

# **CUMBERNAULD Swimming Club**



**Tryst Sports Centre  
Cumbernauld  
15 December 2018**

**Held under licence from SASA WEST DISTRICT  
Licence Number WD/L2/029/1218**

invite entries to their  
**Christmas Sprints 2018**

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## General Meet Information

- Date: Saturday 15<sup>th</sup> December 2018
- Venue: Tryst Sports Centre, Cumbernauld
- Pool: 6 Lane 25 metre; swim down pool; full electronic timing with 6 lane alphanumeric scoreboard; anti-wave lane ropes; spectator area; cafeteria.
- Timings: Warm Up 09.00 and 13.30  
Start 10.00 and 14.30
- Ages: As on last day of meet (15/12/18)
- Age Groups: 8/9yrs, 10yrs, 11yrs, 12yrs, 13yrs & 14yrs
- Events: 50m All strokes 8/9, 10yrs, 11yrs, & 12yrs  
100m All Strokes 13yrs & 14yrs  
6x50m Freestyle Relay Boys and Girls ( 1 from each Age Group)

### All Events HDW

- Entry Fees: £5.00 per individual event / £10 per relay entry
- Coaches Passes: £8 per day (Inc. Programme, Results and Meal)
- Awards: All Ages – First 6 places  
Top Boy & Top Girl
- Officials: Clubs are invited to supply Technical Officials to assist with the smooth running of the meet.

Closing Date for Entries: **Midday Saturday 17<sup>th</sup> November 2018**

Entries by Hy-tek File submitted to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood, Cumbernauld  
G67 1NP  
Tel: 01236 612269  
E-mail: [rgsw12257@blueyonder.co.uk](mailto:rgsw12257@blueyonder.co.uk)

## Specific Information

### Meet Rules

- Swimmers may only enter their own age group.
- No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements
- All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.
- All swimmers of non-Scottish clubs must have or have applied for registration with their governing body.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current/planned legislation. There will be **NO** diving at the shallow end of the pool.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Approval will only be given for formal equipment (ie Cameras/video cameras not mobile phones, ipads, tablets etc. Application must be made on the approved SASA form.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

### Entries & Start Lists

- All entries must be made on the relevant electronic files and by e-mail to the address overleaf. Entry Files can be requested by e-mail.
- No Late entries will be accepted
- Start Lists will be prepared in advance of the meet. Any advanced withdrawals to be made to the Meet Entry Secretary by **12 midday on Saturday 8th December 2018**
- On the Day Withdrawals must be made to the Electronics suite no later than 30 minutes prior to the start of each session on the event withdrawal form.
- The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure that entry times are accurate. Rejected entries will be refunded in full. Rejected Entries will be notified by e-mail as soon as possible after the closing date

### Events

- All events will be heat declared winners.
- Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.
- Any amendments to published Start Lists (inc Reserve swims) will be announced prior to the start of each session
- Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

### Warm-up and Session Times

- The warm-up will commence only when announced by the warm-up controller.
- There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.
- Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.
- Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

### Miscellaneous

- Accreditation has been sought via West District Licence.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.
- Cumbernauld Swimming Club and North Lanarkshire Leisure Ltd take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.
- Swimmers out-with the pool area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on poolside.
- Anything not covered above and not printed in the meet programme will be at the promoters' discretion.
- Cumbernauld Swimming Club reserve the right to vary the above conditions as required.

## CUMBERNAULD SWIMMING CLUB

### CHRISTMAS SPRINTS 2018 - ORDER OF EVENTS

#### SESSION ONE

101	8-9 yrs	Boys	50 Fly
102	8-9 yrs	Girls	50 Fly
103	10 yrs	Boys	50 Back
104	10 yrs	Girls	50 Back
105	11 yrs	Boys	50 Breast
106	11 yrs	Girls	50 Breast
107	12 yrs	Boys	50 Free
108	12 yrs	Girls	50 Free
109	13 yrs	Boys	100 Fly
110	13 yrs	Girls	100 Fly
111	14 yrs	Boys	100 Back
112	14 yrs	Girls	100 Back
113	8-9 yrs	Boys	50 Breast
114	8-9 yrs	Girls	50 Breast
115	10 yrs	Boys	50 Free
116	10 yrs	Girls	50 Free
117	11 yrs	Boys	50 Fly
118	11 yrs	Girls	50 Fly
119	12 yrs	Boys	50 Back
120	12 yrs	Girls	50 Back
121	13 yrs	Boys	100 Breast
122	13 yrs	Girls	100 Breast
123	14 yrs	Boys	100 Free
124	14 yrs	Girls	100 Free
125		Girls	6 x 50 Freestyle Relay

#### SESSION TWO

201	8-9 yrs	Boys	50 Back
202	8-9 yrs	Girls	50 Back
203	10 yrs	Boys	50 Fly
204	10 yrs	Girls	50 Fly
205	11 yrs	Boys	50 Free
206	11 yrs	Girls	50 Free
207	12 yrs	Boys	50 Breast
208	12 yrs	Girls	50 Breast
209	13 yrs	Boys	100 Back
210	13 yrs	Girls	100 Back
211	14 yrs	Boys	100 Fly
212	14 yrs	Girls	100 Fly
213	8-9 yrs	Boys	50 Free
214	8-9 Yrs	Girls	50 Free
215	10 yrs	Boys	50 Breast
216	10 yrs	Girls	50 Breast
217	11 yrs	Boys	50 Back
218	11 yrs	Girls	50 Back
219	12 yrs	Boys	50 Fly
220	12 yrs	Girls	50 Fly
221	13 yrs	Boys	100 Free
222	13 yrs	Girls	100 Free
223	14 yrs	Boys	100 Breast
224	14 yrs	Girls	100 Breast
225		Boys	6 x 50 Freestyle Relay

## **Health and Safety Announcement**

### **Controlling the Use of Photographic Equipment**

The S.A.S.A has a strict child protection policy, brought about by concerns over paedophile activity. This policy has been adopted by each member club and requires that meet organisers strictly control the use of photographic and video equipment. Therefore the use of such equipment shall be subject to the following guidelines:

No photographic equipment is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.

Approval will only be granted for formal photographic equipment, ie cameras/video cameras. Use of Mobile phone cameras, ipads or tablets is not permitted.

Application to use photographic equipment must be made on the approved S.A.S.A. form which is available on request.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

## Health and Safety Declaration

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

I confirm that all the entered swimmers have paid their current S.A.S.A. 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 on to swimmers and parents intending to travel to the meet.

Signed: .....

Print Name: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form along with entries no later than **Midday Saturday 17th November 2018** to:

**Ronnie Girvan**  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
Glasgow  
G67 1NP

Tel: 01236 612269



# CUMBERNAULD SWIMMING CLUB



## Christmas Sprints 2018

### Summary Entry Form

*\*\* This form must be completed and returned with any entries. \*\**

Club Name: ..... Contact Name: .....

Club Code: ..... Address: .....

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Telephone: .....

Fax: .....

E-Mail .....

Total Male Entries @ £5.00 each: ..... £.....

Total Female Entries @ £5.00 each: ..... £.....

Relay Entries @ £10 each: ..... £.....

Number of Coaches Passes @ £8 each day: Sat ..... £.....

Total Amount Enclosed: £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **Cumbernauld Swimming Club**

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