



**GRADED LONG COURSE AGE GROUP MEET**  
**Saturday 6<sup>th</sup> & Sunday 7<sup>th</sup> February 2010**  
**Tollcross Park Leisure Centre, Glasgow**

**Meet Information**    **Licence No TBA**

Age groups, events and entry times are listed on the attached sheets. All events will be heat declared winners. 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 groups.

**Age Groups**    **The following age groups are included based upon age on the last day of meet**

10 years and under	12 years
11 years	13/14 years
15/16 years	

<b>Events</b>	10 yrs/U	50m free, fly, back and breast 100m free, fly, back and breast
	11 years	50m, 100m, 200m, 400m free, 200m IM 50m, 100m fly, back & breast
	12 years	50m, 100m, 200m, 400m free, 200m IM 50m, 100m fly, back & breast
	13/14 years	50m, 100m, 200m, 400m free, 200m IM 50m, 100m fly, back & breast
	15/16 years	50m, 100m, 200m, 400m free, 200m IM 50m, 100m fly, back & breast

<b>Sessions</b>	Session 1 & 3	Warm-up	9:00am	Start	10:00am
	Session 2 & 4	Warm-up	1:30pm	Start	2:30pm

**Accreditation** Application for accreditation is being made under S.A.S.A. rules with the West District, therefore all Scottish entrants must have paid their competitive fee to the S.A.S.A..

**Awards** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> in each event. There will be speeding tickets for swimmers who swim too fast.  
 Best Girls Team and Best Boys Team will be awarded trophies based upon points acquired for 1-6 place finishes.

**Pool** 50 Metres, 10 lanes, anti-turbulent lane lines, full electronic timing and scoreboard. 4x25Mtr continuous warm up and swim down facilities will be available (but will be withdrawn if abused).

**Closing Date**    **10th January 2010 – Please note that entries received after this date will be rejected**



**Entries** Entry by e-mail only please, **no paper entries will be accepted**, together with a cheque made payable to City of Glasgow Swim Team, must be returned to the Meet Entries Secretary (see below) by 10<sup>th</sup> January 2010 (entries received after this date will not be considered). This meet will be run using the Hy-tek Meet Manager software. The Hy-tek entry files are available from the City of Glasgow Website or from

**Jim McInnes**  
**42 Mansionhouse Road**  
**Mount Vernon**  
**Glasgow**  
**G32 0RP**  
**Email: cogstgraded@swimglasgow.co.uk**

For convenience entry files will be available on the COGST web-site or by e-mail on request. After entering your swimmers the files can be returned to the email address above. The paperwork can be sent to the entry secretary by post.

Entry fee is **£5.00** per event. Entries will not be accepted without a Registration Number. **IMPORTANT!** Please **do not** send entries by recorded mail or registered delivery.

If you wish to check that your entries have arrived please email the COGST entries secretary at: **cogstgraded@swimglasgow.co.uk**

**No entries will be accepted from composite teams.**

**IT IS THE RESPONSIBILITY OF ALL ENTRIES SECRETARIES TO ENSURE THAT ALL ENTRY TIMES AND DATES OF BIRTH ARE CORRECT.**

**A DRAFT PROGRAMME WILL BE MADE AVAILABLE TO ENTRIES SECRETARIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE AT WHICH TIME ANY CORRECTIONS TO ENTRIES ALREADY MADE WILL BE ACCEPTED**

**Coaches Pass** Each club will receive one complimentary coaches pass for each session, which includes programme and results sheets. **EXTRA PASSES** are available for £5.00 per coach per day. **Coaches Meal Passes** are available at £10.00

**Facilities** Snacks and beverages will be on sale for swimmers and spectators.

**Travel** A map will be provided with the return of entry forms if requested.



## Entry Times

Entry times should be **50m times or 25m times converted to 50m** and must not be faster than the **50m** times set out in the table below.

Events	Boys					Girls				
	10	11	12	13/14	15/16	10	11	12	13/14	15/16
<b>50 Free</b>	36.0	34.0	32.0	30.0	29.0	36.0	34.0	32.0	31.0	30.0
<b>100 Free</b>	1.18.0	1.14.0	1.10.0	1.06.0	1.02.0	1.18.0	1.16.0	1.12.0	1.08.0	1.04.0
<b>200 Free</b>	N/A	2.40.0	2.35.0	2.22.0	2.16.0	N/A	2.42.0	2.37.0	2.24.0	2.20.0
<b>400 Free</b>	N/A	5.30.0	5.20.0	5.00.0	4.48.0	N/A	5.30.0	5.25.0	5.05.0	4.55.0
<b>50 Back</b>	39.0	38.0	37.0	36.0	35.0	40.0	39.0	38.0	37.0	36.0
<b>100 Back</b>	1:34.0	1.30.0	1.26.0	1.18.0	1.14.0	1:34.0	1.30.0	1.26.0	1.20.0	1.16.0
<b>50 Breast</b>	45.0	44.0	42.0	40.0	38.0	45	44.0	43.0	41.0	39.0
<b>100 Breast</b>	1:46.0	1.40.0	1.34.0	1.28.0	1.24.0	1:46.0	1.40.0	1.35.0	1.30.0	1.26.0
<b>50 Fly</b>	40.0	39.0	37.0	35.0	34.0	40.0	39.0	38.0	37.0	36.0
<b>100 Fly</b>	1:34.0	1.28.0	1.24.0	1.15.0	1.12.0	1:34.0	1.29.0	1.25.0	1.17.0	1.15.0
<b>200 IM</b>	N/A	3.02.0	2.55.0	2.45.0	2.36.0	N/A	3.03.0	2.58.0	2.48.0	2.42.0

Speeding tickets will be issued for swims that are 4% faster than the times in the table above.



