



An invite to our

## **Winter Graded Meet**

(Under FINA Rules & Scottish Swimming Regulations)

SASA Meet License: WD/L2/017/0117

On

**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup>  
January 2017**

At

**The Peak  
Stirling Sports Village  
Stirling FK8 1QZ**

Closing Date for Entries: 29<sup>th</sup> December 2016



## Meet Information

- Date** Saturday and Sunday 21<sup>st</sup> and 22<sup>nd</sup> January 2017
- Venue** The Peak  
Stirling Sports Village  
Forthside Way  
Stirling  
FK8 1QZ  
(Telephone No. 01786 273555)
- Pool** 6 lane, 25m pool with full electronic timing and scoreboard.
- Session Times** Session 1 & 3: Warm up 9.00 am Start 10.00 am.  
Session 2 & 4: Warm up 1.30 pm Start 2.30 pm.
- Age** Age of entrants is age on last day of Meet (22<sup>nd</sup> January 2017)
- Age groups** **10yrs & under, 11/12yrs, 13/14yrs, 15yrs and over**
- Events** See Programme of Events.
- Awards** All events will be Heat Declared Winners (HDW).  
Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place.
- Entry Fees** £5.50 per individual swim.  
Payments can be made by either: Direct bank transfer to Sort Code: 80-91-29 - Account No: 00829926 – Ref: **“Your Club Name” Stirling Winter Graded Meet.** Or by Cheque made payable to **Stirling Swimming.** To be received prior to the entry closing date.
- Coach’s Pass** Coach's Passes at a cost of £16 are available to cover lunch for both days.
- Facilities** There are café facilities available at the Sports Village
- Entry Files** The Meet will be run using Hy-tek Meet Management. Entries should be requested and submitted on the appropriate electronic file, available from the Swim Scotland web-site or by email from:  
  
Michelle Murray  
7 Barbush  
Dunblane  
FK15 0FE  
Mobile: 07429 596947  
Email: [kmjc\\_murray@yahoo.com](mailto:kmjc_murray@yahoo.com)  
Please provide Name, Club, Phone contact and e-mail address, If requesting by email.
- Closing Date** Thursday 29<sup>th</sup> December 2106. No late entries will be accepted.

## **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 Thursday 29<sup>th</sup> December. 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
- 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
- Stirling Swimming 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 and 10 minutes before the first event
- Heats will be run as mixed age groups based on entry times, as with an open meet, to provide competitive and comparative swimming

## **Photography**

- The Scottish Swimming policy on the use of photographic equipment (cameras, camcorders, mobile phones, etc.) will be applied at this meet.  
Application forms for approval to use photographic equipment can be obtained from the entrance desk at the top of the spectator's balcony.  
Unauthorised use of photographic equipment is not permitted.

# Programme of Events

Saturday 21<sup>st</sup> January 2017

## Session 1

Event	101	Male	10&U	400 Freestyle
Event	102	Male	11/12	400 Freestyle
Event	103	Male	13/14	400 Freestyle
Event	104	Male	15&O	400 Freestyle
Event	105	Female	10&U	200 Backstroke
Event	106	Female	11/12	200 Backstroke
Event	107	Female	13/14	200 Backstroke
Event	108	Female	15&O	200 Backstroke
Event	109	Male	10&U	100 Butterfly
Event	110	Male	11/12	100 Butterfly
Event	111	Male	13/14	100 Butterfly
Event	112	Male	15&O	100 Butterfly
Event	113	Female	10&U	100 Freestyle
Event	114	Female	11/12	100 Freestyle
Event	115	Female	13/14	100 Freestyle
Event	116	Female	15&O	100 Freestyle
Event	117	Male	10&U	200 Breaststroke
Event	118	Male	11/12	200 Breaststroke
Event	119	Male	13/14	200 Breaststroke
Event	120	Male	15&O	200 Breaststroke
Event	121	Female	10&U	50 Breaststroke
Event	122	Female	11/12	50 Breaststroke
Event	123	Female	13/14	50 Breaststroke
Event	124	Female	15&O	50 Breaststroke
Event	125	Male	10&U	50 Backstroke
Event	126	Male	11/12	50 Backstroke
Event	127	Male	13/14	50 Backstroke
Event	128	Male	15&O	50 Backstroke

