



# MILNGAVIE AND BEARSDEN ASC

## SUMMER GRADED MEET

Saturday 5<sup>th</sup> June & Sunday 6<sup>th</sup> June 2010

- TIMES** Each Day : Warm up 9.00am and 1.30pm  
Start Time 10.00am and 2.30pm  
We reserve the right to alter the warm-up times and programme should this become necessary.
- VENUE** Johnstone Pool
- POOL** 25m long, 6 lanes with anti-turbulence lane ropes, full electronic timing and scoreboard. Warm up/swim down pool will be available; however, it is the coach's responsibility to ensure that this facility is used for this purpose only, as any abuse of this facility will result in its withdrawal.
- ENTRIES** Age as at 6<sup>th</sup> June 2010. All entries must be via hy-tek meet manager file available from Conway Williams (see below), as we cannot accept paper copies. The meet will be held under SASA rules. Entries will be accepted until the **Closing date of 24<sup>th</sup> May 2010**. All entry times must be short course or conversions to short course. Please check all entries before sending the entry file, as we will be unable to make any alterations once processed.
- ENTRY FEES** £4.50 per event. Cheques should be made payable to Milngavie & Bearsden ASC and sent with a paper copy of entry to Conway Williams (see address below). Entry files can be sent on disk by post or emailed to Conway Williams. Entries will not be accepted without a SASA registration number. **DO NOT SEND ENTRY CARDS**
- WITHDRAWALS** Seeded Start Lists for ALL sessions will be prepared prior to the Meet and Withdrawals will be accepted by email to Conway Williams up to 8pm on Friday 28<sup>th</sup> May 2010 for exclusion from the Start Lists. Withdrawal Sheets will be available on the day at the Front Desk and will be processed 45 minutes before the start of each session for the purposes of allocating Reserves. Reserves will be allocated to any available lanes at the beginning of each session and this will be announced prior to the start of each session.
- FACILITIES** Catering facilities will be available selling hot and cold snacks, tea, coffee etc for swimmers and spectators. Lunch can be provided for coaches at a charge of £7.00 for lunch and refreshments. Please fill in the appropriate form and return it with entry disc and sheets.
- CAMERAS** With child protection being uppermost in our minds it has been decided that **NO PHOTOGRAPHY WILL BE ALLOWED** at this meet. This includes cameras, camera phones, video and any other photographic equipment. Anyone found using such equipment will be immediately excluded from the remainder of the meet and the organising committee will take any further action required.
- OFFICIALS** Due to licensing and accreditation conditions, we would ask every club competing to provide two technical officials each day so that we can ensure the criteria for accreditation is achieved.
- AWARDS** There will be medals for 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> places in each event and swimmers should wear appropriate clothing for their presentation.
- SAFETY** Clubs must ensure their coaches, team staff and swimmers are aware of the regulations and dangers of entering the water with dive starts and must be aware of pool depth and safety procedures.
- Meet Entries** Conway Williams  
10 Ascog Road  
Bearsden  
Glasgow  
G61 1BP

[conway.williams@ntlworld.com](mailto:conway.williams@ntlworld.com)



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**EVENTS** The age bands are 8 yrs, 9/10 yrs, 11yrs, 12 yrs and 13/14 yrs. Events will be seeded by entry times. All events will be HDW. The events for each category are as follows:

8 yrs	50m (breast + back + freestyle)
9/10 yrs	100m each stroke + 200 freestyle + 100 IM
11 yrs	100m each stroke + 200 (freestyle + back + breast + IM)
12 yrs	100m each stroke + 200 (freestyle + back + breast + IM)
13/14 yrs	100m each stroke + 200 (freestyle + back + breast + Fly + IM)

Awards will be made to the top three swimmers in each event.

Where possible the accepted entries for each age group will be equal, however in the event of an age group being under-subscribed, then Milngavie & Bearsden ASC reserve the right to include additional entries from other age groups. To avoid the possibility of empty lanes occurring, Milngavie & Bearsden ASC reserve the right to enter swimmers from our own swim team into any race. There will be no spare lane or time only swims. Under no circumstances should any swimmer other than the one named on the start sheet compete in an event. It is the responsibility of the swimmer to go to the marshalling area in good time for the start of the race.

**STARTS** Over the top starts will be used where possible. A one-start rule will be implemented throughout this competition.



