



FORTH VALLEY  
**tridents**

**Pre-SNAGS Graded Meet 2025**

**Grangemouth Sports Complex,  
Grangemouth**

**Saturday 22<sup>nd</sup> & Sunday 23<sup>rd</sup> February 2025**

SESSIONS 1 & 3: Warm-up 09:00      Start 10:00  
SESSIONS 2 & 4: Warm-up 13:30      Start 14:30

Held under licence from SASA West District  
Licence Number: **WD/L2/0225/10**

**FORTH VALLEY TRIDENTS**  
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# Forth Valley Tridents Pre-SNAGS Graded Meet 2025

**Forth Valley Tridents** (formerly Bo'ness ASC, Falkirk Otter ASC & Grangemouth ASC) would like to invite you to their pre-SNAGS Graded Meet on Saturday 22nd & Sunday 23rd February 2025. This meet is aimed at swimmers who have not achieved consideration times for SNAGS and provide them with an opportunity to try and achieve these times in a fun and competitive environment.

## MEET INFORMATION

**VENUE** Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB

**POOL** 25m x 6 lanes, anti-wave lane ropes

**EVENTS** 50m - Butterfly, Backstroke, Breaststroke, Freestyle  
100m - Butterfly, Backstroke, Breaststroke, Freestyle  
200m - Butterfly, Backstroke, Breaststroke, Freestyle, IM  
400m – Freestyle, IM

Swimmers must swim in their own age group for all events. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.

**AGE GROUPS** **11-13 years, 14 years, 15 years, 16 years, 17/18 years**  
Minimum age for entering the meet is 11 years  
Age as on 31<sup>st</sup> December 2025.

**SESSIONS** There will be 4 sessions as follows:  
Mornings: warm-up - 09.00 start - 10.00  
Afternoons: warm-up - 13.30 start - 14.30

**ENTRIES** All entries & current times should be made on the relevant electronic file. Hytek Team Manager Event File can be obtained from the [West District](#) and [Swim Scotland](#) websites

There are graded times for all events based on the SNAGS consideration times. All entry times must be **slower than** the times stated in the consideration times table and have been achieved after **1<sup>st</sup> January 2024**.

Or requested via e-mail from: [gala@forthvalleytridents.org](mailto:gala@forthvalleytridents.org)

Closing date for entries is **midnight on Friday 3<sup>rd</sup> January 2025**  
**NO LATE ENTRIES WILL BE ACCEPTED.**

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**ENTRY FEES** £8.00 per individual event  
Bank transfer: **Sort Code: 82-12-08**  
**A/C No: 00171248**

Any over-subscribed entries or reserve swims that are not offered a swim will be refunded in full.

Any withdrawals after the confirmed swims have been circulated to the clubs will not be eligible for a refund.

**AWARDS** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places per age group in all events and will be awarded throughout sessions.

**OFFICIALS** It is requested that each club supply at least 2 swimming technical officials, at least one of which should ideally be a judge for each Session to assist with accreditation of meet. A SignupGenius form for STO's will be provided to the clubs once the draft programme has been issued.

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## GENERAL INFORMATION

1. Meet to be held under SASA rules. Enclosed is a health and safety form to be completed (mandatory).
2. All swimmers of Scottish clubs must have a S.A.S.A. number.
3. All swimmers of non-Scottish clubs must have registration with their governing body.
4. Composite Squads are allowed and are eligible for top club/team trophy
5. No swimmer under the age of 8 years is permitted to swim in accordance with licence requirements.
6. Start sheets will be available to clubs prior to the start of each session.
7. Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
8. Withdrawals must be notified to the recorders no later than 40 minutes prior to the start of each session.
9. Once start sheets have been prepared no alterations shall be made.
10. It is the swimmer's responsibility to check with the marshals in the allocated area. Swimmers should report to the Marshalls four heats in advance of their race.
11. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.
12. There will be a maximum of two reserve swimmers for each event and no time only swims on the day. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
13. No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet director. Application must be made on the approved SASA form.
14. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
15. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.
16. 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 gala convenor's discretion.
17. The convenor reserves 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.
18. Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
19. FIRST Committee, nor Grangemouth Sports Complex cannot 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 changing rooms and not to leave belongings lying around unattended.
20. Swimmers out with the pool side must wear dry clothing and footwear at all times.
21. Outdoor footwear must not be worn at poolside.

**FORTH VALLEY TRIDENTS**

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# Forth Valley Tridents Pre-SNAGS Graded Meet 2025

## SCHEDULE OF EVENTS

<b>Saturday 22<sup>nd</sup> February 2025</b>			
<b>Session 1</b>		<b>Session 2</b>	
<b>Warm Up 9am - Start 10am</b>		<b>Warm up 1:30pm - Start 2:30pm</b>	
101	Male/Open 400m Freestyle	201	Female 400m Freestyle
102	Female 100m Backstroke	202	Male/Open 100m Butterfly
103	Male/Open 100m Backstroke	203	Female 100m Butterfly
104	Female 200m Butterfly	204	Male/Open 200m Breaststroke
105	Male/Open 200m Butterfly	205	Female 200m Breaststroke
106	Female 50m Backstroke	206	Male/Open 50m Freestyle
107	Male/Open 50m Backstroke	207	Female 50m Freestyle
108	Female 200m IM		
<b>Sunday 23<sup>rd</sup> February 2025</b>			
<b>Session 3</b>		<b>Session 4</b>	
<b>Warm Up 9:00am – Start 10:00am</b>		<b>Warm Up 1:30pm – Start 2:30pm</b>	
301	Female 400m IM	401	Male/Open 400m IM
302	Male/Open 100m Freestyle	402	Female 100m Breaststroke
303	Female 100m Freestyle	403	Male/Open 100m Breaststroke
304	Male/Open 200m Backstroke	404	Female 200m Freestyle
305	Female 200m Backstroke	405	Male/Open 200m Freestyle
306	Male/Open 50m Breaststroke	406	Female 50m Butterfly
307	Female 50m Breaststroke	407	Male/Open 50m Butterfly
308	Male/Open 200m IM		

**FORTH VALLEY TRIDENTS**

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# Forth Valley Tridents Pre-SNAGS Graded Meet 2025

## CONSIDERATION TIMES

All entry times must be **slower than** the time listed in the table below for each event and achieved after **1<sup>st</sup> January 2024**.

