



# MILNGAVIE AND BEARSDEN ASC

## AUTUMN SPRINT MEET

**Sunday 20<sup>th</sup> October 2019**

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/L3/035/1019

Closing Date for Entries: **Friday 20<sup>th</sup> September 2019**





## MEET INFORMATION

<b>DATE</b>	Sunday 20 <sup>th</sup> October 2019
<b>TIMES</b>	Session 1: Warm-up 0900hrs Start 1000hrs Session 2: Warm-up 1330hrs Start 1430hrs
<b>VENUE</b>	Drumchapel Swimming Pool, Drumry Road, Drumchapel, Glasgow G15 8NS
<b>POOL</b>	25m long, 6 lanes with anti-turbulence lane ropes. Warm up/swim down pool will be available. Electronic timing and scoreboard.
<b>AGE GROUPS</b>	The age bands are Session 1: 8-9 yrs, 10 yrs, Session 2: 11rs, 12-13 yrs. Age as on day of meet.
<b>EVENTS</b>	Events are as per the Programme below
<b>AWARDS</b>	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
<b>ENTRY FEES</b>	£5.00 per individual event.
<b>COACH PASS</b>	Lunch can be provided for coaches at a charge of £5.00. Please indicate on Entry Summary form and return with entries.
<b>OFFICIALS</b>	<b>We would ask every club competing to provide two technical officials each session, ideally at least 1 being a Judge or above.</b>  We will provide lunch for officials volunteering for both sessions and we will pay travel expenses where appropriate.
<b>FACILITIES</b>	There are no catering facilities at the pool however the Club will run a café selling snacks, tea, coffee etc for swimmers and spectators.
<b>ENTRIES</b>	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: <a href="mailto:mandbmeets@gmail.com">mandbmeets@gmail.com</a>  <b>Closing date for entries is Friday 20<sup>th</sup> September 2019. No Late Entries will be accepted</b>
<b>QUERIES</b>	Any queries or questions please contact <a href="mailto:mandbmeets@gmail.com">mandbmeets@gmail.com</a>

## PROGRAMME

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

<b>Session 1 : Warm Up 0900 Start 1000</b>				
Event		A/G	Event	No Faster Than
101	Girls	8-9yrs	50m Butterfly	43.0
102	Boys	8-9yrs	50m Butterfly	43.0
103	Girls	10yrs	50m freestyle	37.5
104	Boys	10yrs	50m freestyle	37.5
105	Girls	8-9yrs	50m Backstroke	44.0
106	Boys	8-9yrs	50m Backstroke	44.0
107	Girls	10yrs	50m Breaststroke	48.0
108	Boys	10yrs	50m Breaststroke	48.0
109	Girls	8-9yrs	100m Individual Medley	1:40.0
110	Boys	8-9yrs	100m Individual Medley	1:40.0
111	Girls	10yrs	50m Backstroke	41.0
112	Boys	10yrs	50m Backstroke	41.0
113	Girls	8-9yrs	50m Breaststroke	50.0
114	Boys	8-9yrs	50m Breaststroke	50.0
115	Girls	10yrs	50m Butterfly	40.0
116	Boys	10yrs	50m Butterfly	40.0
117	Girls	8-9yrs	50m freestyle	40.0
118	Boys	8-9yrs	50m freestyle	40.0
119	Girls	10yrs	100m Individual Medley	1:35.0
120	Boys	10yrs	100m Individual Medley	1:35.0

<b>Session 2 : Warm Up 1330 Start 1430</b>				
Event		A/G	Event	No Faster Than
201	Girls	11yrs	50m Butterfly	37.0
202	Boys	11yrs	50m Butterfly	37.0
203	Girls	12-13yrs	50m freestyle	32.5
204	Boys	12-13yrs	50m freestyle	32.5
205	Girls	11yrs	50m Backstroke	38.0
206	Boys	11yrs	50m Backstroke	38.0
207	Girls	12-13yrs	50m Breaststroke	42.0
208	Boys	12-13yrs	50m Breaststroke	42.0
209	Girls	11yrs	100m Individual Medley	1:28.5
210	Boys	11yrs	100m Individual Medley	1:28.5
211	Girls	12-13yrs	50m Backstroke	37.0
212	Boys	12-13yrs	50m Backstroke	37.0
213	Girls	11yrs	50m Breaststroke	45.0
214	Boys	11yrs	50m Breaststroke	45.0
215	Girls	12-13yrs	50m Butterfly	36.0
216	Boys	12-13yrs	50m Butterfly	36.0
217	Girls	11yrs	50m freestyle	35.0
218	Boys	11yrs	50m freestyle	35.0
219	Girls	12-13yrs	100m Individual Medley	1:25.0
220	Boys	12-13yrs	100m Individual Medley	1:25.0

## 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 8 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](mailto: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, Friday 20<sup>th</sup> September 2019**. 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. As this is a L3 meet, priority will be given to slower swimmers in each age group.
- 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](mailto:mandbmeets@gmail.com) as soon as possible after issue of the programme and by midnight Thursday 17<sup>th</sup> October 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

AUTUMN SPRINT MEET – 20<sup>th</sup> October 2019

## 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 Friday 20<sup>th</sup> September 2019:**

# MILNGAVIE AND BEARSDEN ASC

AUTUMN SPRINT MEET – 20<sup>th</sup> October 2019

## 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	@ £5.00/entry £.....
..... Female Entries	@ £5.00/entry £.....
..... <b>Total Entries</b>	<b>@ £5.00/entry £.....</b>
..... Coach's lunch passes	@ £5.00 £.....
Total cheque enclosed	<u>£.....</u>
Please make cheques payable to <b>M&amp;B ASC</b> .	
Direct bank transfer to Sort Code: 80-05-57 Account No: 00120245	<u>£.....</u>
Ref: " <b>Your Club Name</b> " 2019 M&B Autumn	
<b>Return completed form and cheques, no later than Friday 20<sup>th</sup> September 2019 to:</b>	
John Hixon 2 Whitehill Road Bearsden; G61 4PW E-mail: <a href="mailto:mandbmeets@gmail.com">mandbmeets@gmail.com</a>	