

WARRENDER BATHS CLUB

Annual Open Meet

**Saturday 28th & Sunday 29th
October 2023**

At

**Michael Woods Sports & Leisure Centre, Glenrothes
KY6 2RD**



WARRENDER BATHS CLUB

Would like to invite entry applications for their

ANNUAL OPEN MEET

(Under S.A.S.A. Laws and Licence Numbers L2/ED/052/OCT23 – L3/ED/053/OCT23)
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### Open Meet - General Information

- Date:** Saturday 28<sup>th</sup> – Sunday 29<sup>th</sup> October 2023
- Venue:** Michael Woods Sports & Leisure Centre, Glenrothes, KY6 2RD
- Pool:** 8 lane 25 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria.
- Time:**
- |  | <b>Warm-up 1</b> | <b>Warm-up 2</b> | <b>Start</b> | <b>Finish</b> |
|--|------------------|------------------|--------------|---------------|
|  | 09:00-09:25      | 09:25-09:50      | 10:00        | 12:45         |
|  | 13:30-13:50      | 13:55-14:10      | 14:15        | 17:00         |
- Ages:** As at 29<sup>th</sup> October 2023
- Age groups:** Saturday Level 2 Meet: 12 years, 13 years, 14years, 15/over  
Sunday Level 3 Meet: 9/under, 10 years, 11 years, 12 years  
**\*Please note 12 year olds must enter one of the Saturday OR the Sunday, but are not eligible to enter both days**
- Events:** Saturday Level 2 Meet -**12 years, 13 years, 14 years, 15/over**: 100m all strokes, 200m I.M, 400 Freestyle  
Sunday Level 3 Meet - **9/under, 10yrs, 11yrs, 12 years**: 50m all strokes, 100m I.M, 200 Freestyle
- Entry Fees:** Saturday 28 October - £7.50 per individual event  
Sunday 29 October - £6.50 per individual event
- Spectators:** Spectating will be available for all sessions
- Lunches:** Lunches will not be provided for coaches, team staff or STO's
- Awards:** The focus of the meet is to give swimmers the opportunity to enjoy early season racing, with the focus on individual improvements and technical gain, therefore no medals or other awards will be handed out.
- Officials:** To ensure accreditation, we would appreciate if visiting Clubs could assist by providing technical officials. Details of your STO support should be sent to [sto@swimwarrender.com](mailto:sto@swimwarrender.com).
- Closing date for entries:** Noon **Wednesday 4<sup>th</sup> of October 2023**

*All entries should be submitted by email on the appropriate file and returned to:*

**Susan Liddle**

E-mail: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

## **Open Meet - Specific Information**

### **Meet Rules**

- The meet shall be held under FINA Rules.
- Ages as at 29<sup>th</sup> October 2023
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- The pool is 25 metres long with 8 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all 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.
- Only participants of the meet, meet staff, technical officials and coaches with meet passes will be admitted on to the poolside and must adhere to Scottish Swimming requirements with regard to PVGs and Child Protection training.
- Swimmers must act on the instructions given by meet officials and always behave in a reasonable manner.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

### **Entries**

- Closing date for entries is Noon Wednesday 4<sup>th</sup> October 2023. Late entries will not be accepted.
- All entries must be made on the relevant electronic files and submitted by email. Entry files can be requested by returning the appropriate form enclosed in this information or via e-mail.
- 12 years must enter either the Saturday OR the Sunday, but not both, depending on their ability level and in line with the meet licences.
- Swimmers invited to the Scottish Swimming Youth Academy cannot enter Saturday 28<sup>th</sup> October
- Swimmers invited to the Scottish Swimming Junior Academy cannot enter Sunday 29<sup>th</sup> October
- Withdrawals must be made by Thursday 26<sup>th</sup> October at 6pm, after which time events will be seeded and no further changes will be made.
- The promoter's 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 entry times are accurate. Rejected entries will be refunded in full.

### **Events**

- Over the top starts may be used at the discretion of the promoters in order to facilitate the smooth running of the meet.
- Heats will be seeded after the withdrawals are submitted. Start sheets will then be issued electronically to clubs for information and marshalling purposes.
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance.
- Results will be published but no awards will be given, in line with the ethos of the meet

### **Costs**

|                 |                                                                |
|-----------------|----------------------------------------------------------------|
| Entry fees:     | £7.50 (Saturday) and £6.50 (Sunday) per individual event       |
| Coaches passes: | Free. Please indicate how many coaches you will have each day. |
| Other costs:    | Spectator entry £3 per session or £5 per day (cash only)       |

## Warm-ups and Session Times

|            | <b>Boys warm-up</b> | <b>Girls warm-up</b> | <b>Start</b> | <b>Finish</b> |
|------------|---------------------|----------------------|--------------|---------------|
| Session 1: | 09:00-09:25         | 09:25-09:50          | 10:00        | 12:45         |
| Session 2: | 13:30-13:50         | 13:50-14:10          | 14:15        | 17:00         |
| Session 3: | 09:25-09:50         | 09:00-09:25          | 10:00        | 12:45         |
| Session 4: | 13:50-14:10         | 13:30-13:50          | 14:15        | 17:00         |

- The warm-ups may only commence when advised to do so by the warm-up marshals.
- There will be no diving allowed in warm-ups other than those in controlled sprint lanes.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on backstroke or push-start swimmers.
- Lanes 1, 3, 5 and 7 are to be swum in a clockwise direction and Lanes 2, 4, 6 and 8 swum in an anti-clockwise direction.

