**Meet information**

**License No: ED/2016/095/L3**

Date:        Sunday 16th October 2016

Venue:       Galashiels Swimming Pool, Livingstone Place, Galashiels, TD1 1DQ

Pool:         6 lane, 25m pool, anti-wave lane ropes

Dolphin electronic timing system will be in use.

The start end at Galashiels swimming pool is only 1 meter deep and therefore swimmers **must** be proficient at dive starts, otherwise they must start in the water.

Events:        List of events enclosed

ALL EVENTS WILL BE HDW

Age groups:    Individual events

8&9 years, 10&11 years, 12&13 years, 14 years & over

Age as of 18th October 2016

        Events will be swam in mixed age groups, with results sorted as individual age groups

Sessions:    Morning    Warm up    09.15        Start    09.45

        Afternoon    Warm up    13.00        Start    13.30

Entry fees:    £3.00 per 25m event, £5.00 per 50m, 100m & 200m event

Cheques should be made payable to Gala ASC

Cheques should be received within 7 days of closing date

**Closing date: 5th October 2016**

Entries:       Entries should be made using Hytek files.  These files can be requested and returned to our meet entries Secretary by email:  [galaascmeets@gmail.com](mailto:galaascmeets@gmail.com)

        A draft meet sheet will be made available to clubs prior to the meet date

Awards:    Medals will be awarded to the first three places in each age group

Officials:    Clubs entering are requested to provide 2 officials to ensure the smooth running of this meet.  Please provide these details when returning entries.

**Program of events** Session 1

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Gender** | **Age group** | **Distance** | **Stroke** |
| 101 | Girls | 10 & 11 | 100m | IM |
| 102 | Boys | 10 & 11 | 100m | IM |
| 103 | Girls | 12 & 13 years | 200m | IM |
| 104 | Boys | 12 & 13 years | 200m | IM |
| 105 | Girls | 14 & over years | 200m | IM |
| 106 | Boys | 14 & over years | 200m | IM |
| 107 | Girls | 8 & 9 years | 25m | Backstroke |
| 108 | Boys | 8 & 9 years | 25m | Backstroke |
| 109 | Girls | 10 & 11 years | 50m | Backstroke |
| 110 | Boys | 10 & 11 years | 50m | Backstroke |
| 111 | Girls | 12 & 13 years | 50m | Backstroke |
| 112 | Boys | 12 & 13 years | 50m | Backstroke |
| 113 | Girls | 14 & over years | 50m | Backstroke |
| 114 | Boys | 14 & over years | 50m | Backstroke |
| 115 | Girls | 8 & 9 years | 25m | Butterfly |
| 116 | Boys | 8 & 9 years | 25m | Butterfly |
| 117 | Girls | 10 & 11 years | 50m | Butterfly |
| 118 | Boys | 10 & 11 years | 50m | Butterfly |
| 119 | Girls | 12 & 13 years | 50m | Butterfly |
| 120 | Boys | 12 & 13 years | 50m | Butterfly |
| 121 | Girls | 14 & over years | 50m | Butterfly |
| 122 | Boys | 14 & over years | 50m | Butterfly |
| 123 | Girls | 8 & 9 years | 25m | Breaststroke |
| 124 | Boys | 8 & 9 years | 25m | Breaststroke |
| 125 | Girls | 10 & 11 years | 50m | Breaststroke |
| 126 | Boys | 10 & 11 years | 50m | Breaststroke |
| 127 | Girls | 12 & 13 years | 50m | Breaststroke |
| 128 | Boys | 12 & 13 years | 50m | Breaststroke |
| 129 | Girls | 14 & over years | 50m | Breaststroke |
| 130 | Boys | 14 & over years | 50m | Breaststroke |
| 131 | Girls | 8 & 9 years | 25m | Freestyle |
| 132 | Boys | 8 & 9 years | 25m | Freestyle |
| 133 | Girls | 10 & 11 years | 50m | Freestyle |
| 134 | Boys | 10 & 11 years | 50m | Freestyle |
| 135 | Girls | 12 & 13 years | 50m | Freestyle |
| 136 | Boys | 12 & 13 years | 50m | Freestyle |
| 137 | Girls | 14 & over years | 50m | Freestyle |
| 138 | Boys | 14 & over years | 50m | Freestyle |