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## PROGRAMME

event	age	M/F	Distance	Stroke	event	age	M/F	Distance	Stroke
101	11	Boys	200	IM	301	11	Girls	200	Back
102	11	Girls	200	IM	302	13&14	Boys	200	IM
103	9&10	Boys	100	fly	303	13&14	Girls	200	IM
104	9&10	Girls	100	fly	304	12	Boys	100	Fly
105	8	Boys	50	breast	305	12	Girls	100	Fly
106	8	Girls	50	breast	306	11	Boys	200	Free
107	12	Boys	100	free	307	11	Girls	200	Free
108	12	Girls	100	free	308	13&14	Boys	100	Breast
109	13/14	Boys	200	fly	309	13&14	Girls	100	Breast
110	13/14	Girls	200	fly	310	9&10	Boys	200	Free
111	11	Boys	100	back	311	9&10	Girls	200	Free
112	11	Girls	100	back	312	12	Boys	200	Back
113	9&10	Boys	100	free	313	12	Girls	200	Back
114	9&10	Girls	100	free	314	13&14	Boys	100	Free
115	12	Boys	200	breast	315	13&14	Girls	100	Free
116	12	Girls	200	breast	316	11	Boys	100	Breast
117	13/14	Boys	200	free	317	11	Girls	100	Breast
118	13/14	Girls	200	free					
201	11	Boys	100	free	401	12	Boys	200	Free
202	11	Girls	100	free	402	12	Girls	200	Free
203	13&14	Boys	100	back	403	13&14	Boys	200	Back
204	13&14	Girls	100	back	404	13&14	Girls	200	Back
205	8	Boys	50	back	405	9&10	Boys	100	Breast
206	8	Girls	50	back	406	9&10	Girls	100	Breast
207	12	Boys	200	IM	407	11	Boys	100	Fly
208	12	Girls	200	IM	408	11	Girls	100	Fly
209	9&10	Boys	100	IM	409	13&14	Boys	100	Fly
210	9&10	Girls	100	IM	410	13&14	Girls	100	Fly
211	11	Boys	200	breast	411	9&10	Boys	100	Back
212	11	Girls	200	breast	412	9&10	Girls	100	Back
213	13&14	Boys	200	breast	413	12	Boys	100	Breast
214	13&14	Girls	200	breast	414	12	Girls	100	Breast
215	8	Boys	50	free	415	11	Boys	200	Back
216	8	Girls	50	free					
217	12	Boys	100	back					
218	12	Girls	100	back					



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## CONSIDERATION TIMES

### Consideration Times Boys & Girls

Event	8 years	9/10 years	11 years	12 years	13/14 years
50m Breaststroke	55.00				
50m Backstroke	48.00				
50m Freestyle	44.00				
100m Breaststroke		1:50.00	1:40.00	1:36.00	1:30.00
100m Butterfly		1:47.00	1:42.00	1:36.00	1:30.00
100m Backstroke		1:40.00	1:30.00	1:29.00	1:26.00
100m Freestyle		1:24.00	1:20.00	1:19.00	1:15.00
100m Ind Medley		1:45.00			
200m Breaststroke			3:32.00	3:26.00	3:18.00
200m Backstroke			3:13.00	3:11.00	2:52.00
200m Freestyle		3:12.00	3:02.00	2:47.00	2:32.00
200m Ind Medley			3:17.00	3:11.00	3:00.00
200m Butterfly					3:05.00

No faster times will be considered. Swimmers must swim in their own age group.

Anything that has not been covered above and is not printed in the programme will be at the Meet Convenor's discretion.



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**Please Complete and return this form with your entry.**

Please indicate to whom in your club the programme and any other relevant information should be sent.

Club Name .....

Contact Name .....

Address .....

.....

.....

Postcode .....

Tel No. ....

(inc code)

Email address .....

(please print)

Due to the licensing procedures now in place as an accredited meet we are required to have a minimum of 6 judges on poolside for every session.

We would ask your club to please encourage your technical officials to attend so that we can guarantee accreditation for the swimmers.

Thank you for your cooperation.



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In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entries:

I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee.

I confirm that the notice about not using photographic equipment has been brought to the attention of the swimmers, parents and coaches who will be attending the meet.

I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, must start in the water and must notify the officials that this will be the case.

Signed .....Printed.....

On behalf of .....(Club)

Position in Club .....



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CLUB.....

Lunch:	@£7.00	=£.....
Total		=£.....

No. of boy swimmers:	@£4.50	=£.....
No. of girl swimmers:	@£4.50	=£.....

Total cheque sent:		=£.....
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**Please fill in and return form and cheque with entries.**

**Passes will be required for lunch.**