

St Thomas Amateur Swimming Club



St Thomas Spring Sprints

Arbroath Sports Centre

Sunday 26th March 2023

MEET INFORMATION

(UNDER FINA RULES AND SASA SWIMMING REGULATIONS)

POOL 25 Metres, 6 Lanes, Anti-turbulence ropes, Starting Blocks, Electronic Timing.
Deck Level Pool; Shallow end 0.9m Deep end 2m.

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 All events are single sex events and heat declared winner. See attached sheet for full programme of events.

INDIVIDUAL EVENTS

50m Backstroke, Breaststroke, Butterfly, Freestyle

100m IM, Freestyle

4 x 50m Freestyle Male & Female Relay

4 x 50m Medley Male & Female Relay

RELAY EVENTS Each 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. Combined relay team age of 43 years

AGE Age is as on day of competition i.e. 26th March 2023

Age Groups for individual events for Girls and Boys will be : 9, 10, 11 & 12

Heats will be swum with all age groups combined and swimmers seeded by entry times.

Age Group for Relay events will be: 9 – 12

ENTRY FEES £5.50 PER INDIVIDUAL EVENT
£7.50 PER RELAY EVENT

Cheques should be made payable to Arbroath St Thomas Swimming Club

BACs 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 8 Finlay Crescent, Arbroath, DD11 3FF

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 24th February 2023

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) 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.

AWARDS

Individual Medals 1st, 2nd, 3rd

BEST BOY, BEST GIRL, BEST VISITING CLUB TROPHY.

Points scoring shall be 6, 5, 4, 3, 2 and 1 point for all events.

There will be no presentations for individual and relay events at this meet. Swimmers should collect their medals from the medal table after their event.

WITHDRAWALS

Withdrawals prior to the competition should be emailed to :-

Jordan Young - arbroath.st.thomas.gala@gmail.com

To arrive no later than 5pm Sunday 12th March 2023, withdrawals after this date will not be entitled to a refund

All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc.

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 Sunday 12th March 2023. 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.

Programmes, Spectators & Live Streaming

Full meet programmes will be available for both sessions. Due to ongoing challenges with COVID 19 we are unable to clarify at this time if spectating will be permitted. Live streaming may be available.

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.

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.

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.

No object may be thrown by spectators within the venue.

No foul or abusive language or other offensive words such as racial or sexual abuse will be tolerated by our Club.

No alcohol may be consumed at the event.

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.

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 £6 which includes lunch, and this should be submitted with the summary sheet and payment included with entries.

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.

Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time.

Participating clubs will receive one copy of start sheets and results will be posted at the pool during the events and after the event.

Arbroath St Thomas ASC reserves the right to amend the programme at any time.

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.

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.

Free Parking is available at Arbroath Sports Centre.

COVID Procedures

We want to ensure the return to competition, as far as is possible, for everyone attending, is a safe and healthy environment that will be an enjoyable and successful.

All competition in Scotland will be operated in line with the Scottish Government and Public Health Scotland guidance and with the Scottish Swimming Competition Management Guidance Document, current at the time of the competition taking place. There may be specific conditions of attendance at the meet.

Full details will be issued nearer the date of the competition. All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we all stay compliant and safe.

Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered.

At present Scotland is at below Level 0. However, these levels of restriction may have changed by the competition dates. St Thomas ASC will be guided by and will implement all relevant requirements requested by sportscotland, Scottish Swimming and the Scottish Government at that time.

Competition Disclaimer

While every reasonable effort will be made for the competition to happen, potential changes in COVID restrictions may restrict or prevent the competition from taking place.

The conditions for the meet and whether the competition ultimately take place is dependent on the local restrictions in place on facilities, the sporting activity and the participants.

In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of St Thomas ASC. 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, catering and accommodation.

**GALA
CONVENER**

Jordan Young

We look forward to seeing you on 26th March 2023

Media /Photography & Mobile Phones

Throughout this event Arbroath St Thomas ASC may have a number of authorised media partners taking static photographs and video footage. These images are intended solely for the purposes of promotion and celebration of the activities and may include live streaming on the internet. Images will be made available to our media partners and uploaded to our website and our social network sites.

