

RUTHERGLEN AMATEUR SWIMMING CLUB

(Affiliated to SASA) present their

AUTUMN JUNIOR DEVELOPMENT MEET

(under FINA rules & SASA regulations)

Saturday 12th October 2019

VENUE:	Sir Matt Busby Sports Complex Main Street, Bellshill ML4 3DP 01698 747466
POOL:	6 lane x 25m
ELECTRONIC TIMING:	OMEGA
MEET LICENCE:	WD/L3/044/1019
ENTRY FEE:	£5.00 per event. Payments should be made by direct bank transfer (see details below).
COACHES PASSES:	£6.50 each, to include poolside pass, start sheets, results and meal. Poolside access will not be permitted without a pass.
AWARDS:	Medals will be awarded to 1 st , 2 nd & 3 rd place in each event.
CLOSING DATE FOR ENTRY:	Friday 20 th September 2019
REFRESHMENTS:	Teas, coffees & snacks will be available.
MEET ENQUIRIES:	Mike Perceval-Maxwell Tel: 07910 863353 Email: meets@rasc.org.uk
AGE GROUPS:	8 & under, 9, 10, 11 & 12 years (Age on the day)
EVENTS:	50m all strokes 100m & 200m IM, 100m Freestyle 4x25m Mixed Medley Relay Swimmers can only swim in their own age group. Number of heats will be limited to ensure the smooth running of the competition. Heats will be swum slowest to fastest. Entries will be accepted on time basis. All events will be heat declared winners.
OFFICIALS	All participating clubs are requested to provide a minimum of two STOs per session.
WARM UP & START TIMES:	9:00am for 10:00am start / 1:30pm for 2:30pm start.

AUTUMN JUNIOR DEVELOPMENT MEET

SATURDAY 12th OCTOBER 2019

SIR MATT BUSBY SPORTS COMPLEX

1. The meet is to be held under FINA Rules and SASA Regulations and has the Licence number **WD/L3/044/1019**.
2. The pool is 25m long x 6 lanes, with anti-turbulence lane ropes and Omega electronic timing in operation. There is no swim down facility.
3. Withdrawals will be accepted up until 45 minutes before the beginning of each session. Start sheets will then be posted at various locations around the poolside. Swimmers will be called for in whole events, at least one event prior to their swim and marshalled into heats in the designated marshalling areas. Swimmers will then be sent down in heat order to the starting blocks.
4. Warm ups will be split to accommodate the numbers and age range of competitors. A warm up schedule will be provided and posted poolside.
5. Awards will be made to the top three swimmers in each event.
6. Over the top starts will be used during the meet at the discretion of the meet management and referee.
7. Poolside passes will be issued for coaches/team managers at £6.50 per day each. These will provide admission to both sessions, a set each of start & result sheets and meals. Only pass holders, swimmers and officials will be allowed poolside.
8. Entries to events will be restricted and will be accepted on the basis of entry times. Any entry not accepted will be refunded. There will be reserve swims. However, where a reserve swimmer attends the meet but no swim is available on the day a full refund will be issued. It is the responsibility of the person receiving the entries to check the accuracy of the accepted swims and to inform all relevant swimmers of their accepted entries. Rutherglen ASC reserves the right to fill lanes with swimmers of their choice where an event is under-subscribed.
9. A list of accepted/rejected entries and draft programme will be sent to the contact stated on the meet entry form on or around 28th September 2019 after which time no further refunds for withdrawals will be provided.
10. All entries should be submitted via Hy-Tek Event File which will be made available on request from: meets@rasc.org.uk
11. All swimmers of Scottish clubs must have a current SASA registration number. All swimmers of non-Scottish clubs must be registered with their governing body.

12. The current fee of £5.00 per event must be submitted by the closing date of **Friday 20th September 2019**.
Preferred method of payment is by direct bank transfer to:
Sort Code: 82-62-24, Account: 00033975, Ref: "Your Club Name: RASC Autumn Jnr Dev"
13. 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. There will be no diving at the shallow end of the pool. There will be a one-way system operating around the pool.
14. Appropriate footwear must be worn at all times by swimmers. This is a health and safety requirement of the pool facility.
15. No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without the prior approval of the Meet Manager. Application may be made on the day of the meet at the Meet Office. The application must be made on the approved SASA form, and evidence should be shown that they have a swimmer(s) competing in the Meet.
16. All mobile phones must be switched off on poolside.

