



Graded Age Group Meet
Saturday 21st & Sunday 22nd August 2010
Kirkcaldy Swimming Pool, Kirkcaldy
Licence Number: ED/LA2/405/0410

Meet Information

Age Groups, events and entry times are listed on the attached sheets. All events are heats and finals. The number of heats will be at the discretion of the meet organisers and subject to the number of entries. Entries will be accepted on time basis only. Swimmers can only swim in their own age group and must not be faster than the stated times.

Age groups Age on 22nd August 2010

Events 11& under 50M + 100M all strokes & 100m IM
12/13 50M + 100M all strokes & 100m IM
14 & Over 50M + 100M all strokes & 100m IM

Sessions	Session 1	Warm-up	8.30am	Start	9.30am
	Session 2	Warm-up	1.00pm	Start	2.00pm
	Session 3	Warm-up	8.30am	Start	9.30am
	Session 4	Warm-up	1.00pm	Start	2.00pm

Accreditation Application for accreditation is being made under S.A.S.A rules with the East District. All Scottish entrants must have paid their competitive fee to the S.A.S.A.

Awards Medals will be awarded for 1st, 2nd & 3rd in each event and award for 4th, 5th & 6th. There will also be an award for swims faster than 5% of timeband.

Pool 25m, 6 lanes, anti turbulent lane ropes. Swim down pool will also be available.

Coaches Pass A free coaches pass will be issued for every club. This will include lunches for both days, programme and results sheets. Additional passes can be obtained at a cost of £10.00 per pass.

Accommodation Details can be obtained from Kirkcaldy Tourist Board, High Street, Kirkcaldy

Closing date Noon on Wednesday 14th July 2010

Entries

Entry will be in email format and the file should be requested from the Meet organiser via email - linds.lew@btinternet.com. Any queries please contact Lindsay Lewis on Tel: 01592 268037

Entry fee is £3.00 per event. Closing date for receipt of entries is noon 14th July 2010.
The entry files must be emailed to John Bruce JBruce2160@aol.com

The fees and other paper work require to be sent to
Lindsay Lewis
Meet Organiser
54 Mellerstain Road
Kirkcaldy
Fife
KY2 6UB

Events	Boys			Girls		
	11 & under	12/13	14 & Over	11 & under	12/13	14 & Over
50 Back	42.00	38.00	35.00	42.00	40.00	37.00
50 Breast	46.00	40.00	37.00	46.00	42.00	39.00
50 Fly	40.00	36.00	33.00	40.00	38.00	35.00
50Free	35.00	30.00	28.00	35.00	32.00	30.00
100 Back	1.28.00	1.20.00	1.14.00	1.28.00	1.23.00	1.19.00
100 Breast	1.42.00	1.30.00	1.22.00	1.42.00	1.32.00	1.28.00
100 Fly	1.29.00	1.19.00	1.12.00	1.29.00	1.22.00	1.17.00
100 Free	1.19.00	1.09.00	1.02.00	1.19.00	1.10.00	1.05.00
100 IM	1.32.00	1.25.00	1.19.00	1.32.00	1.28.00	1.23.00

General Information

1. Meet to be held under S.A.S.A rules. Enclosed is a health and safety form for all swimmers.
2. Over the top starts may be used at the discretion of the meet organisers.
3. No time cards are required for this meet.
4. Swimmers must marshal four heats in advance of their race.
5. Spectator tickets and programmes will be available at the ticket table in the foyer.
Programmes £1.00 Entry 50p per session (Children under 14 free)
6. No Photographic or video equipment will be allowed in any area without prior approval of the meet organisers. Application forms can be obtained from the meet organiser.
7. Refreshments and snacks will be available in the cafeteria.
8. The meet organisers reserve the right to alter the programme and warm-up times if necessary.
- 9.. Fins C.S.C. reserve the right to allow our club swimmers a time only swim if lanes are available. They will not be part of the competition.

Fins C.S.C.
Graded Age group Meet
21st & 22nd August 2010

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

I confirm that all entered swimmers have paid their current S.A.S.A Registration.

I understand that any swimmer entered without a Registration 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 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 the club: _____

On behalf of: _____

**Fins C.S.C.
Graded Age group Meet
21st & 22nd August 2010**

Entry Form Summary

Name of Club: _____

District & Code: _____

Contact Name: _____

Return Address _____

Post Code: _____

Telephone No: _____

Email: _____

No. of Entries: **Girls** _____ @ £3.00 = £ _____

Boys _____ @ £3.00 = £ _____

Coaches Passes _____ @ £10.00 = £ _____

TOTAL = £ _____

Please return this form along with accreditation form and payment to:

