



MILNGAVIE AND BEARSDEN ASC

MINI GRADED SPRINT MEET

Sunday 15th June 2008

- TIMES** Warm up 9.00am and 1.30pm
Start Time 10.00am and 2.15pm
We reserve the right to alter the warm-up times and programme should this become necessary.
- VENUE** Drumchapel Swimming Pool, Drumry Road, Drumchapel, Glasgow
- 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 15th June 2008. All entries must be on disk available from Conway Williams (see below), as we cannot accept paper copies. The meet will be held under SASA rules. Entries will be accepted from 9th May 2008 with the **Closing date for entries being 3rd June 2008**. All entry times must be short course or conversions to short course. Please check all entries before sending the disk, as we will be unable to make any alterations once processed.
- ENTRY FEES** £4.25 per event. Cheques should be made payable to Milngavie & Bearsden ASC and sent with disk and a paper copy of entry to Conway Williams (see address below). Entries will not be accepted without a SASA registration number. **DO NOT SEND ENTRY CARDS**
- WITHDRAWALS** **TIME CARDS WILL NOT BE USED AT THIS MEET.** 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 Tuesday 10th June 2008 for exclusion from the Start Lists. Withdrawal Cards 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. Start Lists **WILL NOT** be re-seeded due to withdrawn swimmers on the day. 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 1st, 2nd, 3rd, 4th, 5th and 6th places in each age category 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.
- I.T. Director** Conway Williams
10 Ascog Road
Bearsden
Glasgow
G61 1BP
- Meet Convenor** Russell Lang
8 Brandon Drive
Bearsden
Glasgow
G61 3LN

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EVENTS

The age bands are 8 yrs, 9 yrs, 10 yrs, 11 yrs, and 12 yrs. Age group events will be combined to swim as one event and will be seeded by entry times. All events will be HDW. The events for each category are as follows:

8 yrs	50m each stroke + 100 IM
9 yrs	50m each stroke + 100 IM
10 yrs	50m each stroke + 100 IM + 200 freestyle
11 yrs	50m each stroke + 100 IM + 200 freestyle
12 yrs	50m each stroke + 100 IM + 200 freestyle

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.

PROGRAMME

Event	Age	Distance	Stroke	Boy/Girl
101	10-12	200	Free	Girls
102	10-12	200	Free	Boys
103	8-9	50	Free	Girls
104	8-9	50	Free	Boys
105	10-12	50	Breast	Girls
106	10-12	50	Breast	Boys
107	8-9	50	Back	Girls
108	8-9	50	Back	Boys
109	10-12	50	Fly	Girls
110	10-12	50	Fly	Boys
111	8-9	100	IM	Girls
201	8-9	100	IM	Boys
202	10-12	50	Back	Girls
203	10-12	50	Back	Boys
204	8-9	50	Fly	Girls
205	8-9	50	Fly	Boys
206	10-12	100	IM	Girls
207	10-12	100	IM	Boys
208	8-9	50	Breast	Girls
209	8-9	50	Breast	Boys
210	10-12	50	Free	Girls
211	10-12	50	Free	Boys

CONSIDERATION TIMES

Consideration Times Boys & Girls

Event	8/9 years	10 years	11 years	12 years
50m Butterfly	51.0	45.0	42.0	39.0
50m Backstroke	48.0	45.0	42.0	40.0
50m Breaststroke	55.0	52.00	49.0	46.0
50m Freestyle	44.00	41.0	38.0	34.0
100m Ind Medley	1:50.00	1:34.00	1:29.0	1:24.0
200m Free	N/A	3:10.00	3:00.00	2:40.00

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

Note - there is no 200m free for 8/9 years

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.

SignedPrinted.....

On behalf of(Club)

Position in Club



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CLUB.....

Lunch and result per coach:	@£8.00	=£.....
Lunch only:	@£7.00	=£.....
Days result sheet only:	@£1.00	=£.....
Total		=£.....

No. of boy swimmers:	@£4.25	=£.....
No. of girl swimmers:	@£4.25	=£.....

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

Passes will be required for lunch.