It is the responsibility of each attending club to ensure that their members are aware of the meet regulations.

AUTUMN JUNIOR DEVELOPMENT MEET

12th OCTOBER 2019

Programme of Events

Session 1 - Start Time 10:00am	
Event #	Event
101	Boys 12 & Under 200m Individual Medley
102	Girls 12 & Under 100m Freestyle
103	Boys 12 & Under 50m Butterfly
104	Girls 12 & Under 50m Backstroke
105	Boys 12 & Under 100m Individual Medley
106	Girls 12 & Under 50m Breaststroke
107	Boys 12 & Under 50m Freestyle
108	Mixed 9 & Under 100m Medley Relay
109	Mixed 11yrs 100m Medley Relay
Session 2 - Start Time 2:30pm	
Event #	Event
201	Girls 12 & Under 200m Individual Medley
202	Boys 12 & Under 100m Freestyle
203	Girls 12 & Under 50m Butterfly
204	Boys 12 & Under 50m Backstroke
205	Girls 12 & Under 100m Individual Medley
206	Boys 12 & Under 50m Breaststroke
207	Girls 12 & Under 50m Freestyle
208	Mixed 10yrs 100m Medley Relay
209	Mixed 12yrs 100m Medley Relay

*** Relay squads must consist of 2 boys and 2 girls, swim in any order ***

Event Entry Times (must be "slower than")

Boys & Girls	8 & Under	9yrs	10yrs	11yrs	12yrs
50m Freestyle	45.00	42.00	40.00	38.00	36.00
50m Butterfly	55.00	52.00	49.00	46.00	43.00
50m Backstroke	53.00	48.00	46.00	43.00	42.00
50m Breaststroke	57.00	55.00	52.00	49.00	45.00
100m Freestyle	1:48.00	1:42.00	1:40.00	1:37.00	1:34.00
100m Individual Medley	2:20.00	2:00.00	1:50.00	1:40.00	1:36.00
200m Individual Medley	4:00.00	3:55.00	3:35.00	3:25.00	3:15.00

RUTHERGLEN AMATEUR SWIMMING CLUB

SUMMARY SHEET

AUTUMN JUNIOR DEVELOPMENT MEET

12th OCTOBER 2019

Closing date: **Friday 20th September 2019**, to be emailed to meets@rasc.org.uk or sent by post to:

Mike Perceval-Maxwell
74 Cot Castle Grove,
Stonehouse ML9 3RQ

CLUB: _____

CONTACT NAME:	
CONTACT ADDRESS:	
CONTACT TELEPHONE NO:	
E-MAIL ADDRESS:	

Entries:

___	Boys Entries	@ £5.00	=	_____
___	Girls Entries	@ £5.00	=	_____
___	Relay Entries	@ £8.00	=	_____
___	Coach Passes	@ £6.50	=	_____
	TOTAL		=	_____

Bank Transfer Details

**Sort Code: 82-62-24, Account: 00033975,
Ref: "Your Club Name: RASC Autumn Jnr Dev"**

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AUTUMN JUNIOR DEVELOPMENT MEET

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Please complete this form to comply with accreditation requirements

On behalf of _____ **(Name of Club)**

I confirm that all entered swimmers have paid the current S.A.S.A Membership Fee.

I confirm that the notice of 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.

Signed: _____

Position Held: _____

RUTHERGLEN AMATEUR SWIMMING CLUB

SUMMARY SHEET

AUTUMN JUNIOR DEVELOPMENT MEET

12th OCTOBER 2019

Club _____

Club Contact _____

Tel No _____

E-Mail _____

Name	Duty	Session 1	Session 2
	Judge/TK		
	Judge/TK		
	Judge/TK		
	Judge/TK		
	Judge/TK		
	Judge/TK		
	Judge/TK		
	Judge/TK		

Due to licensing and accreditation conditions, we would ask any Technical Official travelling with clubs to make themselves available on the day. It would be appreciated if each club attending could provide a minimum of two STOs per session, one of whom should be Judge Level 1 or above.

Please email your completed officials' form to stocoordinator@rasc.org.uk no later than Friday 4th October 2019.

Thank You