## Miscellaneous

- A licence number has been received for Saturday 28<sup>th</sup> under Licence Number L2/ED/052/OCT23
- A licence number has been received for Sunday 29<sup>th</sup> under Licence Number L3/ED/053/OCT23
- Michael Woods Sports & Leisure Center has a cafeteria serving refreshments.
- 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 showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Warrender Baths Club nor Michael Woods, can be held responsible for loss or damage to swimmers, team staff or spectator's 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 out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Warrender Baths Club reserve the right to vary the above conditions as necessary.
- **To ensure accreditation, we would appreciate if visiting Clubs could assist by providing technical officials. Details of your STO support should be sent to [sto@swimwarrender.com](mailto:sto@swimwarrender.com).**

# WARRENDER BATHS CLUB

**Annual Open Meet: 28<sup>th</sup> – 29<sup>th</sup> October 2023**

## **Health and Safety Statement Use of Photographic/Filming Equipment**

No photography or filming will be allowed in any area under of the jurisdiction of the meet organisers and pool facility without prior approval of the meet manager. Application must be made on the approved form and submitted to the meet manager on the day of the event.

By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed.

**The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.**

Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

**Any concerns in relation to filming or photographing at the meet should be reported to the person in charge on the day.**

# WARRENDER BATHS CLUB

## Annual Open Meet: 28<sup>th</sup> – 29<sup>th</sup> October 2023

*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: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form along with entries no later than Noon Wednesday 4<sup>th</sup> October to:

**Susan Liddle**  
susan.liddle@googlemail.com

# WARRENDER BATHS CLUB

Annual Open Meet: 28<sup>th</sup> – 29<sup>th</sup> October 2023

## Programme of Events

**SATURDAY 28<sup>th</sup> October: 12yrs, 13yrs, 14yrs and 15/over**

License no: L2/ED/052/OCT23

SESSION 1:                      Boys warm-up: 09:00 - 09:25                      Start: 10:00  
                                         Girls warm-up: 09:25 - 09:50                      Finish: 12:45

| EVENT NO. | GENDER | EVENT             |     |
|-----------|--------|-------------------|-----|
| 101       | Boys   | 100m Butterfly.   |     |
| 102       | Girls  | 100m Freestyle    |     |
| 103       | Boys   | 100m Backstroke   |     |
| 104       | Girls  | 100m Breaststroke |     |
| 105       | Boys   | 200m I.M          | HDW |
| 106       | Girls  | 400m Freestyle    | HDW |

SESSION 2:                      Boys warm-up: 13:30 - 13:50                      Start: 14:15  
                                         Girls warm-up: 13:55 - 14:10                      Finish: 17:00

| EVENT NO. | GENDER | EVENT             |     |
|-----------|--------|-------------------|-----|
| 201       | Boys   | 100m Freestyle    |     |
| 202       | Girls  | 100m Butterfly.   |     |
| 203       | Boys   | 100m Breaststroke |     |
| 204       | Girls  | 100m Backstroke   |     |
| 205       | Boys   | 400m Freestyle    | HDW |
| 206       | Girls  | 200m I.M          | HDW |

Finals for events 101, 102, 103, 104, 201, 202, 203 and 204 will take place at the end of each session if time allows. A decision on finals will be made after entries have been received and clubs will be notified in advance.

**SUNDAY 29<sup>th</sup> October: 9/under, 10yrs, 11yrs, 12 yrs**

License no: L3/ED/053/OCT23

SESSION 3:                      Girls warm-up: 09:00 - 09:25                      Start: 10:00  
                                         Boys warm-up: 09:25 - 09:50                      Finish: 12:45

| EVENT NO. | GENDER | EVENT            |     |
|-----------|--------|------------------|-----|
| 301       | Girls  | 100m I.M.        | HDW |
| 302       | Boys   | 200m Freestyle   | HDW |
| 303       | Girls  | 50m Backstroke   | HDW |
| 304       | Boys   | 50m Breaststroke | HDW |
| 305       | Girls  | 50m Butterfly    | HDW |
| 316       | Boys   | 50m Freestyle    | HDW |

SESSION 4:                      Girls warm-up: 13:30 - 13:50                      Start: 14:15  
                                         Boys warm-up: 13:50 - 14:10                      Finish: 17:00

| EVENT NO. | GENDER | EVENT            |     |
|-----------|--------|------------------|-----|
| 401       | Girls  | 200m Freestyle   | HDW |
| 402       | Boys   | 100m I.M.        | HDW |
| 403       | Girls  | 50m Breaststroke | HDW |
| 404       | Boys   | 50m Backstroke   | HDW |
| 405       | Girls  | 50m Freestyle    | HDW |
| 406       | Boys   | 50m Butterfly    | HDW |

# WARRENDER BATHS CLUB

Annual Open Meet: 28<sup>th</sup> – 29<sup>th</sup> October 2023

## Summary Entry Form

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

Club Name: .....

Contact Name: .....

Address: .....

..... Post Code .....

Telephone: .....

email: .....

Total Female Entries (Sat)..... @ £7.50 each: = £.....

Total Male Entries (Sat)..... @ £7.50 each: = £.....

Total Female Entries (Sun)..... @ £6.50 each: = £.....

Total Male Entries (Sun)..... @ £6.50 each: = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club: .....

**Please pay by BACS using the details & reference below:**

**Warrender Baths Club Meet Account**

**Reference: Warrender Annual Open Meet**

**Sort Code: 830608**

**Account number: 21826807**

Return this form along with entries no later than Noon **Wednesday 4<sup>th</sup> October 2023** to:

**Susan Liddle**

susan.liddle@googlemail.com