

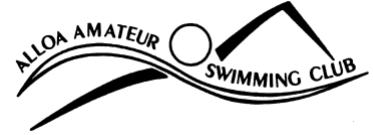
An invite to the

Alloa Open Meet

Saturday 19th & Sunday 20th
June 2010

At the

The Peak
Stirling Sports Village
Stirling
www.stirling.gov.uk/thepeak.htm



ALLOA AMATEUR SWIMMING CLUB

Would like to invite entries for their

Open Meet

(under SASA Rules and Licence Number WD/L2/708/0610)

General Information:

Date	Saturday & Sunday 19 th & 20 th June 2010
Venue	The Peak Stirling Sports Village Forthside Way FK7 7UJ
Map Location	http://www.stirling.gov.uk/thepeak/peak-findus.htm
Pool	6 lane 25M with full electronic timing and scoreboard
Times	Warm-up will be at 09:00 and 13:30 each day Start times will be 10:00 and 14:30 each day
Ages	Age of entrants is age on last day of the meet
Age Groups	See meet programme
Events	See meet programme
Awards	Medals for 1 st , 2 nd & 3 rd and a trophy for the Top Club
Entry Fees	£4.50 per individual swim. Cheques should be made payable to Alloa ASC to be received prior to the entries closing date.
Officials	Each competing club is requested to provide two STO's each day. We would request that clubs provide the names and roles of the STO's prior to the meet and preferably at the time of entries. Travelling expenses will only be paid to officials with no participating swimmers. A midday meal will be provided for the STO's and two coaches from each club on both days.

The meet will be run using Hy-tek meet management; therefore entries should be requested and submitted on the appropriate electronic file available from:

Amanda Douglas
79 Claremont
Alloa
FK10 2DJ
Mobile: 07952645756
E-mail: amandadouglas185@hotmail.com

Meet Rules

- The meet will be held under SASA rules
- Ages as at last day of meet
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body
- 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 to ensure accreditation of the meet
- Only swimmers, coaches and meet officials will be admitted to poolside
- No photographic or video equipment will be allowed unless prior approval from the meet secretary has been sought
- Swimmers must wear appropriate footwear on poolside and marshalling areas and follow instructions from meet officials
- Swimmers will be expected to behave in a reasonable manner at all times
- No swimmers under the age of 8yrs is permitted to swim in accordance with licence requirements

Entries and Withdrawals

- Closing date for entries will be midnight on Saturday 22nd May 2010. No late entries will be accepted
- All entries must be made on the electronic files and submitted by e-mail to the secretary. Entry files can be requested by e-mail
- Withdrawals must be into the meet office no later than 45 minutes prior to the start of each session using the withdrawal form in the coaches pack
- Withdrawals made after issue of the final meet programme may be charged in full
- A coaches pack can be picked up at the meet office from 08:30 each day
- Entries may be rejected to ensure the smooth and timely running of the meet
- Participating clubs will be provided with a meet programme prior to the meet and any rejections will be fully refunded
- Alloa ASC reserve the right to fill empty lanes with swimmers from the club of the appropriate age

Events

- Over the top starts may be used to ensure the smooth running of the meet
- All events will be Heat Declared Winners (HDW)
- Heats will be seeded after withdrawals close 45 minutes before the start of each session.
All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat
- Start sheets will be issued to the clubs for marshalling
- Swimmers are asked to report to the marshalling area at least three heats in advance

Programme of Events

Session 1					Session 3				
Saturday Morning					Sunday Morning				
Event					Event				
101	10/U	50	Fly	B	301	10/U	G	50	Fly
102	10/U	50	Back	G	302	10/U	B	50	Back
103	Open	100	Breast	B	303	Open	G	100	Breast
104	Open	100	Fly	G	304	Open	B	100	Fly
105	11/12	200	Fly	B	305	11/12	G	200	Fly
106	11/12	200	Back	G	306	11/12	B	200	Back
107	13/14	200	Back	B	307	13/14	G	200	Back
108	13/14	200	Fly	G	308	13/14	B	200	Fly
109	10/U	200	Back	B	309	10/U	G	200	Back
110	10/U	200	Breast	G	310	10/U	B	200	Breast
111	Open	200	Free	B	311	Open	G	200	Free
112	Open	200	Back	G	312	Open	B	200	Back
113	11/12	200	IM	B	313	11/12	G	200	IM
114	11/12	400	Free	G	314	11/12	B	400	Free
115	13/14	200	IM	B	315	13/14	G	200	IM
116	13/14	400	Free	G	316	13/14	B	400	Free
117	Open	400	IM	B	317	Open	G	400	IM
118	Open	400	Free	G	318	Open	B	400	Free

