

DUNFERMLINE



Dunfermline

**Annual Junior Sprint
Gala**

Sat, 22nd May 2010

**At FIPRE,
Glenrothes**

Licence ED/LA3/367/0110



Dunfermline Amateur Swimming Club

is hosting a Junior Sprint Gala on

**Saturday 22nd May 2010 at
FIPRE, Glenrothes**

and invites entries for this event.

General Information

<i>Date</i>	Saturday 22 nd May 2010
<i>Venue</i>	FIPRE, Glenrothes
<i>Pool</i>	6 lane 25 metre; semi-automatic electronic timing with 6 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria;
<i>Time</i>	Session 1; Warm up 8:30. Start at 9:30, ends at 12:30 Session 2; Warm up 1:30. Start at 2:30, ends at 5:30
<i>Ages</i>	As at 22 nd May 2010
<i>Age groups</i>	8 years, 9 years, 10 years and 11 years
<i>Events</i>	25m all strokes (8 years) 25m Fly, 50m Back, Breast, Free and 100m IM (9 years) 50m Fly, Back, Breast, Free and 100 IM for (10 & 11 years) Relays; 4x25 freestyle 8-9 yrs and 10-11 yrs (mixed boys and girls) 4x25 medley relay 8-9 yrs and 10-11 yrs (mixed boys and girls) 8x25 canon freestyle relay; one boy and girl from each age group.
<i>Entry fees</i>	£3.50 per individual event; £7.50 per relay.
<i>Coaches pass</i>	£8.00 includes coaches programme and a meal.
<i>Awards</i>	Individual events; medals for the fastest three swimmers in each event and for relays. Flashes for 4 th -6 th in individual events. Best boy and girl awards in each age group and best club trophy.
<i>Officials</i>	Technical officials are asked to make themselves available for assistance on the day, especially judges. Please indicate on the Entry Form.
<i>Entries:</i>	Hytek Team Manager Event File can be requested by e-mail from Susan Liddle, 9 Rullions Road, Penicuik, EH26 9HS susan@dwliddle.co.uk Tel. 01968 673471
<i>Closing date:</i>	Midnight, Friday 23rd April 2010.

Dunfermline Amateur Swimming Club

Junior Sprint Gala

Saturday 22nd May 2010

Meet rules

- ❖ The meet shall be held under SASA rules.
- ❖ Ages as on the day of competition.
- ❖ All swimmers of Scottish clubs must have a current SASA registration number. (Swimmers from non-Scottish clubs must be registered with their governing body).
- ❖ The pool is 25 m long with 6 lanes, separated by anti wave ropes.
- ❖ Automatic electronic timing will be in operation. If this fails, back up manual timing will be used.
- ❖ Swimmers, coaches and team managers must ensure that swimmers can dive safely as prescribed in current/planned legislation.
- ❖ Those swimming in relay teams must also have entered an individual event
- ❖ Photographic and video equipment is not allowed in any area under the jurisdiction of the meet organiser without prior approval of the meet director.
- ❖ It is the responsibility of each club to ensure that its swimmers are aware of the meet rules and guidelines.

Entries

- ❖ All entries to be made by midnight, 23rd April 2010 . Entries to be made via Hy Tek Team Manager, obtainable from the address given above. Please return entries by email.
- ❖ Withdrawals must be made to the Recorders no later than 45 minutes prior to the start of each session, on the supplied withdrawal form.
- ❖ The promoters reserve the right to restrict entries. Entries will be accepted on a time basis. Clubs should ensure that times submitted are correct. Rejected entries will be refunded in full. Empty lanes may be used by Promoting Club swimmers on a non-competitive basis.

Events

- ❖ All events are Heat Declared Winners.
- ❖ Over the top starts may be used at the discretion of the promoter.
- ❖ Swimmers should report to the competition stewards in the designated marshalling area at least 4 heats in advance.
- ❖ Medley and Freestyle Relays - teams must comprise at least one boy and one girl and 2 from each age group.
- ❖ Canon Relay – 1 boy and 1 girl from each age group. Girls will start at the Deep end, boys at the Shallow end. Youngest swims first progressing up the age groups.

Costs

Entry fees; £3.50 per individual event; £7.50 per relay
Coaches pass; £8.00, includes programme and lunch
Other costs; Spectator entry £2, includes programme

Warm up and session times

Session 1; Warm up 8:30. Start at 9:30, ends at 12:30
Session 2; Warm up 1:30. Start at 2:30, ends at 5:30.

- ❖ The warm ups will commence when advised to do so by the marshals.
- ❖ Sprint lanes will be made available, 10 minutes before the end of each warm up session.
- ❖ Diving will be allowed in sprint lanes only, when instructed by the marshals.

