

CUMBERNAULD
Swimming Club

Spring Graded Meet 2019

MEET INFORMATION

TRYST SPORTS CENTRE
CUMBERNAULD

09 – 10 March 2019

Held under licence from SASA WEST DISTRICT
Licence No: WD/L2/018/0319

SWIMARK
✓
plus

Cumbernauld Swimming Club

invite entries to their

Spring Graded Meet

General Meet Information

Date: Saturday 9th - Sunday 10th March 2019

Venue: Tryst Sports Centre, Cumbernauld

Pool: 6 Lane 25 metre; swim down pool; full electronic timing with 6 lane alphanumeric scoreboard; anti-wave lane ropes; spectator area; cafeteria.

Timings: Warm Up 09.00 and 13.30 each day
Start 10.00 and 14.30 each day

Ages: As on last day of meet (11/03/18)

Age Groups: 8-9yrs, 10yrs, 11yrs, 12yrs, 13yrs & 14yrs

Events: 50m Free, 100m Breast, Back, Free & 200m IM all ages
50 Fly – 8/9yrs Only, 100m Fly all other age groups
8/9, 10 & 11yrs 6 x 50m Squadron Relay
12,13 & 14yrs 6 x 50m Squadron Relay

50m Events Heats & Finals - 100m and 200m Events HDW

Entry Times: **All Times must be Slower than Consideration Times**

Entry Fees: £5.50 per individual event – Relays £11 per team

Coaches Passes: £8 (Inc. Programme, Results and Meal) Each Day

Awards: All Ages – Medals 1st, 2nd & 3rd - Pennants 4th, 5th, 6th & Too Fast
Relays – Medals 1st, 2nd & 3rd
Top Boy & Top Girl each day (based on points 7,5,4,3,2,1)

Officials: Clubs are requested to supply at least 2 Technical Officials at least one of which should be a Judge.

Closing Date: **Midday Saturday 16th February 2019**

All entries should be submitted using relevant electronic file by e-mail to:

Ronnie Girvan
14 Ronaldsay Place
Ravenswood
Cumbernauld
G67 1NP

E-mail: rgsw12257@blueyonder.co.uk

Graded Meet – Specific Information

Meet Rules

Swimmers may only enter their own age group.

No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements

All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.

All swimmers of non-Scottish clubs must have or have applied for registration with their governing body.

Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.

Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current planned legislation. There will be **NO** diving at the shallow end of the pool.

No photographic or video equipment (inc videophones) will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved SASA form.

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 and guidelines.

Entries & Start Lists

All entries must be made on the relevant electronic files and submitted on disk or by e-mail to the address overleaf. Entry Files can be requested by returning the enclosed form or via e-mail. No Late entries will be accepted.

All Submitted Times must be **SLOWER** than the consideration times

Start Lists will be prepared in advance of the meet. Any advanced withdrawals to be made to the Meet Entry Secretary by **12 midday on Saturday 2nd March 2019**

On the Day Withdrawals must be made to the Electronics suite no later than 30 minutes prior to the start of each session on the event withdrawal form.

The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure that entry times are accurate. Rejected entries will be refunded in full. Rejected Entries will be notified by e-mail as soon as possible after the closing date

Events

50m Events will be Heats & Finals. 100m and 200m Events will be Heat Declared Winners

Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.

Any amendments to published Start Lists (inc Reserve swims) will be announced prior to the start of each session Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

'Too Fast' Times will be in operation on the day in heats only. Any Swimmer swimming 'Too Fast' will not qualify for a final.

Warm-up and Session Times

The warm-up will commence only when announced by the warm-up controller.

There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.

Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.

Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

Miscellaneous

Accreditation has been sought via West District Licence.

The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.

Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.

Cumbernauld Swimming Club, Tryst Sports Centre and North Lanarkshire Leisure Ltd take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.

Swimmers out-with the pool area must wear dry clothing and footwear at all times.

Outdoor footwear must not be worn on poolside.

Anything not covered above and not printed in the meet programme will be at the promoters' discretion.

