



DUNFERMLINE
Amateur Swimming Club

Platinum Junior Sprint Gala

Sunday 24th June 2018

Session 1: Warm up 9.00. Start at 10:00
Session 2: Warm up 13:30 Start at 14:30

**Michael Woods Sport and Leisure Centre,
Glenrothes.**

Licence L3/ED/079/JUN18



General Information

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|------------------------|--|
| Date | Sunday 24 th June 2018 |
| Venue | Michael Woods Sport and Leisure Centre, Glenrothes, Fife, KY6 2RD |
| Age groups | 8 years, 9 years, 10 years and 11 years |
| Ages | As at 24th June 2018 |
| Events | 25m Fly, 50m Back, Breast, Free and 100IM (8 & 9 years) 50m Fly, Back, Breast, Free and 100 IM for (10 & 11 years) Relays; Mixed 4x50 freestyle relay 8-9 yrs and 10-11 yrs |
| Time | Session 1; 8 & 9 Years - Warm up 9.00. Start at 10:00 Session 2; 10 & 11 Years - Warm up 13:30 Start at 14:30 |
| Entry fees | £4.00 per individual 25m or 50m event £5.00 per individual 100m event £7.00 per relay event |
| Awards | Individual events - medals for 1 st -3 rd flashes for 4 th – 8 th Relay events - medals for 1 st -3 rd Best boy and girl awards in each age group. |
| Coaches lunches | <i>Coaches lunch tickets available on request.</i> |
| Closing date: | Noon, Wednesday 23rd May 2018 |



Meet Rules

- General** It is the responsibility of each club to ensure that its swimmers are aware of the meet rules and guidelines.
- SASA Rules** The meet shall be held under SASA rules.
- SASA Registration** All swimmers of Scottish clubs must have a current SASA registration number. (Swimmers from non-Scottish clubs must be registered with their governing body).
- Age** Age as on the day of the competition
- Pool** 8 lane 25 metre with anti-wave lane ropes.
- Timing** Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Diving** Swimmers, coaches and team managers must ensure that swimmers can dive safely as prescribed in current/planned legislation. Where events start at the shallow end swimmers will start in the water, as advised by the meet referee.
- Photography** Photographic and video equipment is not allowed in any area under the jurisdiction of the meet organiser without prior approval of the meet director.

Events

- 1) All events are Heat Declared Winners.
- 2) 25m butterfly events will start in the water at the shallow end
- 3) Over the top starts may be used at the discretion of the organiser.
- 4) Swimmers should report to the competition stewards in the designated marshalling area at least 5 heats in advance.
- 5) Freestyle Relays - teams must comprise at least one boy and one girl but can be any combination of ages that are permitted for the individual events in the same session.



Entries

Entry Secretary Heather McIntyre
The Bungalow, Carslogie Road, Cupar, KY15 4HY
Tel: 01334 656559
Email: **heathermcintyre2000@gmail.com**

Entry File Entries should be made by Hy-Tek file.
Entry file requests should be made to the Entry Secretary quoting club, name, address and telephone number.
Completed entries should then be returned by email, along with electronic copy of the summary sheet.

Closing Date **Noon, Wednesday 23rd May 2018.**

Withdrawals Withdrawals must be made to the Recorders no later than 45 minutes prior to the start of each session, on the supplied withdrawal form.

The promoters reserve the right to restrict entries. Entries will be accepted on a time basis. Clubs should ensure that times submitted are correct. Rejected entries will be refunded in full.

Draft Programme A draft programme detailing acceptances will be circulated by e-mail as soon as possible after the closing date for entries. There are no refunds for entries withdrawn after the draft programme is prepared.