Awards

- ❖ Individual events; medals for the fastest three swimmers in each event and for relays.
- ❖ Best boy and best girl prizes in each age group and best club trophy.
- ❖ Flashes for 4th - 6th in individual events.

Miscellaneous

- ❖ The Meet will be a Level 3 event.
- ❖ The venue has a cafeteria and vending machines.
- ❖ There will be a raffle.
- ❖ The Promoters reserve the right to exclude or refuse admission to any competitor team or official.
- ❖ Glassware is not permitted in the shower areas or poolside.
- ❖ Neither the host swimming club nor the FIPRE, Glenrothes can be held responsible for the loss or damage to swimmers, team staff's or spectator's property. Swimmers are advised to secure property in the lockers provided and not to leave belongings lying around unattended.
- ❖ Out-with the pool area, swimmers should wear dry clothing and footwear at all times.
- ❖ Outdoor footwear must not be worn on the poolside.
- ❖ Anything not covered above or in the event programme will be at the promoters discretion.
- ❖ The organisers reserve the right to vary the conditions as necessary.

PROGRAMME OF EVENTS

Session 1 WARM UP AT 8:30, STARTS at 9:30

101	Girls	9 years 100 IM
102	Girls	10 years 100 IM
103	Boys	10 years 100 IM
104	Girls	8 years 25 m butterfly
105	Boys	8 years 25 m butterfly
106	Girls	9 years 25 m butterfly
107	Boys	9 years 25 m butterfly
108	Girls	10 years 50 m backstroke
109	Boys	10 years 50 m backstroke
110	Girls	11 years 50 m backstroke
111	Boys	11 years 50 m backstroke
112	Girls	8 years 25 m breaststroke
113	Boys	8 years 25 m breaststroke
114	Girls	9 years 50m breaststroke
115	Boys	9 years 50 m breaststroke
116	Girls	10 years 50 m freestyle
117	Boys	10 years 50 m freestyle
118	Girls	11 years 50 m freestyle
119	Boys	11 years 50 m freestyle
120	Mixed	8-9 years mixed boys and girls medley relay
121	Mixed	10-11 years mixed boys and girls medley relay

Session 2 WARM UP AT 1:30, STARTS at 2:30

201	Boys	9 years 100 IM
202	Girls	11 years 100 IM
203	Boys	11 years 100 IM
204	Girls	8 years 25 m freestyle
205	Boys	8 years 25 m freestyle
206	Girls	9 years 50 m freestyle
207	Boys	9 years 50 m freestyle
208	Girls	10 years 50 m breaststroke
209	Boys	10 years 50 m breaststroke
210	Girls	11 years 50 m breaststroke
211	Boys	11 years 50 m breaststroke
212	Mixed	8-9 years mixed boys and girls freestyle relay
213	Mixed	10-11 years mixed boys and girls freestyle relay
214	Girls	8 years 25 m backstroke
215	Boys	8 years 25 m backstroke
216	Girls	9 years 50 m backstroke
217	Boys	9 years 50 m backstroke
218	Girls	10 years 50 m butterfly
219	Boys	10 years 50 m butterfly
220	Girls	11 years 50 m butterfly
221	Boys	11 years 50 m butterfly
222	Mixed	Canon relay freestyle. 1 boy and girl each age group.

PRESENTATIONS WILL TAKE PLACE DURING EACH SESSION

Dunfermline Swimming Club

Junior Sprint Gala – 22nd May 2010

Health and safety announcement *Controlling the use of photographic equipment*

Due to a warning received on paedophile activity, the Scottish Amateur Swimming Association has decided that control of photographic equipment is required at all meets. In view of this, this meet will run under the following guidelines:

- *No photographic equipment (eg, camera, camcorder, mobile phones 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 SASA form enclosed with this information.*
- *Application can be made on the day to the meet director or to the meet director's appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.*

SCOTTISH SWIMMING
HEALTH & SAFETY COMMITTEE
APPLICATION FORM TO USE PHOTOGRAPHIC
EQUIPMENT



DETAILS OF APPLICANT

Name _____

Address _____

Club _____

Name of Meet _____

Venue of Meet _____

Type of Equipment

(e.g. camera, camcorder)

VERIFICATION OF CLUB/ASSOCIATION

Club Name _____

Club Secretary Name _____

Address _____

Club Secretary Officials Signature _____

DECLARATION OF APPLICANT

I declare that the picture/film(s) produced by the equipment stated above will not be altered
in any way, without prior approval, in writing of the person(s) photographed.

Signature of Applicant

NOTIFICATION TO APPLICANT

The above application has been (APPROVED / REFUSED) *

Signature of Meet official

NOTE:- PROOF OF IDENTITY MUST BE PRODUCED ON REQUEST WHEN
EQUIPMENT IS TO BE USED.

* ***DELETE AS APPROPRIATE***