



Larkhall Avondale Graded Meet 2018

Saturday 15th June 2019

License No: WD/L2/053/0619

Held under SASA Regulations, and FINA Technical Rules for Swimming

Venue	Larkhall Leisure Centre, Broomhill, Larkhall, Lanarkshire ML9 1QP																		
Pool	6 Lane x 25m (Note:- there will be no swim down pool available)																		
Electronic Timing	Omega																		
Entry Fee	£5.00 per event																		
Lunch Pass	Lunch Passes (for Coaches, Team Managers, and/or Chaperones) can be purchased at £8.00																		
Closing Date for Entries	12.00pm Saturday 18th May 2019																		
Age Groups (Age is determined as at the 15 th June 2019.)	<table> <tr> <td>8 yrs</td> <td>50m</td> <td>All Strokes</td> </tr> <tr> <td>9/10 yrs</td> <td>100m</td> <td>IM</td> </tr> <tr> <td></td> <td>100m</td> <td>Free</td> </tr> <tr> <td>11/12 yrs</td> <td>100m</td> <td>All Strokes</td> </tr> <tr> <td>13/14yrs</td> <td>200m</td> <td>IM</td> </tr> <tr> <td>15& over</td> <td>200m</td> <td>Free</td> </tr> </table> <p>All events are HDW</p>	8 yrs	50m	All Strokes	9/10 yrs	100m	IM		100m	Free	11/12 yrs	100m	All Strokes	13/14yrs	200m	IM	15& over	200m	Free
8 yrs	50m	All Strokes																	
9/10 yrs	100m	IM																	
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11/12 yrs	100m	All Strokes																	
13/14yrs	200m	IM																	
15& over	200m	Free																	
Warm Up and Start Times	<p>09.00 to 09.50 for a 10.00 start 13.30 to 14.20 for a 14.30 start</p> <p>Each session, including presentations, is scheduled to last no longer than 3 hours</p>																		
Prizes	Medals for 1 st , 2 nd and 3 rd awards for 4 th , 5 th and 6 th .																		
Meet Enquiries	Email Graham Rankin at swimlarkhall@gmail.com																		
Refreshments	A cafe will be in operation in the function hall.																		
Car Parking	At the pool and an overflow parking area adjacent to the train station																		



1.	<p>The correct fee of £5.00 per individual entry must accompany the supporting paper confirmation of entries.</p> <p>Hy-Tek Entries files should be returned to Graham Rankin at swimlarkhall@gmail.com. Cheques should be made payable to Larkhall Avondale and returned to:</p> <p>Graham Rankin 7 Cobbett Road Motherwell ML1 3BX</p> <p>Alternatively, payments may also be paid directly into the Larkhall Avondale Bank Account as follows: Larkhall Avondale Acc No. 00478367 Sort Code 80-08-77</p> <p>Please use your club name as a reference.</p>
2.	<p>All swimmers of Scottish clubs must have a current SASA membership number. All swimmers of nonScottish clubs must be registered with their governing body.</p>
3.	<p>No photographic or video equipment shall be allowed in any area under the jurisdiction of the Meet Organisers without prior approval of the Meet Manager. Applications must be made on the SASA approved form available at the Meet Office. Mobile phones must be switched off at all times.</p>
4.	<p>Swimmers, coaches and team managers must ensure that all of their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. No diving is allowed at the shallow end of the pool.</p>
5.	<p>To ensure the smooth running of the meet and accreditation we would appreciate your support in providing technical officials.</p>
6.	<p>Warm ups will be split to accommodate the numbers and age range of competitors and as per schedule of events. It is the coaches responsibility to supervise their swimmers during warm ups.</p>
7.	<p>Over the top starts will be used during the Meet at the discretion of the Meet Manager/Referee.</p>
8.	<p>Entries to events will be restricted and will be accepted on the basis of entry times. Any entry not accepted will be refunded. If there are reserve swims and a reserve swimmer attends and does not get a swim a full refund will be issued. A list of excluded entries will be sent to the contact stated on the Meet Entry form. It is the responsibility of the person receiving confirmation of the entries to check the accuracy of the accepted swims and to inform the relevant swimmers of their accepted entries.</p>
9.	<p>Only coaches, team managers, swimmers, technical officials and meet personnel shall be allowed on to the poolside.</p>



ORDER OF EVENTS

Session 1	Warm-up 09.00 – 09.50			
Event	Start 10.00			
101	Girls	10 & under	50m	Butterfly
102	Boys	10 & under	50m	Backstroke
103	Girls	11 & over	100m	Breaststroke
104	Boys	11 & over	100m	Freestyle
105	Girls	10 & under	50m	Breaststroke
106	Boys	10 & under	50m	Freestyle
Presentations for Events 101 to 104				
107	Girls	11 & over	100m	Butterfly
108	Boys	11 & over	100m	Backstroke
109	Girls	10 & under	100m	Free
110	Boys	10 & under	100m	IM
111	Girls	11 & over	200m	Freestyle
112	Boys	11 & over	200m	IM
Presentations for Events 105 to 112				

Session 2	Warm-up 13.30 – 14.20			
Event	Event Start 14.30			
201	Boys	10 & under	50m	Butterfly
202	Girls	10 & under	50m	Backstroke
203	Boys	11 & over	100m	Breaststroke
204	Girls	11 & over	100m	Freestyle
205	Boys	10 & under	50m	Breaststroke
206	Girls	10 & under	50m	Freestyle
Presentations for Events 201 to 204				
207	Boys	11 & over	100m	Butterfly
208	Girls	11 & over	100m	Backstroke
209	Boys	10 & under	100m	Freestyle
210	Girls	10 & under	100m	IM
211	Boys	11 & over	200m	Freestyle
212	Girls	11 & over	200m	IM
Presentations for Events 205 to 212				



Entry Summary Sheet

Please return this form, along with any cheques to the address below

Club:

Contact Name:

Address:

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Post Code: Tel No.

e-mail address:

(important for urgent distribution of information and updates pertaining to the meet)

If you wish, we will pay any refunds due directly to your club bank account. Please provide details below:-

Bank

Sort Code

Account Number

Total Male Entries @ £5.00 **£**.....

Total Female Entries @ £5.00 **£**.....

Total for Lunch Passes @ £8.00 **£**

Total **£** _____

Make cheques payable to **Larkhall Avondale**

**Forms to be returned to: Graham Rankin
7 Cobbett Road
Motherwell
ML1 3BX**



LARKHALL AVONDALE
AMATEUR SWIMMING CLUB