



Grangemouth Amateur Swimming Club

(Affiliated to SASA)

Present

The 37th Annual M.A.G.S Meet

(Under FINA Rules & Scottish Swimming Regulations)

SASA Meet Licence – WD/L2/015/0117

On

Sunday 29th January 2017

At

**Grangemouth Sports Complex
Abbots Road, Grangemouth, FK3 9JD
Telephone No. 01324 504560**

Closing Date – Midnight Monday 09 January 2017



Grangemouth Amateur Swimming Club – M.A.G.S. Meet
Meet Information

- Date** Sunday 29th January 2017
- 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, LA2 Licence WD/L2/015/0117 granted
Accreditation of results will be applied for after the meet
All swimmers must be registered with their governing body
- 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**
8-11 years 12/13 years 14/15 years
- Events** 100m Backstroke, Breaststroke, Butterfly, Freestyle
200m Individual Medley
200m Freestyle
Squadron Relay: 8 x 50m Freestyle 4
- Relays – all swimmers must have swam in the meet and must comprise of a minimum of 4 x 11 year olds and under (2 boys, 2 girls); 2 x 12/13 (1 boy; 1 girl); 2 x 14/15 (1 boy; 1 girl) in any order.**
Relays to be submitted before meet. Relays submitted on the day will be time only
- 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.
All cheques should be made payable to Grangemouth Amateur Swimming Club

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

Officials

As we are applying for accreditation we will be required to have the minimum number of Judges for each session. Each competing club is requested to provide **two** Swimming Technical Officials per session on the 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 entry. Travelling expenses will only be paid to officials with no participating swimmers

Coach's Pass

Coach's Passes at a cost of £6 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 ann.dwane@btinternet.com at least **one week in advance** of the closing date (i.e. Friday 01 January 2016). Entries will be by computer files only. 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 ann.dwane@btinternet.com

The closing date for receipt of entries is Monday 9th January 2017. The entries file should be emailed to ann.dwane@btinternet.com

Entry Fees

The appropriate entry fees and summary sheet must be sent to arrive **within 5 days of the closing date – i.e. Saturday 14 January 2017.**

They should be sent to:-

**Ann Dwane
48 St Magdalenes
Linlithgow
EH49 6AQ**

Medals & Awards

Medals will be presented to the top six in each age group. 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

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



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Consideration Times

Swimmers entry times must be faster than the Consideration Times

N.B. Ages as on the day

Boys				Girls		
8-11	12/13	14/15	Event	8-11	12/13	14/15
1:37:00	1:25:00	1:19:00	100 Free	1:37:00	1:25:00	1:19:00
1:52:00	1:43:00	1:37:00	100 Fly	1:52:00	1:43:00	1:37:00
1:50:00	1:36:00	1:30:00	100 Back	1:50:00	1:36:00	1:30:00
2:03:00	1:46:00	1:40:00	100 Breast	2:03:00	1:46:00	1:40:00
3:25:00	3:05:00	2:50:00	200 IM	3:35:00	3:15:00	3:00:00
3:10:00	2:50:00	2:30:00	200 Free	3:20:00	3:00:00	2:40:00

Closing Date – Monday 8th January 2017
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 37^h Annual M.A.G.S Meet
On
Sunday 29th January 2017
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 Monday 9th January 2017

Grangemouth Amateur Swimming Club – M.A.G.S. Meet
Sunday 29th January 2017

Grangemouth Sports Complex

Summary Sheet

****This form must be completed and returned with the payment****

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	@£6.00	£.....
.....	Coach's passes (for lunch)	@£6.00	£.....
Total cheque enclosed			<u>£.....</u>

Please make cheques payable to Grangemouth Amateur Swimming Club

We request two officials per club per session. Please provide their details below:-

Official 1: _____ Role _____

Official 2: _____ Role _____

Form to be returned to Meet Entry Secretary

Ann Dwane
48 St Magdalenes
Linlithgow
EH49 6AQ

Entry Forms and fees to be returned by Sunday 14th January 2017
(i.e. within 5 days of the closing date of Monday 9th January 2017)



Grangemouth Amateur Swimming Club – M.A.G.S. Meet
Sunday 29th January 2017

Programme of events

Morning – Session 1

Session 1 – 9.00am Warm Up for 10.00am Start

101	BOYS 15 AND UNDER	200M	FREESTYLE
102	GIRLS 15 AND UNDER	100M	BUTTERFLY
103	BOYS 15 AND UNDER	100M	BREASTSTROKE
104	GIRLS 15 AND UNDER	100M	BACKSTROKE
105	BOYS 15 AND UNDER	100M	FREESTYLE
106	GIRLS 15 AND UNDER	200M	INDIVIDUAL MEDLEY

Presentations will be made after event 106 unless advised by Gala Convenor

Afternoon – Session 2

Session 2 – 1.30pm Warm Up for 2.30pm Start

201	GIRLS 15 AND UNDER	200M	FREESTYLE
202	BOYS 15 AND UNDER	100M	BUTTERFLY
203	GIRLS 15 AND UNDER	100M	BREASTSTROKE
204	BOYS 15 AND UNDER	100M	BACKSTROKE
205	GIRLS 15 AND UNDER	100M	FREESTYLE
206	BOYS 15 AND UNDER	200M	INDIVIDUAL MEDLEY
207	MIXED 15 AND UNDER	400M	FREESTYLE RELAY

Presentations will be made after event 207 unless advised by Gala Convenor

Over the top starts will be used where possible

Relays – all swimmers must have swam in the meet and must comprise of a minimum of 4 x 11 year olds and under (2 boys, 2 girls); 2 x 12/13 (1 boy; 1 girl); 2 x 14/15 (1 boy; 1 girl) in any order. Relays must be submitted before the meet. Relays submitted on the day will be time only.

Trophies for Best Boy/Girl in each age group and Best Club



**Grangemouth Amateur Swimming Club
MAGS Meet – 29th January 2017**

Warm Up Schedule

Saturday Morning – Session 1

9.00am to 9.13am	11 and under and 12 years – Boys	Lanes 1 & 6 Sprints from 9.10am
9.13am to 9.26am	13, 14 and 15 years – Boys	Lanes 1 & 6 Sprints from 9.23am
9.26am to 9.39am	11 and under and 12 years – Girls	Lanes 1 & 6 Sprints from 9.36am
9.39am to 9.52am	13, 14 and 15 years – Girls	Lanes 1 & 6 Sprints from 9.49am

Saturday Afternoon – Session 2

1.30pm to 1.43pm	11 and under and 12 years – Boys	Lanes 1 & 6 Sprints from 1.40pm
1.43pm to 1.56pm	13, 14 and 15 years – Boys	Lanes 1 & 6 Sprints from 1.53pm
1.56pm to 2.09pm	11 and under and 12 years – Girls	Lanes 1 & 6 Sprints from 2.06pm
2.09pm to 2.52pm	13, 14 and 15 years – Girls	Lanes 1 & 6 Sprints from 2.49pm

Please note the following:

1. Diving shall be from the SCOREBOARD END of the pool ONLY. Diving should be in the designated sprint lanes and during the allocated times only. DO NOT DIVE UNLESS IT IS SAFE TO DO SO
2. Odd numbered lanes shall swim clockwise. Even numbered lanes shall swim anti-clockwise