



# Stirling Swimming

(Affiliated to SASA)



present their

## Autumn Swim Meet

(Under FINA Rules & SASA Regulations)

**SASA Meet License – WD/L2/715/1010**

On

**Saturday 2 October 2010**

At

**The Peak,  
Stirling Sports Village**

**Closing Date - 5pm Wednesday 25 August 2010**



**Stirling Swimming - Autumn Swim Meet**  
**Meet Information**

**Dates:** Saturday 2 October 2010.

**Venue:** The Peak, Stirling Sports Village  
Forthside Way, Stirling. FK8 1QZ  
(telephone 01786 273555)

**Pool:** 6 lane, 25 metre pool, anti-turbulent lane ropes and electronic timing.

**Swim-DownPool:** A Swim down pool will also be available during the meet.

**Meet Status:** Scottish Amateur Swimming Association, Level 2 License WD/L2/715/1010 granted.  
Accreditation of results will be applied for after the meet.

**Session Times** Session 1 - Saturday 02 October 2010 Warm up 9.00 am. Start 10.00 am.  
Session 2 - Saturday 02 October 2010 Warm up 1.30 pm. Start 2.30 pm.  
Sessions, including presentations, will be limited to 3 hours.

**Warm Ups:** If numbers permit there will be one warm up session for all swimmers.  
Warm up Boys & Girls – all ages 9.00 am- 9.55 am & 1.30 pm - 2.25 pm

Otherwise warm ups will be split Boys then Girls – 25 minutes each with a 5 min break between.

Warm up 1 Boys – **all ages** 9.00 am - 9.25 am & 1.30 pm - 1.55 pm

Warm up 2 Girls – **all ages** 9.30 am - 9.55 am & 2.00 pm - 2.25 pm

**Events & Age Groups - Ages as at 2 October 2010 (last & only day of competition)**

10-12 years 200m Free, Fly, Back, Breast  
200m Individual Medley  
400m Free

13/14 years 200m Free, Fly, Back, Breast  
200m Individual Medley  
400m Free

10-14 years 50m Free, Fly, Back, Breast.  
(The intention is to accept equal numbers of 10-12 yrs and 13/14 yrs).

**Heats/Finals** All events are Heat Declared Winner events.  
The intention is to have  
- **four** heats for 400 metre F/S events (101 & 202) – approx 2 heats per age group  
- **six** heats for 200 metre events (102-106 & 201 & 203-206) – approx 3 heats per age group  
- **six** heats for 50 metre individual stroke events (107-110 & 207-210).  
Once the entries are in Stirling Swimming will decide on the number of heats in each event.

**Starts:** “Over the Top Starts” will be used in all heats apart from backstroke events.

**Fees:** £4.50 per event – no refund of fees for times outwith consideration time  
All cheques should be made payable to Stirling Swimming. No entries will be accepted without the correct fee or with the Entry Files incorrectly completed.

**Entries:-** Entries will be by computer files which are obtainable from the Entry Secretary (see below). Requests for meet entry files should be made **at least one week in advance** of the closing date. Only official files are acceptable. The closing date for receipt of entries files is **5pm, Wednesday 25 August 2010**. The entries file should be emailed to Blair Prentice at [prenticeblair@aol.com](mailto:prenticeblair@aol.com).

The appropriate entry fees and summary sheet must be sent to arrive **within 3 days of the Closing Date – i.e. by Saturday 28 August 2010**.

They should be sent to

Blair I Prentice (Meet Entry Secretary)  
10 Abbeyview,  
Logie Road  
Stirling.  
FK9 5JZ

telephone 01786 473760 (home)  
07969 040955 (mobile)  
email prenticeblair@aol.com

**Coach's Pass-** Coach's Passes at a cost of £5 are available to cover lunch. There are café facilities available at the Sports Village.

**Awards**

**Medals**

50m events Medals will be awarded to 1st, 2nd & 3rd in each event (10-14 yrs).  
200m events Medals will be awarded to 1st, 2nd & 3rds in each group (10-12yrs & 13/14yrs).  
400m events Medals will be awarded to 1st, 2nd & 3rds in each group (10-12yrs & 13/14yrs).

**Swam too fast**

Swam to Fast awards will be made to swimmers who swim more than 5 seconds faster than the entry times for the 200m events or more than 10 seconds faster than the entry times for the 400m events.

**Withdrawals** Any withdrawals must be notified to the recorders on the appropriate forms not later than 45 minutes before the session starts (9.15 am for morning and 1.45pm for afternoon).

**Officials**

As we are applying for accreditation we will be require the minimum number of Judges for each session. We will require the support of Clubs who enter the gala to supply officials.