### **General Information**

1. Meet to be held under S.A.S.A. rules. Enclosed is a health and safety form for all swimmers (mandatory).
2. Over the top starts will be used at the discretion of the meet organisers.
3. No cards are required for this meet. Start sheets will be available to clubs prior to the start of each session.
4. Withdrawals must be notified to the Entries secretary before 17:00 on 31st January 2010 in order to receive a refund. Would coaches please notify the Entries secretary of any withdrawals after the 31<sup>st</sup> in order that we can fill all heats on the day and also notify reserve swimmers.
5. It is the swimmer's responsibility to check in with the marshals in the allocated area. Swimmers should report to the marshals three heats in advance of their race.
6. Spectator tickets and programmes will be available at the ticket table in the foyer.
7. Presentations of medals and 'speeding tickets' for all events will be made as soon as possible after the event. Best team trophies will be presented based upon 1-6 place points.
8. Results sheets will be on sale for spectators as soon as possible following each session.
9. No photographic or video equipment will be allowed in any area under the control of the meet organisers without prior approval of the meet manager. Applications must be made on the approved SASA form obtainable from the Meet Desk in the foyer.
10. A swim shop will be open during the meet.
11. There will be 2 Reserve swims per age group per event.
12. There will be **no time only swims on the day**. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
13. The Meet Management reserves the right to alter the programme and warm-up times if necessary. Anything not covered above and not printed in the event programme will be at the promoters discretion
14. The wearing of football tops is not permitted at this meet.
15. To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are obliged to provide 1 or 2 officials, one of which should be a judge. Travelling expenses will be paid in line with West District Policy. Please complete the enclosed officials form nominating 1 or 2 officials and return it to the entry secretary by 10<sup>th</sup> January 2010.
16. **COGST** reserve the right to use spare lanes.

**Any queries please don't hesitate to contact:**

**Jim McInnes**  
**Meet Director**  
**07836 257585**  
**cogstgraded@swimglasgow.co.uk**



**Long Course Graded Meet  
6<sup>th</sup> & 7<sup>th</sup> February 2010**

**In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the meet secretary with entries.**

I confirm that all the entered swimmers have paid their current S.A.S.A. Registration fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a Registration Number (Scottish clubs) or not affiliated to their governing body (non-Scottish Clubs) 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 guidelines. I hereby confirm all swimmers have agreed to submit to drug testing if selected to do so.

**Signed:**

**Name (print)**

**Position in Club:**

**On Behalf of:**

**Name of Club**



### Session Information

Session 1	Warm-up 9:00am	Start 10:00am	Finish 1:00pm
Event 101	Girls	50 Breaststroke	HDW
Event 102	Boys	50 Breaststroke	HDW
Event 103	Girls	400 Freestyle	HDW
Event 104	Boys	400 Freestyle	HDW
Event 105	Girls	100 Backstroke	HDW

Session 2	Warm-up 1:30pm	Start 2.30pm	Finish 5:30pm
Event 201	Boys	50 Butterfly	HDW
Event 202	Girls	50 Butterfly	HDW
Event 203	Boys	200 Freestyle	HDW
Event 204	Girls	200 Freestyle	HDW
Event 205	Boys	100 Backstroke	HDW

Session 3	Warm-up 9:00am	Start 10:00am	Finish 1:00pm
Event 301	Girls	50 Freestyle	HDW
Event 302	Boys	50 Freestyle	HDW
Event 303	Girls	200 IM	HDW
Event 304	Boys	200 IM	HDW
Event 305	Girls	100 Breaststroke	HDW
Event 306	Boys	100 Breaststroke	HDW

Session 4	Warm-up 1:30pm	Start 2.30pm	Finish 5:30pm
Event 401	Boys	50 Backstroke	HDW
Event 402	Girls	50 Backstroke	HDW
Event 403	Boys	100 Freestyle	HDW
Event 404	Girls	100 Freestyle	HDW
Event 405	Boys	100 Butterfly	HDW
Event 406	Girls	100 Butterfly	HDW



**OFFICIALS SHEET**

**Club:** ..... **Club Contact:**.....

**Tel No:**..... **E-mail address:** .....

<b>Name</b>	<b>Duty</b>	<b>Session 1</b>	<b>Session 2</b>

**Please return this form with your entries by the 10<sup>th</sup> January 2010 to:**

**Jim McInnes  
42 Mansionhouse Road  
Mount Vernon  
Glasgow,  
G32 0RP**

**Email: cogstgraded@swinglasgow.co.uk**

