# REN 96 SWIM TEAM

(Affiliated to SASA)

## Present their

# SHORT COURSE “LYNDA LESSING” DEVELOPMENT MEET

*(under FINA Rules & SASA Regulations)*

**16th JUNE 2018**

|  |  |  |  |
| --- | --- | --- | --- |
| **VENUE:** | Linwood Community Sports Hub  Brediland Road  Linwood  PA3 3RA | | |
| **POOL:** | 6 lane x 25m | | |
| **ELECTRONIC TIMING:**  **MEET LICENCE:** | OMEGA  **WD/L3/016/0618** | | |
| **ENTRY FEE:** | £5.00 per event | | |
| **COACHES PASSES:** | £15.00 to include programme, result sheets, and meals, teas, coffees . | | |
| **CLOSING DATE FOR ENTRY:** | **Friday 18th MAY 2018** | | |
| **REFRESHMENTS:** | Snacks, Teas, Coffees will be available at the Cafeteria area, however please note HOT drinks are NOT to be taken to the spectator area. | | |
| **MEET ENQUIRIES:** | John & Diane Kerr  Tel: 07789941756  Email: [diane.kerr22@virginmedia.com](mailto:diane.kerr22@virginmedia.com) | | |
| **AGE GROUPS:** Age is determined as at 17/06/2018 *Swimmers may only enter in their own*  *Age group.* | 8 – 9 years  10 years:  11-12 years: | 50m & 100m all strokes  50m,100m, 200m all strokes  50m,100m 200m all strokes | |
| **WARM UP + START TIMES:** | 08.50-9.55am for 10.00am start / 1.30-2.25pm for 2.30pm start | | |
| **SWIM SHOP:** | Will be available during the meet | | |
| **PRIZES:** | Age Group events: | | Medals will be awarded to 1st, 2nd, 3rd, 4th, 5th& 6th. |

**REN 96 SHORT COURSE**

**“LYNDA LESSING” DEVELOPMENT MEET**

**16th JUNE 2018**

###### LINWOOD COMMUNITY SPORTS HUB

1. The meet is to be held under FINA Rules & SASA Regulations and has the License **WD/L3/016/0618**
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. **FOR WITHDRAWALS THE MEET HAS A SIGNING**-**IN PROCEDURE:**

All swimmers must check in to the entry marshals in the foyer. Exceptionally, on the production of their pass, coaches will be allowed to sign in their swimmers. **Latest check in times will be 50 minutes prior to the session start time**. Swimmers who have not signed in will be considered as WITHDRAWN. 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.

1. Warm ups will be split to accommodate the numbers and age range of competitors. Warm ups will be split as per the schedule of events.
2. Awards will be made to the top six swimmers in each event.
3. Over the top starts will be used during the meet at the discretion of the meet management.
4. Coaches Passes will be issued at £15.00 each. These will provide admission to all sessions, a programme, a set of result sheets, and morning teas/coffees, hot filled rolls and lunch. Only pass holders, swimmers and officials will be allowed on the poolside.
5. **Entries to events will be restricted and will be accepted on the basis of entry times, which for this meet since it is primarily aimed at development swimmers, will be restricted on a Slowest to Fastest basis if required**. Swimmers must however have an entry time (ie. “NT” times will not be accepted). Any entry not accepted will be refunded. There will be reserve swims. However, where no swim is available on the day 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 the entries to check the accuracy of the accepted swims and to inform all relevant swimmers of their accepted entries. REN 96 reserves the right to fill lanes with their swimmers where an event is under subscribed.
6. As the Meet will be run using Hy Tek Meet Manager the appropriate files for importing entries to Team Lite or Team Manager 4 will be available from: [diane.kerr22@virginmedia.com](mailto:diane.kerr22@virginmedia.com)
7. 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.
8. The correct fee of £5.00 per event must accompany the completed paperwork and be sent by the closing date of **Friday 18th MAY 2018**. Cheques should be made payable to “REN 96 Swim Team” and sent to

John Kerr,

30 Balmoral Drive,

Bishopton, Renfrewshire, PA7 5HR

1. 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.
2. No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without prior approval of the Meet Manager. Application may be made on the day of Meet at the Meet Office on the provision of photographic evidence of the applicant and evidence that they have a swimmer (s) competing at the Meet. The application must be made on the approved SASA form which will be provided on the day.
3. To ensure smooth running for each session we would appreciate support from participating Clubs by nominating Technical Officials qualified to Judge.

