



MILNGAVIE AND BEARSDEN ASC

WINTER GRADED MEET

Drumchapel Swimming Pool
Drumry Road, Drumchapel, Glasgow

18th-19th February 2017

Session 1 and 3: Warm-up 0900hrs Start 1000hrs

Session 2 and 4: Warm-up 1330hrs Start 1430hrs



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- TIMES** Warm up 9.00am and 1.30pm
Start Time 10.00am and 2.30pm
We reserve the right to alter the warm-up times and programme should this become necessary.
- VENUE** Drumchapel Swimming Pool, Drumry Road, Drumchapel, Glasgow G15 8NS
- POOL** 25m long, 6 lanes with anti-turbulence lane ropes. Warm up/swim down pool will be available. Electronic timing and scoreboard.
- ENTRIES** Age as at 18th February 2017. All entries must be supplied as a hy-tek entry file by email to Guy Fletcher at guy65@me.com. The meet will be held under SASA rules. **Closing date for entries is the 3rd February 2017.** All entry times must be short course or conversions to short course. Please check all entries before sending the file, as we will be unable to make any alterations once processed.
- ENTRY FEES** £5.00 per event. Cheques should be made payable to Milngavie & Bearsden ASC and sent with accompanying paperwork to Guy Fletcher (see address below). Entries will not be accepted without a SASA registration number.
- WITHDRAWALS** Seeded Start Lists for ALL sessions will be prepared prior to the Meet. Withdrawals will be processed 45 minutes before the start of each session for the purposes of allocating reserves. Reserves will be allocated to any available lanes at the beginning of each session.
- FACILITIES** Catering facilities will be available selling hot and cold snacks, tea, coffee etc for swimmers and spectators. Lunch can be provided for coaches at a charge of £8.00 for lunch and refreshments. Please fill in the appropriate form and return it with entry disc and sheets.
- CAMERAS** With child protection being uppermost in our minds, anyone wishing to use a camera will first have to fill out a permission form which will be available at the registration desk. This includes cameras, camera phones, video and any other photographic equipment. **NO PHOTOGRAPHY WILL BE ALLOWED** within the changing area.
- OFFICIALS** **We would ask every club competing to provide two technical officials each session.**
- AWARDS** There will be medals for 1st, 2nd, 3rd places in each age category and swimmers should wear appropriate clothing for their presentation.
- SAFETY** Clubs must ensure 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 safety procedures.

I.T. Director/Gala Convener

Guy Fletcher
29A Thorn Drive
Bearsden
G61 4ND

guy65@me.com



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STARTS Over the top starts will be used where possible. A one-start rule will be implemented throughout this competition.

EVENTS The age bands are 8-9 yrs, 10-11 yrs, 12-13 yrs and 14-16 yrs. Events will be seeded by entry times. All events will be HDW. The events for each category are as follows:

Where possible the accepted entries for each age group will be equal, however in the event of an age group being under-subscribed, then Milngavie & Bearsden ASC reserve the right to include additional entries from other age groups to avoid the possibility of empty lanes occurring. Milngavie & Bearsden ASC reserve the right to enter swimmers from our own swim team into any race. There will be no spare lane or time only swims. Under no circumstances should any swimmer other than the one named on the start sheet compete in an event. It is the responsibility of the swimmer to go to the marshalling area in good time for the start of the race.