All parents, competitors, coaches and volunteers are required to acknowledge this is a public event and upon entering the swimming arena this may result in the recording and publication of his/her image.

Arbroath St Thomas ASC will hold this information on file for the use of promotion, general information and marketing. This information will not be passed on to third party media partners.

Should any competitor wish not to be photographed please complete the form below. If at any time a competitor wishes a static image to be removed from our website, 7 days' notice must be given to Arbroath St Thomas after which the data will be removed.

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.

Further guidance can be found in our Child Protection Policy.

MEDIA/PHOTOGRAPHY REFUSAL OF CONSENT

Event:	St Thomas Spring Sprints 2023
Date:	26th March 2023
Name of Swimmer:	
Club:	

I refuse permission for the Official Photographer of Arbroath St Thomas ASC and its media partners to take and/or publish the images of me / my child. This includes the sharing of photos/images on your website and social media sites.

Signed (Parent/Carer if aged 16 or under):	
Print Name:	
Date:	

Health & Safety Declaration

In order to comply with accreditation and health & 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 passes onto the swimmers and parents intending to travel to this meet.

Signed.....

Print Name.....

Position in Club.....

Club.....

Return this form along with entries no later than the closing date for the competition to

Jordan Young – arbroath.st.thomas.gala@gmail.com

8 Finlay Crescent

Arbroath

DD11 3FF

Arbroath St Thomas

Amateur Swimming Club

SESSION ONE WARM UP 08.45 START 09.50

Event No	101	Boys	9 – 12 years	100m IM
	102	Girls	9 – 12 years	50m Breaststroke
	103	Boys	9 – 12 years	50m Freestyle
	104	Girls	9 – 12 years	50m Backstroke
	105	Boys	9 – 12 years	50m Butterfly
	106	Girls	9 – 12 years	100m Freestyle
	107	Boys	4 x 50m	Freestyle Relay
	108	Girls	4 x 50m	Freestyle Relay

SESSION TWO WARM UP 13.30 START 14.35

Event No	201	Girls	9 – 12 years	100m IM
	202	Boys	9 – 12 years	50m Breaststroke
	203	Girls	9 – 12 years	50m Freestyle
	204	Boys	9 – 12 years	50m Backstroke
	205	Girls	9 – 12 years	50m Butterfly
	206	Boys	9 – 12 years	100m Freestyle
	207	Girls	4 x 50m	Medley Relay
	208	Boys	4 x 50m	Medley Relay

Award presentation for Best Boy, Best Girl & Best Visiting Club

Arbroath St Thomas Spring Sprints

Sunday 26th March 2023 – Arbroath Sports Centre SUMMARY SHEET

Contact Details

Club Name/Addr _____

Entries Secretary _____

Address _____

Post Code _____ Tel. No. _____

Email Address _____

Individual Male Entries		@ £5.50	= £
Individual Female Entries		@ £5.50	= £
Male Team Entries		@ £7.50	= £
Female Team Entries		@ £7.50	= £
Coaches Pass Includes Lunch – Max 3 per club		@ £6.00	= £
		TOTAL	= £

CLOSING DATE FOR ENTRIES IS FRIDAY 25th February 2023

Cheques should be made payable to ARBROATH ST THOMAS ASC

BACS Transfer **Cheque** (Tick appropriate box)

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

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CLUB _____

STO CONTACT _____

EMAIL ADDRESS _____

TEL.NO. _____

OFFICIALS SHEET

Name	Qualified Level	Mentoring			Timekeeper Signatures Required?		Sessions Available		Lunch Needed
		Required (Y/N)	Trainee Level	Any Specific Duties Required (e.g. CIT, Finish Order)	Timekeeper (Y/N)	Chief Timekeeper (Y/N)	1	2	

Please complete multiple sheets if needed

Please return this form or email it by Sunday 12th March 2023:- arbroath.st.thomas.sto@gmail.com