



MILNGAVIE AND BEARSDEN ASC

March SPRINT MEET

Sunday 29th March 2020

Drumchapel Swimming Pool
Drumry Road, Drumchapel, Glasgow, G15 8NS

Session 1 Warm-up 0900hrs Start 1000hrs
Session 2 Warm-up 1330hrs Start 1430hrs

Held under Licence from SASA West District
Licence Number: WD/L3/021/0320

Closing Date for Entries: **Sunday 8th March 2020**





MEET INFORMATION

DATE	Sunday 29 th March 2020
TIMES	Session 1: Warm-up 0900hrs Start 1000hrs Session 2: Warm-up 1330hrs Start 1430hrs
VENUE	Drumchapel Swimming Pool, Drumry Road, Drumchapel, Glasgow G15 8NS
POOL	25m long, 6 lanes with anti-turbulence lane ropes. Warm up/swim down pool will be available. Electronic timing.
AGE GROUPS	The age bands are Session 1: 7-8 yrs, 9-10 yrs, 11-12 yrs, 13-14yrs. Session 2: 7-8yrs, 9-10yrs, 11-12yrs, 13-14 yrs. Age as on day of meet.
EVENTS	Events are as per the Programme below
AWARDS	All events will be Heat Declared Winners - HDW. There will be medals for 1st, 2nd, 3rd places in each age category and pennants for 4th, 5th & 6th. No formal presentations are scheduled. Announcements will be made of the medallists in each event and medals / pennants will be available poolside for collection during each session. Swimmers who swim faster than a tolerance set prior to the meet will receive a 'too fast' prize. A Top Girl / Boy Trophy will be awarded for each Age Group
ENTRY FEES	£6.00 per individual event.
COACH PASS	Lunch can be provided for coaches at a charge of £7.00. Please indicate on Entry Summary form and return with entries.
OFFICIALS	We would ask every club competing to provide two technical officials each session, ideally at least 1 being a Judge or above. We will provide lunch for officials volunteering for both sessions and we will pay travel expenses where appropriate.
FACILITIES	There are no catering facilities at the pool however the Club will run a café selling snacks, tea, coffee etc for swimmers and spectators.
ENTRIES	All entry times must be short course or conversions to short course and must not be faster than the consideration times detailed below. Entries will not be accepted without a SASA registration number (or equivalent). Entries must be supplied as a hy-tek entry file by email to: mandbmeets@gmail.com Closing date for entries is Sunday 8th March 2020. No Late Entries will be accepted
QUERIES	Any queries or questions please contact mandbmeets@gmail.com

PROGRAMME

****Entry times must not be faster than those listed below****

Session 1 : Warm Up 0900 Start 1000				
Event		A/G	Event	No Faster Than
101	Girls	7-8yrs	50m Freestyle	N/A
102	Boys	7-8yrs	50m Freestyle	N/A
103	Girls	9-10yrs	100m Individual Medley	1:38.20
104	Boys	9-10yrs	100m Individual Medley	1:38.20
105	Girls	7-8yrs	25m Butterfly	N/A
106	Boys	7-8yrs	25m Butterfly	N/A
107	Girls	9-10yrs	50m Butterfly	41.49
108	Boys	9-10yrs	50m Butterfly	22.80
109	Girls	11-12yrs	100m Butterfly	1:24.40
110	Boys	11-12yrs	100m Butterfly	1:31.50
111	Girls	13-14yrs	100m Butterfly	1:24.40
112	Boys	13-14yrs	100m Butterfly	1:15.90
113	Girls	7-8yrs	25m Breaststroke	N/A
114	Boys	7-8yrs	25m Breaststroke	N/A
115	Girls	9-10yrs	50m Breaststroke	49.70
116	Boys	9-10yrs	50m Breaststroke	49.10
117	Girls	11-12yrs	100m Breaststroke	1:31.50
118	Boys	11-12yrs	100m Breaststroke	1:38.50
119	Girls	13-14yrs	100m Breaststroke	1:26.10
120	Boys	13-14yrs	100m Breaststroke	1:22.60

Session 2 : Warm Up 1330 Start 1430				
Event		A/G	Event	No Faster Than
201	Boys	11-12yrs	100m Individual Medley	1:25.90
202	Girls	11-12yrs	100m Individual Medley	1:22.60
203	Boys	13-14yrs	100m Individual Medley	1:15.10
204	Girls	13-14yrs	100m Individual Medley	1:19.30
205	Boys	7-8yrs	25m Backstroke	N/A
206	Girls	7-8yrs	25m Backstroke	N/A
207	Boys	9-10yrs	50m Backstroke	44.50
208	Girls	9-10yrs	50m Backstroke	43.40
209	Boys	11-12yrs	100m Backstroke	1:27.60
210	Girls	11-12yrs	100m Backstroke	1:21.10
211	Boys	13-14yrs	100m Backstroke	1:13.80
212	Girls	13-14yrs	100m Backstroke	1:17.30
213	Boys	7-8yrs	25m Freestyle	N/A
214	Girls	7-8yrs	25m Freestyle	N/A
215	Boys	9-10yrs	50m Freestyle	37.20
216	Girls	9-10yrs	50m Freestyle	37.30
217	Boys	11-12yrs	100m Freestyle	1:12.20
218	Girls	11-12yrs	100m Freestyle	1:11.50
219	Boys	13-14yrs	100m Freestyle	1:04.90
220	Girls	13-14yrs	100m Freestyle	1:07.50