**Stirling Swimming - Autumn Swim Meet**  
**Saturday 2 October 2010**

**Programme of events**

**Saturday 2 October 2010**

**Session 1 – 9.00 am Warm Up for 10.00 am Start**

101	Boys	10-12	400m	Freestyle
&	Boys	13-14	400m	Freestyle
102	Girls	10-12	200m	Individual Medley
&	Girls	13-14	200m	Individual Medley
103	Boys	10-12	200m	Breaststroke
&	Boys	13-14	200m	Breaststroke
104	Girls	10-12	200m	Freestyle
&	Girls	13-14	200m	Freestyle

**Presentations of events 101-102**

105	Boys	10-12	200m	Backstroke
&	Boys	13-14	200m	Backstroke
106	Girls	10-12	200m	Butterfly
&	Girls	13-14	200m	Butterfly

**Presentations of events 103-104**

107	Boys	10-14	50m	Freestyle
108	Girls	10-14	50m	Backstroke
109	Boys	10-14	50m	Butterfly
110	Girls	10-14	50m	Breaststroke

**Presentations of finals 105-110**

**Session 2 - 1.30 pm Warm Up for 2.30 pm Start**

201	Boys	10-12	200m	Individual Medley
&	Boys	13-14	200m	Individual Medley
202	Girls	10-12	400m	Freestyle
&	Girls	13-14	400m	Freestyle
203	Boys	10-12	200m	Freestyle
&	Boys	13-14	200m	Freestyle
204	Girls	10-12	200m	Breaststroke
&	Girls	13-14	200m	Breaststroke

**Presentations of events 201-202**

205	Boys	10-12	200m	Butterfly
&	Boys	13-14	200m	Butterfly
206	Girls	10-12	200m	Backstroke
&	Girls	13-14	200m	Backstroke

**Presentations of events 203-204**

207	Boys	10-14	50m	Backstroke
208	Girls	10-14	50m	Freestyle
209	Boys	10-14	50m	Breaststroke
210	Girls	10-14	50m	Butterfly

**Presentations of finals 205-210**

**Consideration Times.**

**Swimmers entry times must be equal to or slower than the Consideration Times**

**N.B. Ages as at 2 October 2010 last & only day of competition.**

**Entry Times 200m & 400m Events**

Entry times should be either actual or converted short course times.

They must not be faster than the short course times set out in the table below.

These times are based on the 2010 District Regional Programme selection times for the oldest age in the event.

Boys		Event	Girls	
10-12	13-14		10-12	13-14
02:40.00	02:19.00	<b>200 Free</b>	02:47.00	02:28.00
02:54.00	02:31.00	<b>200 Fly</b>	03:02.00	02:41.00
02:58.00	02:34.00	<b>200 Back</b>	03:05.00	02:44.00
03:17.00	02:51.00	<b>200 Breast</b>	03:27.00	03:03.00
02:59.00	02:36.00	<b>200 IM</b>	03:09.00	02:47.00
05:47.00	05:02.00	<b>400 Free</b>	05:51.00	05:10.00

**50m Events** There are no entry times for the 50m events, however, swimmers can only enter the 50m events if they are entering one or more of the 200m or 400m events.

**Closing Date - 5pm Wednesday 25 August 2010.**

**Stirling Swimming - Autumn Swim Meet**  
**Saturday 2 October 2010**

**The Peak, Stirling Sports Village**

<b>Entry File Requests</b>
----------------------------

Event Files will be produced using the Hy-Tek Meet management System and will be sent by email. Hy-Tek's "Team Manager" or "Team Manager Lite" is needed in order to complete entries

"Team Manager Lite" can be downloaded free of charge by going to [www.hy-tek ltd.com](http://www.hy-tek ltd.com)

**Please make application by email providing the following details.**

Club Name:	
Contact	
Address	
Post Code:	
Home Tel no:	
Mobile Tel no:	
e-mail:	

**Email:** **prenticeblair@aol.com**

Blair Prentice, Meet Entry Secretary  
10 Abbeyview  
Logie Road  
Stirling  
FK9 5JZ  
Telephone home 01786 473760,  
mobile 07969 040955

**Requests for Meet Entry File should be made at least 1 week before the closing date for entries.**

**Closing Date - 5pm Wednesday 25 August 2010.**

**Stirling Swimming - Autumn Swim Meet**  
**Saturday 2 October 2010**

**The Peak, Stirling Sports Village**

**Summary Sheet**

**\*\* This form must be completed and returned with the appropriate payment. \*\***

Club Name:	
Contact	
Address	
Post Code:	
Home Tel no:	
Mobile Tel no:	
e-mail:	(important for distribution of information and updates pertaining to the meet)

.....	Male Entries	@ £4.50	£.....
.....	Female Entries	@ £4.50	£.....
.....	Coach's passes (for lunch)	@ £5.00	£.....
	Total cheque enclosed		<u>£.....</u>
Please make cheques payable to <b>Stirling Swimming</b>			

<b>Form to be returned to Meet Entry Secretary</b>	
	Blair Prentice 10 Abbeyview Logie Road Stirling FK9 5JZ
<b>Tel</b>	home 01786 473760, mobile 07969 040955
<b>e-mail</b>	prenticeblair@aol.com

**Entry form and fees to be returned within 3 days of the closing date of  
5pm Wednesday 25 August 2010 – i.e. by Saturday 28 August 2010.**