Cumbernauld Swimming Club reserve the right to vary the above conditions as required

Order of Events

SATURDAY SESSION 1

Warm up: 9.00 am. Start: 10.00 am.

101	Girls	8-9 years	50m. Fly	Heats
102	Boys	8-9 years	50m. Fly	Heats
103	Girls	10 years	100m. Back	HDW
104	Boys	10 years	100m. Back	HDW
105	Girls	11 years	100m. Breast	HDW
106	Boys	11 years	100m. Breast	HDW
107	Girls	8-9 years	100m. Back	HDW
108	Boys	8-9 years	100m. Back	HDW
109	Girls	10 years	100m. Breast	HDW
110	Boys	10 years	100m. Breast	HDW
111	Girls	11 years	50m. Free	Heats
112	Boys	11 years	50m. Free	Heats
113	Girls	8-9 years	100m. Breast	HDW
114	Boys	8-9 years	100m. Breast	HDW
115	Girls	10 years	100m. Free	HDW
116	Boys	10 years	100m. Free	HDW
117	Girls	11 years	200m. Ind. Med.	HDW
118	Boys	11 years	200m. Ind. Med.	HDW
FINALS				
	Final of Event 101	Girls	8-9 years	50m. Fly
	Final of Event 102	Boys	8-9 years	50m. Fly
	Final of Event 111	Girls	11 years	50m. Free
	Final of Event 112	Boys	11 years	50m. Free

SATURDAY SESSION 2

Warm up: 1.30 pm. Start: 2.30 pm.

201	Boys	8-9 years	100m. Free	HDW
202	Girls	8-9 years	100m. Free	HDW
203	Boys	10 years	200m. Ind. Med.	HDW
204	Girls	10 years	200m. Ind. Med.	HDW
205	Boys	11 years	100m. Fly	HDW
206	Girls	11 years	100m. Fly	HDW
207	Boys	8-9 years	200m. Ind. Med.	HDW
208	Girls	8-9 years	200m. Ind. Med.	HDW
209	Boys	10 years	100m. Fly	HDW
210	Girls	10 years	100m. Fly	HDW
211	Boys	11 years	100m. Back	HDW
212	Girls	11 years	100m. Back	HDW
213	Boys	8-9 years	50m. Free	Heats
214	Girls	8-9 years	50m. Free	Heats
215	Boys	10 years	50m. Free	Heats
216	Girls	10 years	50m. Free	Heats
217	Boys	11 years	100m. Free	HDW
218	Girls	11 years	100m. Free	HDW
FINALS & RELAY				
	Final of Event 213	Boys	8-9 years	50m. Free
	Final of Event 214	Girls	8-9 years	50m. Free
	Final of Event 215	Boys	10 years	50m. Free
	Final of Event 216	Girls	10 years	50m. Free
Event 219 - 6 x 50m Freestyle Squadron Relay				

SUNDAY SESSION 3

Warm up: 9.00 am. Start: 10.00 am.

301	Girls	12 years	100m. Fly	HDW
302	Boys	12 years	100m. Fly	HDW
303	Girls	13 years	100m. Back	HDW
304	Boys	13 years	100m. Back	HDW
305	Girls	14 years	100m. Breast	HDW
306	Boys	14 years	100m. Breast	HDW
307	Girls	12 years	100m. Free	HDW
308	Boys	12 Years	100m. Free	HDW
309	Girls	13 Years	200m. Ind. Med.	HDW
310	Boys	13 years	200m. Ind. Med.	HDW
311	Girls	14 years	100m. Fly	HDW
312	Boys	14 years	100m. Fly	HDW
313	Girls	12 years	100m. Back	HDW
314	Boys	12 years	100m. Back	HDW
315	Girls	13 years	100m. Breast	HDW
316	Boys	13 years	100m. Breast	HDW
317	Girls	14 years	100m. Free	HDW
318	Boys	14 years	100m. Free	HDW

SUNDAY SESSION 4

Warm up: 1.30 pm. Start: 2.30 pm.