## Session 2

Event	201	Female	10&U	200 IM
Event	202	Female	11/12	200 IM
Event	203	Female	13/14	200 IM
Event	204	Female	15&O	200 IM
Event	205	Male	10&U	200 Freestyle
Event	206	Male	11/12	200 Freestyle
Event	207	Male	13/14	200 Freestyle
Event	208	Male	15&O	200 Freestyle
Event	209	Female	10&U	100 Breaststroke
Event	210	Female	11/12	100 Breaststroke
Event	211	Female	13/14	100 Breaststroke
Event	212	Female	15&O	100 Breaststroke
Event	213	Male	10&U	100 Backstroke
Event	214	Male	11/12	100 Backstroke
Event	215	Male	13/14	100 Backstroke
Event	216	Male	15&O	100 Backstroke
Event	217	Female	10&U	200 Butterfly
Event	218	Female	11/12	200 Butterfly
Event	219	Female	13/14	200 Butterfly
Event	220	Female	15&O	200 Butterfly
Event	221	Male	10&U	50 Butterfly
Event	222	Male	11/12	50 Butterfly
Event	223	Male	13/14	50 Butterfly
Event	224	Male	15&O	50 Butterfly
Event	225	Female	10&U	50 Freestyle
Event	226	Female	11/12	50 Freestyle
Event	227	Female	13/14	50 Freestyle
Event	228	Female	15&O	50 Freestyle

# Programme of Events

Sunday 22<sup>st</sup> January 2017

## Session 3

Event	301	Female	10&U	400 Freestyle
Event	302	Female	11/12	400 Freestyle
Event	303	Female	13/14	400 Freestyle
Event	304	Female	15&O	400 Freestyle
Event	305	Male	10&U	200 Backstroke
Event	306	Male	11/12	200 Backstroke
Event	307	Male	13/14	200 Backstroke
Event	308	Male	15&O	200 Backstroke
Event	309	Female	10&U	100 Butterfly
Event	310	Female	11/12	100 Butterfly
Event	311	Female	13/14	100 Butterfly
Event	312	Female	15&O	100 Butterfly
Event	313	Male	10&U	100 Freestyle
Event	314	Male	11/12	100 Freestyle
Event	315	Male	13/14	100 Freestyle
Event	316	Male	15&O	100 Freestyle
Event	317	Female	10&U	200 Breaststroke
Event	318	Female	11/12	200 Breaststroke
Event	319	Female	13/14	200 Breaststroke
Event	320	Female	15&O	200 Breaststroke
Event	321	Male	10&U	50 Breaststroke
Event	322	Male	11/12	50 Breaststroke
Event	323	Male	13/14	50 Breaststroke
Event	324	Male	15&O	50 Breaststroke
Event	325	Female	10&U	50 Backstroke
Event	326	Female	11/12	50 Backstroke
Event	327	Female	13/14	50 Backstroke
Event	328	Female	15&O	50 Backstroke

## Session 4

Event	401	Male	10&U	200 IM
Event	402	Male	11/12	200 IM
Event	403	Male	13/14	200 IM
Event	404	Male	15&O	200 IM
Event	405	Female	10&U	200 Freestyle
Event	406	Female	11/12	200 Freestyle
Event	407	Female	13/14	200 Freestyle
Event	408	Female	15&O	200 Freestyle
Event	409	Male	10&U	100 Breaststroke
Event	410	Male	11/12	100 Breaststroke
Event	411	Male	13/14	100 Breaststroke
Event	412	Male	15&O	100 Breaststroke
Event	413	Female	10&U	100 Backstroke
Event	414	Female	11/12	100 Backstroke
Event	415	Female	13/14	100 Backstroke
Event	416	Female	15&O	100 Backstroke
Event	417	Male	10&U	200 Butterfly
Event	418	Male	11/12	200 Butterfly
Event	419	Male	13/14	200 Butterfly
Event	420	Male	15&O	200 Butterfly
Event	421	Female	10&U	50 Butterfly
Event	422	Female	11/12	50 Butterfly
Event	423	Female	13/14	50 Butterfly
Event	424	Female	15&O	50 Butterfly
Event	425	Male	10&U	50 Freestyle
Event	426	Male	11/12	50 Freestyle
Event	427	Male	13/14	50 Freestyle
Event	428	Male	15&O	50 Freestyle

