**Arbroath St Thomas**

**Amateur Swimming Club**



**St Thomas Spring Sprints**

Arbroath Sports Centre

On

Sunday 25th March 2018

**MEET INFORMATION**

**(UNDER FINA RULES AND SASA SWIMMING REGULATIONS**)

|  |  |
| --- | --- |
| **POOL** | 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks, Electronic Timing. Level Deck Pool; overall depth 2 metres. |
| **SESSIONS** | Session One Warm Up 08:45 Start 09:50 Session Two Warm Up 13:30 - Start 14:35  (SUBJECT TO CHANGE IF NECESSARY) |
| **EVENTS****INDIVIDUAL EVENTS****RELAY****EVENTS** | All events are single sex events and heat declared winner. See attached sheet for full programme of events.50m Freestyle50m Breaststroke50m Butterfly50m Backstroke100m IM100m Freestyle4 x 50m Freestyle Relay4 x 50m Medley RelayEach club may enter a maximum of 2 Relay teams in each event. Swimmers must have been entered for at least one individual swim and they may only swim in one team per relay event. |
| **AGE** | Age is as on day of competition i.e. 25th March 2018 Age Groups for individual events for Girls and Boys will be : 9, 10, 11 & 12Heats will be swum with all age groups combined and swimmers seeded by entry times.Age Group for Relay events will be: 9 – 12 Relays will be swum with mixed age teams with a maximum combined age for the four swimmers of 43 years.  |
| **ENTRY FEES** | £5.00 PER INDIVIDUAL EVENT£7.50 PER RELAY EVENTCheques should be made payable to Arbroath St Thomas Swimming ClubBACs transfer Acc: 00775842 Sort: 30 - 25 – 87  |
| **ENTRIES** | Entries to be sent to:arbroath.st.thomas.gala@gmail.com Please send the summary sheet and entry fees to:**Jordan Young 52 Kinghorne Street Arbroath DD11 2LZ****Cheques Payable to: Arbroath St Thomas Swimming Club**Please note the entry file and summary sheet must be received by email by the closing date. Paper summary sheet and cheque to cover entry fees must be received by post within three working days of the closing date.**CLOSING DATE FOR ENTRIES IS FRIDAY 23rd February 2018**Entries may have to be limited dependent upon numbers received.**All entries must be on Hy-tek Team Manager entry file.** Entry files may be obtained by downloading from SwimScotland, ([www.swimscotland.co.uk](http://www.swimscotland.co.uk)) or by contacting Jordan Young at arbroath.st.thomas.gala@gmail.com Entries must be submitted using the most up to date personal best times for all swimmers at time of entry. Swimmers entered with No Time (NT) will be seeded last. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups. Arbroath St Thomas ASC reserves the right to swim a slower heat for their swimmers if entry numbers allow.Lists of accepted participating swimmers and a draft programme will be emailed to each club. |
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| **AWARDS** | **Individual Medals 1st, 2nd, 3rd****BEST BOY, BEST GIRL, BEST CLUB TROPHY.**Points scoring shall be 6, 5, 4, 3, 2 and 1 point for all events. |
| **WITHDRAWALS** | Withdrawals prior to the competition should be emailed to :-Jordan Young - arbroath.st.thomas.gala@gmail.com To arrive no later than 5pm Monday 19th March 2018All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc.NB Telephone withdrawals will not be accepted under any circumstances.Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table at least 1 hour prior to the start of the appropriate session. |
|  | Please note that anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition. |
| **MARSHALLING** | All swimmers including reserves must attend marshalling before their events and are advised to attend in good time. (The suggested minimum is five heats or one event in advance.) The start of a race will not be delayed for absent swimmers. If a swimmer is not present at first marshalling area then the reserve will swim.  |
| **TECHNICAL OFFICIALS** | We would be very grateful for a list of Officials willing to help on the day. A completed technical officials sheet should be sent to our STO Co-Ordinator by email to arrive before Friday 9th March 2018. Lunch will be provided for technical officials who officiate for the whole day.**arbroath.st.thomas.sto@gmail.com** Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the referee considers it practical. |
| **PHOTOGRAPHY****/MOBILE PHONES** | Please note that anyone wishing to use photographic equipment for non-commercial purposes, including video cameras must register with the Gala Convener (application should be made on the appropriate SASA Health and Safety form and signed by the relevant club official).No person may for commercial purposes take photographs or use any video recording equipment inside the event without the express written permission of Arbroath St Thomas ASC.No flash photography is permitted at any time within the competition pool area.Mobile phones may not be used in the pool hall or in the changing area. Use of mobile phones within the building is limited to designated areas. |
| **MEET REGULATIONS** | * No guarantee can be given by Arbroath St Thomas ASC that the event will take place at a particular time or any particular date and Arbroath St Thomas ASC reserves the right to reschedule the event without notice and without liability for so doing. It is expected that this would only happen as a result of unforeseen circumstances, eg venue/facility failure or adverse weather.
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|  | * In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Arbroath St Thomas ASC. Arbroath St Thomas ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
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|  | * The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of Arbroath St Thomas ASC and/or police officer.
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|  | * No object may be thrown by spectators within the venue.
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|  | * No foul or abusive language or other offensive words such as racial or sexual abuse will be tolerated by our Club.
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|  | * No alcohol may be consumed at the event.
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|  | * Any person entering events must at all times comply with any and all instructions of any steward or officer of Arbroath St Thomas ASC and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
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|  | * All swimmers entered must have paid their SASA membership fee for the current year. Registration numbers **must** be shown on entry files. A licence has been granted for this competition and accreditation will be applied for to the SASA Midland District
 |
| **NOTES** | * Coaches will be issued a poolside pass at a price of £5 which includes lunch and this should be submitted with the summary sheet and payment included with entries.
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|  | * Electronic Timing will be in use and we would greatly appreciate if coaches could explain the necessity for swimmers to achieve firm contact with the pads at the finish of each event.
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|  | * Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 2 Coaches at any one time.
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|  | * Participating clubs will receive one copy of start sheets and results will be posted at the pool during the events and after the event.
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|  | * Arbroath St Thomas ASC reserves the right to amend the programme at any time.
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|  | * Lockers provided in the changing rooms should be used to store all belongings. The meet organisers and the facility management cannot be held responsible for items lost during the course of the event. No bags allowed on poolside.
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|  | * Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day.
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|  | * Free Parking is available at Arbroath Sports Centre.
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| **GALA CONVENER****CLUB** **PRESIDENT** | Jordan YoungFiona Brown |
|  | **We look forward to seeing you on 25th March 2018** |