Session 2					Session 4				
Saturday Afternoon					Sunday Afternoon				
Event					Event				
201	10/U	50	Breast	G	401	10/U	B	50	Breast
202	10/U	50	Free	B	402	10/U	G	50	Free
203	Open	100	Free	G	403	Open	B	100	Free
204	Open	100	Back	B	404	Open	G	100	Back
205	11/12	200	Free	G	405	11/12	B	200	Free
206	11/12	200	Breast	B	406	11/12	G	200	Breast
207	13/14	200	Free	G	407	13/14	B	200	Free
208	13/14	200	Breast	B	408	13/14	G	200	Breast
209	10/U	200	Free	G	409	10/U	B	200	Free
210	10/U	200	Fly	B	410	10/U	G	200	Fly
211	Open	200	Fly	G	411	Open	B	200	Fly
212	Open	200	Breast	B	412	Open	G	200	Breast
213	11/12	400	IM	G	413	11/12	B	400	IM
214	13/14	400	IM	B	414	13/14	G	400	IM
215	10/U	200	IM	G	415	10/U	B	200	IM
216	Open	200	IM	B	416	Open	G	200	IM

Consideration Times (equal to or faster than):

			Consideration Time	
			Female	Male
10/U	50	Fly	50:00	50:00
10/U	50	Back	50:00	50:00
10/U	50	Breast	55:00	55:00
10/U	50	Free	45:00	45:00
10/U	200	Fly	03:30	03:30
10/U	200	Back	03:30	03:30
10/U	200	Breast	03:50	03:50
10/U	200	Free	03:10	03:10
10/U	200	IM	03:30	03:30
11/12	200	Fly	03:15	03:15
11/12	200	Back	03:15	03:15
11/12	200	Breast	03:35	03:35
11/12	200	Free	02:55	02:55
11/12	200	IM	03:15	03:15
11/12	400	Free	06:00	06:00
11/12	400	IM	06:40	06:40
13/14	200	Fly	03:00	03:00
13/14	200	Back	03:00	03:00
13/14	200	Breast	03:25	03:25
13/14	200	Free	02:45	02:45
13/14	200	IM	03:00	03:00
13/14	400	Free	05:40	05:40
13/14	400	IM	06:20	06:20
Open	100	Fly	01:20	01:15
Open	100	Back	01:20	01:15
Open	100	Breast	01:30	01:25
Open	100	Free	01:10	01:05
Open	200	Fly	03:00	02:55
Open	200	Back	02:50	02:45
Open	200	Breast	03:20	03:15
Open	200	Free	02:35	02:30
Open	200	IM	02:55	02:50
Open	400	Free	05:30	05:15
Open	400	IM	06:00	05:45

Alloa ASC Open Meet

Health and Safety Declaration

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

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 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 onto swimmers and parents intending to travel to the meet.

Signed:

Print Name:

Position in club:

Club:

Please return this form with entries no later than Midnight Saturday 22nd May 2010to:

Amanda Douglas
79 Claremont
Alloa
FK10 2DJ
E-mail: amandadouglas185@hotmail.com

Information Sheet

Alloa ASC Open Meet

Club: _____

Number of Boys individual entries _____ @ £4.50 Total: _____

Number of Girls individual entries _____ @ £4.50 Total: _____

Total: _____

Submitted by: _____

Signed: _____

Position in Club: _____

Telephone No: _____

E-mail address: _____

Postal Address: _____

Please return along with remittance and entries to the meet secretary:

Amanda Douglas
79 Claremont
Alloa
FK10 2DJ
E-mail: amandadouglas185@hotmail.com