Female					
	11-13 yrs	14 yrs	15 yrs	16 yrs	17-18 yrs
50m Freestyle	-	29.75	29.14	29.03	28.11
100m Freestyle	1:07.92	1:04.87	1:04.15	1:03.13	1:01.93
200m Freestyle	2:28.12	2:22.83	2:19.48	2:18.77	2:16.22
400m Freestyle	5:09.64	4:59.59	4:53.70	4:47.10	4:41.10
50m Backstroke	-	-	34.37	33.55	32.02
100m Backstroke	1:18.31	1:14.98	1:13.05	1:12.04	1:08.99
200m Backstroke	2:47.56	2:42.81	2:38.66	2:35.72	2:30.34
50m Breaststroke	-	-	38.43	37.82	36.19
100m Breaststroke	1:28.75	1:25.89	1:24.67	1:23.24	1:20.19
200m Breaststroke	3:14.65	3:06.43	3:03.38	2:59.83	2:55.05
50m Butterfly	-	-	31.96	31.24	30.53
100m Butterfly	1:20.30	1:16.36	1:13.42	1:12.30	1:09.46
200m Butterfly	3:01.21	2:54.24	2:47.47	2:42.92	2:37.75
200m IM	2:52.37	2:43.75	2:38.98	2:37.46	2:34.31
400m IM	5:58.77	5:47.42	5:37.58	5:36.56	5:27.32
Male/Open					
	11-13 yrs	14 yrs	15 yrs	16 yrs	17-18 yrs
50m Freestyle	-	28.32	27.09	25.96	25.03
100m Freestyle	1:07.72	1:02.93	59.46	57.31	55.15
200m Freestyle	2:29.94	2:18.97	2:11.74	2:08.37	2:02.00
400m Freestyle	5:09.23	4:47.40	4:37.74	4:32.75	4:20.42
50m Backstroke	-	-	31.92	30.70	29.17
100m Backstroke	1:17.31	1:13.05	1:08.69	1:06.45	1:03.29
200m Backstroke	2:47.87	2:38.55	2:29.94	2:26.99	2:20.80
50m Breaststroke	-	-	35.47	34.03	32.08
100m Breaststroke	1:29.44	1:22.12	1:18.46	1:15.70	1:11.30
200m Breaststroke	3:13.33	2:57.70	2:51.59	2:47.42	2:40.19
50m Butterfly	-	-	29.82	28.28	27.06
100m Butterfly	1:20.30	1:13.11	1:08.74	1:05.80	1:01.42
200m Butterfly	3:04.64	2:47.37	2:37.45	2:30.97	2:21.13
200m IM	2:50.24	2:35.83	2:31.16	2:26.68	2:18.84
400m IM	5:55.94	5:33.31	5:22.44	5:14.31	4:58.93

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FORMERLY



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## CONTROLLING THE USE OF PHOTOGRAPHIC EQUIPMENT

Scottish Amateur Swimming Association has decided that control of photographic equipment is required at all meets.

In view of this, the meet will run under the following guidelines:

- No photographic equipment (e.g. Camera, Camcorder, etc) is to be allowed on 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 SASA form.
- Application can be made on the day to the meet director or to the meet directors appointed official. Applicant must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.
- In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

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## HEALTH AND SAFETY ANNOUNCEMENT

I confirm that all the entered swimmers have paid their current SASA Annual Competitive Fee.

I understand that any swimmer entered without an SASA number 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 with entry payment no later than midnight **Friday 3<sup>rd</sup> February 2025**

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## SUMMARY ENTRY FORM

\*this form must be completed and returned with any entries\*

<b>Club Name</b>	
<b>Club Code</b>	
<b>Contact Name:</b>	
<b>Address:</b>	
<b>Telephone:</b>	
<b>E Mail:</b>	

<b>Total number of male/open entries</b>		x £8.00 each	£
<b>Total number of female entries</b>		x £8.00 each	£
<b>Coaches pass</b>		x £10.00 each	£
		<b>TOTAL =</b>	<b>£</b>

<b>Total amount enclosed</b>	£
<b>Signed</b>	
<b>Position in Club</b>	

### Payments:

Bank transfer: **Bank of Scotland**

**Sort Code: 82-12-08**

**A/c No: 00171248**

**Ref: preSNAGS25/[club code]**

Return this form along with entries, no later than **Midnight Friday 3<sup>rd</sup> January 2025**, to:

**Convenor: Graham Crawford**

**Address: Loganhill, Station Road, Polmont, Falkirk, FK2 0UE**

**Email: [gala@forthvalleytridents.org](mailto:gala@forthvalleytridents.org)**

Please fill in your club bank details to allow us to transfer any refund due after the meet.

<b>Bank Name</b>	
<b>Account No</b>	
<b>Sort Code</b>	

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