Session 2

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **Gender** | **Age group** | **Distance** | **Stroke** |
| 201 | Girls | 10 & 11 years | 100m | Backstroke |
| 202 | Boys | 10 & 11 years | 100m | Backstroke |
| 203 | Girls | 12 & 13 years | 200m | Backstroke |
| 204 | Boys | 12 & 13 years | 200m | Backstroke |
| 205 | Girls | 14 & over years | 200m | Backstroke |
| 206 | Boys | 14 & over years | 200m | Backstroke |
| 207 | Girls | 10 & 11 years | 100m | Butterfly |
| 208 | Boys | 10 & 11 years | 100m | Butterfly |
| 209 | Girls | 12 & 13 years | 200m | Butterfly |
| 210 | Boys | 12 & 13 years | 200m | Butterfly |
| 211 | Girls | 14 & over years | 200m | Butterfly |
| 212 | Boys | 14 & over years | 200m | Butterfly |
| 213 | Girls | 10 & 11 years | 100m | Breaststroke |
| 214 | Boys | 10 & 11 years | 100m | Breaststroke |
| 215 | Girls | 12 & 13 years | 200m | Breaststroke |
| 216 | Boys | 12 & 13 years | 200m | Breaststroke |
| 217 | Girls | 14 & over years | 200m | Breaststroke |
| 218 | Boys | 14 & over years | 200m | Breaststroke |
| 219 | Girls | 10 & 11 years | 100m | Freestyle |
| 220 | Boys | 10 & 11 years | 100m | Freestyle |
| 221 | Girls | 12 & 13 years | 200m | Freestyle |
| 222 | Boys | 12 & 13 years | 200m | Freestyle |
| 223 | Girls | 14 & over years | 200m | Freestyle |
| 224 | Boys | 14 & over years | 200m | Freestyle |

**Meet rules**

General:    The meet will be held under FINA and SASA rules.

    No photographic equipment will be allowed in any area unless approved by the meet organisers.

    The organisers reserve the right to restrict entries to allow for the smooth running of the meet.

    Any entries rejected will be refunded in full.

    All competitors must have current SASA registration numbers.

    It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Warm up:    The warm up may only commence when advised to do so.

No diving allowed other than in controlled sprint lanes.

No congregating will be allowed at either end on the pool lanes

Events:   Swimmers must report to marshalling 4 heats in advance

        All events are heat declared winner

Poolside:    Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.

    Outdoor footwear must not be worn on the poolside area.

    No glassware to be taken on to pool side

    A maximum of 3 adults per club will be allowed on poolside

Misc:    Gala ASC retains the right to amend any of the above conditions as necessary.

    Anything not covered in the above or within the meet program will be at the organisers’ discretion.

**ENTRY SUMMARY SHEET**

**SUMMARY SHEET**

**\*\*This sheet must be completed and returned with cheque & filled in and returned with Entries via E-mail\*\***

**Double click in the form area to fill in, once finished click once outside the form**

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Return to:

Des Roper

6 Quarrydene

Melrose

TD6 9SZ

Tel: 07739588896

e-mail:- galaascmeets@gmail.com

**HEALTH & SAFETY DECLARATION**

1. **\* This form must be completed and returned with your cheque \***

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

• I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.

• I understand that any swimmer entered without a Registration number will be automatically rejected.

• I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.

• I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to so, will start in the water and notify the referee that this will be the case.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Print \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Position \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

On behalf of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (club)

Date \_\_\_/\_\_\_\_/2016.