Miscellaneous

- 1) The Meet will be a Level 3 event.
- 2) The Meet will be a Level 3 event.
- 3) The venue has a cafeteria and vending machines. Michael Woods Centre provides good spectator accommodation, and there are ample parking facilities.
- 4) There will be tombola/fundraising activities.
- 5) The Promoters reserve the right to exclude or refuse admission to any competitor team or official.
- 6) Glassware is not permitted in the shower areas or poolside.
- 7) Neither the host swimming club nor the Fife Sports and Leisure Trust can be held responsible for the loss or damage to swimmers, team staff's or spectator's property. Swimmers are advised to secure property in the lockers provided and not to leave belongings unattended.
- 8) Out-with the pool area, swimmers should wear dry clothing and footwear at all times.
- 9) Outdoor footwear must not be worn on the poolside.
- 10) Anything not covered above or in the event programme will be at the promoter's discretion.
- 11) The organisers reserve the right to vary the conditions as necessary.
- 12) Technical officials are asked to make themselves available for assistance on the day. Please indicate on the Entry Form



Events Schedule

| | | | |
|---|-----|-------|--|
| Session 1 WARM UP 9:00 START 10:00 | 101 | Girls | 8 years 100 IM |
| | 102 | Boys | 8 years 100 IM |
| | 103 | Girls | 9 years 100 IM |
| | 104 | Boys | 9 years 100 IM |
| | 105 | Girls | 8 years 50 m backstroke |
| | 106 | Boys | 8 years 50 m backstroke |
| | 107 | Girls | 9 years 50 m backstroke |
| | 108 | Boys | 9 years 50 m backstroke |
| | 109 | Girls | 8 years 50 m breaststroke |
| | 110 | Boys | 8 years 50 m breaststroke |
| | 111 | Girls | 9 years 50m breaststroke |
| | 112 | Boys | 9 years 50 m breaststroke |
| | 113 | Girls | 8 years 25 m butterfly |
| | 114 | Boys | 8 years 25 m butterfly |
| | 115 | Girls | 9 years 25 m butterfly |
| | 116 | Boys | 9 years 25 m butterfly |
| | 117 | Girls | 8 years 50 m freestyle |
| | 118 | Boys | 8 years 50 m freestyle |
| | 119 | Girls | 9 years 50 m freestyle |
| | 120 | Boys | 9 years 50 m freestyle |
| | 121 | Mixed | 4 x 50m 8-9 years mixed boys and girls freestyle relay |
| Session 2 WARM UP 13:30 START 14:30 | 201 | Boys | 10 years 100 IM |
| | 202 | Girls | 10 years 100 IM |
| | 203 | Boys | 11 years 100 IM |
| | 204 | Girls | 11 years 100 IM |
| | 205 | Boys | 10 years 50 m backstroke |
| | 206 | Girls | 10 years 50 m backstroke |
| | 207 | Boys | 11 years 50 m backstroke |
| | 208 | Girls | 11 years 50 m backstroke |
| | 209 | Boys | 10 years 50 m breaststroke |
| | 210 | Girls | 10 years 50 m breaststroke |
| | 211 | Boys | 11 years 50 m breaststroke |
| | 212 | Girls | 11 years 50 m breaststroke |
| | 213 | Boys | 10 years 50 m butterfly |
| | 214 | Girls | 10 years 50 m butterfly |
| | 215 | Boys | 11 years 50 m butterfly |
| | 216 | Girls | 11 years 50 m butterfly |
| | 217 | Boys | 10 years 50 m freestyle |
| | 218 | Girls | 10 years 50 m freestyle |
| | 219 | Boys | 11 years 50 m freestyle |
| | 220 | Girls | 11 years 50 m freestyle |
| | 221 | Mixed | 4 x 50m 10-11 years mixed boys and girls freestyle relay |



Dunfermline ASC Platinum Junior Sprint Gala – 24th June 2018

Summary Entry Form (for completion and return)

This form must be completed and returned to the Entry Secretary

| | | | |
|---|--------------------|---------------------|--------------------|
| Club Name | | | |
| Contact Name | | | |
| Address | | | |
| Telephone No | | | |
| Email Address | | | |
| Number of 25m/50m entries | | @ £4.00 each | £ |
| Number of 100m entries | | @ £5.00 each | £ |
| Number of relay entries | | @ £7.50 each | £ |
| Coach Lunch Tickets | | @ £8.00 each | £ |
| Total amount enclosed | | | £ |
| <i>I confirm that all swimmers have paid their SASA membership fee for 2017/2018</i> | | | |
| Signed | | | |
| Position in club | | | |
| Please make cheques payable to " Dunfermline ASC " Please attach an electronic copy of this form to the Hytec Entry Return. Return this form with payment to the Entry Secretary | | | |
| Technical Officials | | | |
| Name | TK or Judge | Name | TK or Judge |
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