signed: _____

Position in Club: _____

Telephone No: _____

E-mail address: _____

Postal Address: _____

Please return along with remittance and entries to the meet secretary:

Amanda Douglas
79 Claremont
Alloa
FK10 2DJ
E-mail: amandadouglas185@hotmail.com