**Arbroath St Thomas**

**Amateur Swimming Club**

**SESSION ONE WARM UP 09.00 START 10.05**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Event No | 101 | Boys | 9 – 12 years | 100m IM |  |
|  | 102 | Girls | 9 – 12 years | 50m Breaststroke |  |
|  | 103 | Boys | 9 – 12 years | 50m Freestyle |  |
|  | 104105106 | GirlsBoysGirls | 9 – 12 years 9 – 12 years9 – 12 years | 50m Backstroke50m Butterfly100m Freestyle |  |
|  | 107 | Boys | 4 x 50m | Freestyle Relay |  |
|  | 108 | Girls | 4 x 50m | Freestyle Relay |  |
|  |  |  |  |  |  |

**Award Presentations after Event 106 & 108**

**SESSION TWO WARM UP 13.30 START 14.35**

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| --- | --- | --- | --- | --- | --- |
| Event No | 201 | Girls | 9 – 12 years | 100m IM |  |
|  | 202 | Boys | 9 – 12 years  | 50m Breaststroke |  |
|  | 203 | Girls | 9 – 12 years | 50m Freestyle |  |
|  | 204205206 | BoysGirlsBoys | 9 – 12 years9 – 12 years9 – 12 years | 50m Backstroke50m Butterfly100m Freestyle |  |
|  | 207 | Girls | 4 x 50m | Medley Relay |  |
|  | 208 | Boys | 4 x 50m | Medley Relay |  |
|  |  |  |  |  |  |

**Award Presentations after Event 206 & 208**

**Arbroath St Thomas Spring Sprints**

**Sunday 25th March 2018 – Arbroath Sports Centre SUMMARY SHEET**

**Contact Details**

Club Name/Addr \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Match Secretary \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Post Code \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Tel. No.\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email Address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- | --- | --- |
| Individual Male Entries |  | @ £5.00 | = £ |
| Individual Female Entries |  | @ £5.00 | = £ |
| Male Team Entries |  | @ £7.50 | = £ |
| Female Team Entries |  | @ £7.50 | = £ |
| Coaches Pass (Includes Lunch) |  | @ £5.00  | = £ |
|  |  | TOTAL | = £ |

**CLOSING DATE FOR ENTRIES IS FRIDAY 23rd February 2018**

**Cheques should be made payable to ARBROATH ST THOMAS ASC**

**BACS Transfer:**

**Declaration** (This declaration **must** be completed by all competing clubs)

I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Position in Club\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Arbroath St Thomas Spring Sprints**

**Sunday 25th March 2018 – Arbroath Sports Centre**

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| --- | --- | --- | --- |
| **CLUB\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |  | **STO CONTACT** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
|  |  | **EMAIL ADDRESS** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
|  |  | **TEL.NO.** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |

**OFFICIALS SHEET**

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| --- | --- | --- | --- | --- | --- |
|  |  | **Mentoring** | **Timekeeper Signatures Required?** | **Sessions Available** | **Lunch Needed** |
| **Name** | **Qualified Level** | **Required (Y/N)** | **Trainee Level** | **Any Specific Duties Required (e.g. CIT, Finish Order)** | **Timekeeper****(Y/N)** | **Chief Timekeeper****(Y/N)** | **1** | **2** |  |
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Please complete multiple sheets if needed

Please return this form or email it byFriday 9th March 2018**:-** **arbroath.st.thomas.sto@gmail.com**