



An invite to the

# Alloa Junior Development Meet

Saturday 20<sup>th</sup> May 2017

At the

**The Peak  
Stirling Sports Village  
Stirling**



## ALLOA AMATEUR SWIMMING CLUB



Would like to invite entries for their  
Junior Development Meet  
(Under SASA Rules and Licence No: WD/L3/028/0517)

### General Information:

Date	Saturday 20 <sup>th</sup> May 2017
Venue	The Peak Stirling Sports Village Forthside Way FK7 7UJ
Map Location	<a href="http://www.the-peak-stirling.org.uk/find-us/">http://www.the-peak-stirling.org.uk/find-us/</a>
Pool	6 lane 25M with full electronic timing and scoreboard
Times	Warm-up will be at 09:00 and 13:30 Start times will be 10:00 and 14:30
Ages	Age of entrants is age on the day of meet
Age Groups	7/8yrs ~ 9/10yrs ~ 11/12yrs
Events	See programme of events on page 3
Meet Mobile	Meet Information and results will be available via Meet Mobile app
Awards	Medals for 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> , 6 <sup>th</sup> & 1 <sup>st</sup> , 2 <sup>nd</sup> & 3 <sup>rd</sup> for relays Awards to overall best boy & girl
Entry Fees	£5.00 per individual swim, £10.00 per relay. Payments can be made by either: Direct bank transfer to Sort code: 80-05-28 – Account: 00119893 – Ref: <b>"Your Club Name" AASC Junior Development Meet.</b> Or by Cheque made payable to <b>Alloa Amateur Swimming Club</b> 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.

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

Christina A'Hara  
7 Pine Crescent  
Menstrie  
Clackmannanshire  
FK11 7DT  
Mobile: 07850347393 ~ E-mail: [christina\\_ahara@outlook.com](mailto:christina_ahara@outlook.com)

## Meet Rules

- The meet will be held under SASA rules
- Ages as at 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 smooth running 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 entry desk
- 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 7yrs is permitted to swim in accordance with licence requirements

## Entries and Withdrawals

- Closing date for entries will be Sunday 23<sup>rd</sup> April 2017. 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 as above
- 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
- 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
- If the meet is oversubscribed faster swimmers in each age group will be scratched
- Alloa ASC reserve the right to fill empty lanes with swimmers from the club of the appropriate age
- No Time Only swims will be allowed or entries on the day without prior approval of the meet Referee
- Results shall be posted on the walls and copies made available for coaches of participating clubs

## 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 five heats in advance
- Heats will be run based on entry times, to provide competitive and comparative swimming
- Relays 4 x 50m Freestyle:- 1 swimmer from 7-8, 1 swimmer from 9-10 and 2 swimmers from 11-12     Note: for relays only, swimmers can swim up an age group

## **Programme of Events – All Heat Declared Winners**

### **Session 1**

Event 101	Girls	7 - 8	50m Butterfly
Event 102	Boys	7 - 8	50m Butterfly
Event 103	Girls	9 -10	100m Backstroke
Event 104	Boys	9 -10	100m Backstroke
Event 105	Girls	11-12	100m Breaststroke
Event 106	Boys	11-12	100m Breaststroke
Event 107	Girls	7 - 8	50m Backstroke
Event 108	Boys	7 - 8	50m Backstroke
Event 109	Girls	9 -10	50m Breaststroke
Event 110	Boys	9 -10	50m Breaststroke
Event 111	Girls	11-12	50m Freestyle
Event 112	Boys	11-12	50m Freestyle
Event 113	Girls	7 - 8	100m Freestyle
Event 114	Boys	7 - 8	100m Freestyle
Event 115	Girls	9 -10	100m Freestyle
Event 116	Boys	9 -10	100m Freestyle
Event 117	Girls	11-12	100m Ind Medley
Event 118	Boys	11-12	100m Ind Medley
Event 119	Girls	7 - 12	200m Freestyle Relay

### **Session 2**

Event 201	Boys	7 - 8	50m Breaststroke
Event 202	Girls	7 - 8	50m Breaststroke
Event 203	Boys	9 -10	100m Ind Medley
Event 204	Girls	9 -10	100m Ind Medley
Event 205	Boys	11-12	50m Butterfly
Event 206	Girls	11-12	50m Butterfly
Event 207	Boys	7 - 8	100m Ind Medley
Event 208	Girls	7 - 8	100m Ind Medley
Event 209	Boys	9 -10	50m Freestyle
Event 210	Girls	9 -10	50m Freestyle
Event 211	Boys	11-12	100m Backstroke
Event 212	Girls	11-12	100m Backstroke
Event 213	Boys	7 - 8	50m Freestyle
Event 214	Girls	7 - 8	50m Freestyle
Event 215	Boys	9 -10	50m Butterfly
Event 216	Girls	9 -10	50m Butterfly
Event 217	Boys	11-12	100m Freestyle
Event 218	Girls	11-12	100m Freestyle
Event 219	Boys	7 - 12	200m Freestyle Relay

# Alloa ASC Junior Development 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 Sunday 23<sup>rd</sup> April 2017 to:

Christina A'Hara  
7 Pine Crescent  
Menstrie  
Clackmannanshire  
FK11 7DT

E-mail: [christina\\_ahara@outlook.com](mailto:christina_ahara@outlook.com)

# Information Sheet

## Alloa ASC Junior Development Meet

Club: \_\_\_\_\_

Number of Boys individual entries \_\_\_\_\_ @ £5.00                      Total: \_\_\_\_\_

Number of Girls individual entries \_\_\_\_\_ @ £5.00                      Total: \_\_\_\_\_

Number of Relay entries                      \_\_\_\_\_ @ £10.00                      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:

Christina A'Hara  
7 Pine Crescent  
Menstrie  
Clackmannanshire  
FK11 7DT

E-mail: [christina\\_ahara@outlook.com](mailto:christina_ahara@outlook.com)

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 1 (All Events) – February 2016