15. All mobile phones should be switched off on the poolside.

# REN 96 SWIM TEAM 2018

# SHORT COURSE “LYNDA LESSING” DEVELOPMENT MEET

### Programme of Events

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  | |
| **Saturday 16th June 2018** | | | | | **Saturday 16th June 2018** | | | | | |
| **Session 1 – 08:50 Warm Up for 10.00 Start** | | | | | **Session 2 – 13:30 Warm Up for 14.30 Start** | | | | | |
|  |  |  |  |  |  |  |  |  |  | |
| **101** | **Girls** | **10-12 yrs** | **200** | **IM** | **201** | **Boys** | **10-12 yrs** | **200** | **IM** | |
| **102** | **Boys** | **12 yrs & Under** | **100** | **Butterfly** | **202** | **Girls** | **12 yrs & Under** | **100** | **Butterfly** | |
| **103** | **Girls** | **12 yrs & Under** | **100** | **Backstroke** | **203** | **Boys** | **12 yrs & Under** | **100** | **Backstroke** | |
| **104** | **Boys** | **12 yrs & Under** | **50** | **Butterfly** | **204** | **Girls** | **12 yrs & Under** | **50** | **Butterfly** | |
| **105** | **Girls** | **12 yrs & Under** | **50** | **Backstroke** | **205** | **Boys** | **12 yrs & Under** | **50** | **Backstroke** | |
| **106** | **Boys** | **10- 12 yrs** | **200** | **Backstroke** | **206** | **Girls** | **10-12 yrs** | **200** | **Backstroke** | |

### Entry Times & Events

Entry Times should be either converted or actual 25 m times and **MUST NOT BE FASTER** than the 25m times set out in the table below.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Events | BOYS | | |  | GIRLS | | |  |
| Years | 8 - 9 | 10 | 11 - 12 |  | 8-9 | 10 | 11-12 |  |
| 200 IM | n/a |  |  |  | n/a |  |  |  |
| 50 Back | 44.0 | 44.0 | 44.0 |  | 44.0 | 44.0 | 42.0 |  |
| 100 Back | 1:40.0 | 1:40.0 | 1:35.0 |  | 1:40.0 | 1:40.0 | 1:30.0 |  |
| 200 Back | n/a |  |  |  | n/a |  |  |  |
| 50 Fly | 48.0 | 48.0 | 44.0 |  | 48.0 | 48.0 | 44.0 |  |
| 100 Fly | 1:45.0 | 1:45.0 | 1:40.0 |  | 1:47.0 | 1:47.0 | 1:40.0 |  |

REN 96 SWIM TEAM

**SUMMARY SHEET**

SHORT COURSE “LYNDA LESSING” DEVELOPMENT MEET

**16th JUNE 2018**

***Closing date: Friday 18th May 2018, to be returned to:*** *John Kerr*

*30 Balmoral Drive*

*Bishopton*

*Renfrewshire*

*PA7 5HR*

##### CLUB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

##### CONTACT NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**CONTACT TELEPHONE NUMBER AND ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**EMAIL: ­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

##### Entries:

**\_\_\_\_\_\_\_ Boys entries @ £5.00 =**

**\_\_\_\_\_\_\_ Girls entries @ £5.00 =**

**\_\_\_\_\_\_\_Coaches Passes @ £15.00 =**

**TOTAL RETURNS =**

**(Cheques payable to REN 96 Swim Team)**

REN 96 SWIM TEAM

**SHORT COURSE “LYNDA LESSING” DEVELOPMENT MEET**

**16th June 2018**

Please complete this form – to apply 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 use 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 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REN 96 Swim Team

**Short Course “Lynda Lessing” Development Meet 16th June 2018**

**Club ……………………………………….. ……….**

**Club Contact ………………………………………**

**Tel. No. …………………………… Email………….…………………………………………**

OFFICIALS SHEET

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name** | **Duty** | **Session 1** | **Session 2** | **Session 3** | **Session 4** |
|  | **Judge** |  |  |  |  |
|  | **Judge** |  |  |  |  |
|  | **Judge** |  |  |  |  |
|  | **Judge** |  |  |  |  |

In order to create a smoothly run meet, 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 one Judge per session, to ensure the meet is organised efficiently.

*Thank you.*