## STIRLING WINTER GRADED MEET

### CONSIDERATION TIMES AND AGE GROUPS

Times must be equal to or slower than the times stated below

MALE				FEMALE				
<u>15 &amp; +</u>	<u>13/14</u>	<u>11/12</u>	<u>10 &amp; - U</u>		<u>10 &amp; - U</u>	<u>11/12</u>	<u>13/14</u>	<u>15 &amp; +</u>
29.00	30.00	32.00	34.00	<b>50 Free</b>	34.00	32.00	30.00	30.00
1.04.00	1.08.00	1.11.00	1.15.00	<b>100 Free</b>	1.15.00	1.11.00	1.08.00	1.06.00
2.18.00	2.25.00	2.35.00	2.45.00	<b>200 Free</b>	2.45.00	2.35.00	2.25.00	2.20.00
4.45.00	5.00.00	5.20.00	6.00.00	<b>400 Free</b>	6.00.00	5.20.00	5.00.00	4.50.00
36.00	38.00	41.00	44.00	<b>50 Breast</b>	44.00	41.00	38.00	38.00
1.20.00	1.26.00	1.30.00	1.37.00	<b>100 Breast</b>	1.37.00	1.30.00	1.26.00	1.24.00
2.53.00	3.10.00	3.18.00	3.35.00	<b>200 Breast</b>	3.35.00	3.18.00	3.10.00	2.55.00
31.00	33.00	36.00	39.00	<b>50 Back</b>	39.00	36.00	33.00	32.00
1.10.00	1.14.00	1.20.00	1.30.00	<b>100 Back</b>	1.30.00	1.20.00	1.14.00	1.11.00
2.35.00	2.44.00	2.57.00	3.20.00	<b>200 Back</b>	3.20.00	2.57.00	2.44.00	2.37.00
32.00	34.00	36.00	38.00	<b>50 Fly</b>	38.00	36.00	34.00	33.00
1.14.00	1.20.00	1.27.00	1.35.00	<b>100 Fly</b>	1.35.00	1.27.00	1.20.00	1.16.00
2.45.00	2.56.00	3.12.00	3.30.00	<b>200 Fly</b>	3.30.00	3.12.00	2.56.00	2.48.00
1.12.00	1.20.00	1.22.00	1.29.00	<b>100 IM</b>	1.29.00	1.22.00	1.20.00	1.16.00
2.35.00	2.47.00	2.55.00	3.15.00	<b>200 IM</b>	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.

## 2017 Stirling Winter Graded Meet

### Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned with the 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 Thursday 29<sup>th</sup> December 2016 to:

Michelle Murray  
7 Barbush  
Dunblane  
FK15 0FE

Email: [kmjc\\_murray@yahoo.com](mailto:kmjc_murray@yahoo.com)

## 2017 Stirling Winter Graded Meet

### Summary Sheet

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

Club Name	
Contact	
Position in Club	
Address	
Post Code	
Home Tel No.	
Mobile Tel No.	
E-mail	(important for distribution of information and updates pertaining to the meet)

.....	Male Entries	@ £5.50	£.....
.....	Female Entries	@ £5.50	£.....
.....	Coach's passes (for lunch both days)	@ £16.00	£.....
	Total cheque enclosed		<u>£.....</u>

Please make cheques payable to **Stirling Swimming**

Direct bank transfer to Sort Code: 80-91-29 - Account No: 00829926 –  
Ref: "**Your Club Name**" Stirling Winter Graded Meet.

#### **Form to be returned to:**

#### **Meet Entry Secretary**

Michelle Murray

7 Barbush

Dunblane

Perthshire

FK15 0FE

**Tel:** 01786 821781

**Mob:** 07429596947

**E-mail:** [kmjc\\_murray@yahoo.com](mailto:kmjc_murray@yahoo.com)