401	Boys	12 years	200m. Ind. Med.	HDW
402	Girls	12 years	200m. Ind. Med.	HDW
403	Boys	13 years	100m. Fly	HDW
404	Girls	13 years	100m. Fly	HDW
405	Boys	14 years	100m. Back	HDW
406	Girls	14 years	100m. Back	HDW
407	Boys	12 years	100m. Breast	HDW
408	Girls	12 years	100m. Breast	HDW
409	Boys	13 years	100m. Free	HDW
410	Girls	13 years	100m. Free	HDW
412	Girls	14 years	200m. Ind. Med.	HDW
413	Boys	12 years	50m. Free	Heats
414	Girls	12 years	50m. Free	Heats
415	Boys	13 years	50m. Free	Heats
416	Girls	13 years	50m. Free	Heats
417	Boys	14 years	50m. Free	Heats
418	Girls	14 years	50m. Free	Heats
FINALS & RELAY				
	Final of Event 414	Girls	12 years	50m. Free
	Final of Event 415	Boys	13 years	50m. Free
	Final of Event 416	Girls	13 years	50m. Free
	Final of Event 417	Boys	14 years	50m. Free
	Final of Event 418	Girls	14 years	50m. Free
Event 419 6 x 50m Freestyle Squadron Relay				

SPRING GRADED MEET 2019

CONSIDERATION TIMES

GIRLS

BOYS

14yrs	13yrs	12yrs	11yrs	10yrs	8-9yrs		8-9yrs	10yrs	11yrs	12yrs	13yrs	14yrs
28.00	29.00	31.00	32.00	33.00	36.00	50 Free	36.00	33.00	32.00	31.00	29.00	28.00
1.04.00	1.06.00	1.09.00	1.15.00	1.17.00	1.20.00	100 Free	1.20.00	1.17.00	1.14.00	1.08.00	1.05.00	1.03.00
					44.00	50 Fly	44.00					
1.18.00	1.20.00	1.24.00	1.30.00	1.36.00		100 Fly		1.36.00	1.30.00	1.24.00	1.20.00	1.18.00
1.14.00	1.16.00	1.20.00	1.24.00	1.28.00	1.32.00	100 Back	1.32.00	1.28.00	1.24.00	1.20.00	1.16.00	1.14.00
1.24.00	1.28.00	1.32.00	1.38.00	1.40.00	1.45.00	100 Breast	1.45.00	1.40.00	1.38.00	1.32.00	1.28.00	1.24.00
2.42.00	2.48.00	2.52.00	2.58.00	3.15.00	3.30.00	200 IM	3.30.00	3.15.00	2.58.00	2.52.00	2.48.00	2.42.00

SUBMITTED TIMES MUST BE SLOWER THAN ABOVE

Health and Safety Announcement

Controlling the Use of Photographic Equipment

The S.A.S.A has a strict child protection policy, brought about by concerns over paedophile activity. This policy has been adopted by each member club and requires that meet organisers strictly control the use of photographic and video equipment. Therefore the use of such equipment shall be subject to the following guidelines:

No photographic equipment (e.g., camera, camcorder, cameraphones etc.) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.

Application to use photographic equipment must be made on the approved S.A.S.A. form which is available on request.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current S.A.S.A. 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 all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed:

Print Name:

Position in club:

On behalf of: (Name of club)

Return this form along with entries no later than **Midday Saturday 16th February 2019** to:

**Ronnie Girvan
14 Ronaldsay Place
Ravenswood
Cumbernauld
G67 1NP**

07745381296

Spring Graded Meet – 09/10 March 2019

Summary Entry Form

*** This form must be completed and returned with any entries. ***

Club Name: Contact Name:

Club Code:

Address:

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Telephone:

E-Mail:

Total Entries	Male Entries @ £5.50	each:	£.....
	Female Entries @ £5.50	each:	£.....
	Relays @ £11	each:	£.....
Number of Coaches	Saturday @ £8	each:	£.....
	Sunday @ £8	each:	£.....
Total Amount Enclosed/Bank Transfer			£.....

Signed:

Position in club:

Please make cheques payable to: **Cumbernauld Swimming Club**

Return this form along with entries no later than **Midday Saturday 16th February 2019** to:

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14 Ronaldsay Place
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