**Lindsay Lewis
54 Mellerstain Road
Kirkcaldy
Fife
KY2 6UB**

Telephone No: 01592 268037

Closing date: Noon on 14th July 2010

Order of Events

Saturday 21st August 2010

Session 1 – Heats

101 11/under girls 50m Butterfly
102 11/under boys 50m Butterfly
103 12/13 girls 100m Backstroke
104 12/13 boys 100m Backstroke
105 14/over girls 50m Breaststroke
106 14/over boys 50m Breaststroke
107 11/under girls 100m Individual Medley
108 11/under boys 100m Individual Medley
109 12/13 girls 100m Freestyle
110 12/13 boys 100m Freestyle
111 14/over girls 100m Butterfly
112 14/over boys 100m Butterfly
113 11/under girls 50m Backstroke
114 11/under boys 50m Backstroke

Session 2 – Heats

201 12/13 girls 100m Breaststroke
202 12/13 boys 100m Breaststroke
203 14/over girls 50m Freestyle
204 14/over boys 50m Freestyle
205 11/under girls 100m Butterfly
206 11/under boys 100m Butterfly
207 12/13 girls 100m Individual Medley
208 12/13 boys 100m Individual Medley
209 14/over girls 100m Backstroke
210 14/over boys 100m Backstroke
211 11/under girls 50m Breaststroke
212 11/under boys 50m Breaststroke
213 12/13 girls 50m Freestyle
214 12/13 boys 50m Freestyle

Finals

115 11/under girls 50m Butterfly
116 11/under boys 50m Butterfly
117 12/13 girls 100m Backstroke
118 12/13 boys 100m Backstroke
119 14/over girls 50m Breaststroke
120 14/over boys 50m Breaststroke
121 11/under girls 100m Individual Medley
122 11/under boys 100m Individual Medley
123 12/13 girls 100m Freestyle
124 12/13 boys 100m Freestyle
125 14/over girls 100m Butterfly
126 14/over boys 100m Butterfly
127 11/under girls 50m Backstroke
128 11/under boys 50m Backstroke

Finals

215 12/13 girls 100m Breaststroke
216 12/13 boys 100m Breaststroke
217 14/over girls 50m Freestyle
218 14/over boys 50m Freestyle
219 11/under girls 100m Butterfly
220 11/under boys 100m Butterfly
221 12/13 girls 100m Individual Medley
222 12/13 boys 100m Individual Medley
223 14/over girls 100m Backstroke
224 14/over boys 100m Backstroke
225 11/under girls 50m Breaststroke
226 11/under boys 50m Breaststroke
227 12/13 girls 50m Freestyle
228 12/13 boys 50m Freestyle

Sunday 22nd August 2010

Session 3 – Heats

301 14/over girls 50m Butterfly
302 14/over boys 50m Butterfly
303 11/under girls 100m Backstroke
304 11/under boys 100m Backstroke
305 12/13 girls 50m Breaststroke
306 12/13 boys 50m Breaststroke
307 14/over girls 100m Individual Medley
308 14/over boys 100m Individual Medley
309 11/under girls 50m Freestyle
310 11/under boys 50m Freestyle
311 12/13 girls 100m Butterfly
312 12/13 boys 100m Butterfly
313 14/over girls 50m Backstroke
314 14/over boys 50m Backstroke

Finals

315 14/over girls 50m Butterfly
316 14/over boys 50m Butterfly
317 11/under girls 100m Backstroke
318 11/under boys 100m Backstroke
319 12/13 girls 50m Breaststroke
320 12/13 boys 50m Breaststroke
321 14/over girls 100m Individual Medley
322 14/over boys 100m Individual Medley
323 11/under girls 50m Freestyle
324 11/under boys 50m Freestyle
325 12/13 girls 100m Butterfly
326 12/13 boys 100m Butterfly
327 14/over girls 50m Backstroke
328 14/over boys 50m Backstroke

Session 4 – Heats

401 11/under girls 100m Breaststroke
402 11/under boys 100m Breaststroke
403 12/13 girls 50m Backstroke
404 12/13 boys 50m Backstroke
405 14/over girls 100m Breaststroke
406 14/over boys 100m Breaststroke
407 11/under girls 100m Freestyle
408 11/under boys 100m Freestyle
409 12/13 girls 50m Butterfly
410 12/13 boys 50m Butterfly
411 14/over 100m Freestyle
412 14/over 100m Freestyle

Finals

413 11/under girls 100m Breaststroke
414 11/under boys 100m Breaststroke
415 12/13 girls 50m Backstroke
416 12/13 girls 50m Backstroke
417 14/over girls 100m Breaststroke
418 14/over boys 100m Breaststroke
419 11/under girls 100m Freestyle
420 11/under boys 100m Freestyle
421 12/13 girls 50m Butterfly
422 12/13 boys 50m Butterfly
423 14/over 100m Freestyle
424 14/over 100m Freestyle