PROGRAMME

Event	
Event 101 Girls 10-11 100 Fly	1:28.00
Event 102 Boys 10-11 100 Fly	1:27.60
Event 103 Girls 8-9 50 Breast	52.2
Event 104 Boys 8-9 50 Breast	52.2
Event 105 Girls 12-13 100 Back	1:19.20
Event 106 Boys 12-13 100 Back	1:17.30
Event 107 Girls 14-17 200 Free	2:23.20
Event 108 Boys 14-17 200 Free	2:11.10
Event 109 Girls 10-11 50 Back	38
Event 110 Boys 10-11 50 Back	38
Event 111 Girls 8-9 50 Fly	45.9
Event 112 Boys 8-9 50 Fly	45.9
Event 113 Girls 12-13 200 IM	2:53.80
Event 114 Boys 12-13 200 IM	2:50.40
Event 115 Girls 14-17 100 Breast	1:23.10
Event 116 Boys 14-17 100 Breast	1:15.10
Event 117 Girls 8-9 100 IM	1:43.80
Event 118 Boys 8-9 100 IM	1:43.80
Event 201 Girls 10-11 100 IM	1:31.90
Event 202 Boys 10-11 100 IM	1:30.90

Event	
Event 203 Girls 8-9 50 Back	46.9
Event 204 Boys 8-9 50 Back	46.9
Event 205 Girls 12-13 50 Fly	36.4
Event 206 Boys 12-13 50 Fly	35.30
Event 207 Girls 14-17 100 Back	1:14.00
Event 208 Boys 14-17 100 Back	1:06.30
Event 209 Girls 10-11 100 Breast	1:40.20
Event 210 Boys 10-11 100 Breast	1:40.10
Event 211 Girls 12-13 100 Free	1:11.50
Event 212 Boys 12-13 100 Free	1:08.90
Event 213 Girls 14-17 200 Fly	2:39.30
Event 214 Boys 14-17 200 Fly	2:23.90
Event 215 Girls 8-9 50 Free	38
Event 216 Boys 8-9 50 Free	38
Event 301 Girls 10-11 50 Fly	38
Event 302 Boys 10-11 50 Fly	38
Event 303 Girls 12-13 100 Breast	1:29.80
Event 304 Boys 12-13 100 Breast	1:27.40
Event 305 Girls 14-17 200 Back	2:37.20
Event 306 Boys 14-17 200 Back	2:24.00
Event 307 Girls 10-11 100 Free	1:18.70
Event 308 Boys 10-11 100 Free	1:17.80
Event 309 Girls 12-13 50 Back	37.7
Event 310 Boys 12-13 50 Back	36.5
Event 311 Girls 14-17 200 Breast	3:00.20
Event 312 Boys 14-17 200 Breast	2:43.00
Event 313 Girls 12-13 100 Fly	1:19.00
Event 314 Boys 12-13 100 Fly	1:16.70
Event 401 Girls 14-17 100 Fly	1:13.30
Event 402 Boys 14-17 100 Fly	1:05.60
Event 403 Girls 10-11 50 Breast	44
Event 404 Boys 10-11 50 Breast	44
Event 405 Girls 12-13 50 Free	33.3
Event 406 Boys 12-13 50 Free	32.1
Event 407 Girls 14-17 100 Free	1:06.90
Event 408 Boys 14-17 100 Free	1:00.10
Event 409 Girls 10-11 100 Back	1:28.10

Event	
Event 410 Boys 10-11 100 Back	1.27.00
Event 411 Girls 12-13 50 Breast	42.1
Event 412 Boys 12-13 50 Breast	40.7
Event 413 Girls 14-17 200 IM	2.42.00
Event 414 Boys 14-17 200 IM	2.27.30
Event 415 Girls 10-11 50 Free	34
Event 416 Boys 10-11 50 Free	34

Anything that has not been covered above and is not printed in the programme will be at the Meet Convenor's discretion.



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

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

I confirm that the notice about not using photographic equipment has been brought to the attention of the swimmers, parents and coaches who will be attending the meet.

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

SignedPrinted.....

On behalf of(Club)



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CLUB.....

Lunch:	Saturday @£8.00	=	£.....
Total	Sunday @£8.00	=	£.....

No. of boy swimmers:	@£5.00	=	£.....
No. of girl swimmers:	@£5.00	=	£.....

Total cheque sent:		=	£.....
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Name and Address for refunds:

Please fill in and return form and cheque with entries.

Passes will be required for lunch.