MEET RULES

- The Meet will be held under SASA rules.
- Enclosed is a Health and Safety Declaration Form to be completed (mandatory). Please return this with your Entry Summary Form.
- A SASA West District Level 3 Licence has been granted for this meet.
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- Swimmers may only enter their own age group.
- No swimmers under the age of 7 years are permitted to swim in accordance with licence requirements.
- Over the top starts will be used where possible. A one-start rule will be implemented throughout this competition.
- 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.
- Only Swimmers, Coaches, Team Managers and Meet Officials will be admitted poolside.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as per current planned legislation. There will be NO diving at the shallow end of the pool.
- 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.
- The Meet Management reserves the right to alter the programme and warm-up times if necessary.
- Anything not covered above or printed in the event programme will be at the discretion of the Meet Management.

ENTRIES & WITHDRAWALS

- All entries must be made on the electronic files, which can be downloaded from Swim Scotland or can be obtained by emailing mandbmeets@gmail.com quoting your club name.
- Completed Entry Files should be submitted to the above e-mail address.
- Closing date for entries will be **midnight, Sunday 8th March 2020**. No late entries will be accepted.
- Entries will be accepted on a time basis. Events will be seeded by entry times. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct.
- Where an event is over-subscribed, entries may be scratched, to ensure the smooth and timely running of the meet. Every attempt will be made to make scratches proportionally across all age groups.
- Where possible the accepted entries for each age group will be equal, however in the event of an age group being under-subscribed, then Milngavie & Bearsden ASC reserve the right to include additional entries from other age groups to avoid the possibility of empty lanes occurring.
- Milngavie & Bearsden ASC reserve the right to enter swimmers from our own swim team into any race.
- There will be no spare lane or time only swims without prior approval of the Meet Referee.

- Participating clubs will be provided with a list of confirmed swims and scratches and a copy of the Draft Programme within 2 weeks of the closing date. Any scratches will be fully refunded.
- Withdrawals made after issue of the draft programme will be charged in full.
- Please e-mail any withdrawals to the mandbmeets@gmail.com as soon as possible after issue of the programme and by midnight Saturday 14th March at the latest. Any withdrawals after this time will have to be made during the relevant session on the day of the meet. Please include the following details on all e-mail withdrawals: Name of swimmer, Age group, Event No and Stroke.
- Withdrawals on the day must be into the recorders desk no later than 45 minutes prior to the start of each session using the withdrawal form in the coach's pack for the purposes. Reserves will be allocated to any available lanes at the beginning of each session.
- Start lists will be issued to all clubs, prior to the start of a session, once all the withdrawals have been processed.
- Under no circumstances should any swimmer other than the one named on the start sheet compete in an event.
- It is the responsibility of the swimmer to go to the marshalling area in good time for the start of the race.

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.
- NO PHOTOGRAPHY WILL BE ALLOWED within the changing area.

MISCELLANEOUS

- Swimmers and coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the Meet.
- Milngavie & Bearsden ASC, or Drumchapel Pool cannot be held responsible for loss or damage to swimmers, team staff or spectators property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn poolside

MILNGAVIE AND BEARSDEN ASC

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Health and Safety Declaration

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entries:

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 the notice about not using 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, any swimmer unable to do so, must start in the water and must notify the officials that this will be the case.

Signed:	
Print Name:	
Position in Club:	
Club:	

Return completed form with entries, to arrive no later than Sunday 8th March 2020:

MILNGAVIE AND BEARSDEN ASC

AUTUMN SPRINT MEET – 29th March 2020

Entry Summary Sheet

**** This form must be completed and returned with payment by the closing date. ****

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 @ £6.00/entry £.....
.....	Female Entries @ £6.00/entry £.....
.....	Total Entries @ £6.00/entry £.....
.....	Coach's lunch passes @ £7.00 £.....
Total cheque enclosed	<u>£.....</u>
Please make cheques payable to M&B ASC .	
Direct bank transfer to Sort Code: 80-05-57 Account No: 00120245	<u>£.....</u>
Ref: " Your Club Name " 2020 M&B March	
Return completed form and cheques, no later than Sunday 8th March 2020 to:	
John Hixon 2 Whitehill Road Bearsden; G61 4PW E-mail: mandbmeets@gmail.com	