

InCAS Distance Gala 2008

F.I.P.R.E., Glenrothes, Fife.

Saturday 21st June & Sunday 22nd June 2008



All clubs are invited to apply to participate in the above gala.
The gala will be held under S.A.S.A. rules, accreditation has been applied for.

Licence No: ED/LA2/206/0208

- Venue : Fife Institute, Glenrothes
6 Lane, 25m pool with anti-turbulence lane ropes electronic timing.
The cafeteria will be open throughout the day.
There is ample free parking.
- Date : Saturday 21st June & Sunday 22nd June 2008
- Age : Age on the Last Day of Gala (22ND June 2008)
Age Groups : 10/under – 11/12yrs – 13/14yrs
- Events: 4 sessions - warm-up 09:00hrs and 13:30hrs each day.
- Fees : £7.00 for 800m & 1500m swims, £6.00 for remainder
Coaches Passes are £8.00 per day to include programme and lunch.
- STO's : Clubs are respectfully asked to supply a minimum of one judge and one time-keeper for each session you attend. Please complete details on enclosed form and return to InCAS.

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Programme of Events

All Events will be HDW

Saturday 21st June 2008

Session (1)

Event

101 Men 200m Fly Event
102 Women 800m F/C
103 Men 200m Br
104 Women 200m IM

Saturday Session (2)

201 Women 200m Fly
202 Men 1500mF/C
203 Women 200m Br
204 Men 200m IM

Presentations will take place during these events to allow swimmers to depart.

Sunday 22nd June 2008 Sunday

Session (3)

Event 301 Women 200m B/C Event
302 Men 200m F/C
303 Women 400m F/C
304 Men 400m IM

Sunday Session (4)

401 Women 200mF/C
402 Men 200mB/C
403 Women 400mIM
404 Men 400mF/C

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- Payments : Cheques should be made payable to **"InCAS Swimming Club"**
- Closing Date : Friday 23rd May 2008.
- Medals : Awards will be made to 1st through to 6th places in each event, and in each age group. There will also be presentations to the top boy and girl in each age group.
- Entries : All entries should be made via Hytek Team Manager, an events file for which can be obtained via email from the Meet Entry Secretary. All entries should be returned by email.
- Entries Secretary : Peter Lee
2 Alves Drive
Glenrothes
Fife, KY6 2JZ
Tel : 01592 750115
Mobile : 07798 833877

Email: peterlee@swimscotland.org.uk

Entries will be accepted on times only and the organisers reserve the right to restrict the number of heats in each event.

The organisers also reserve the right to balance the entry in each event with an equal number from each age group as far as is reasonably practical.

A draft programme detailing all acceptances, reserves and rejections will be circulated by email as soon as possible after the closing date for entries.

The meet will be fully computerised and no time cards will be used. Start sheets will be circulated as soon as possible after withdrawals have closed (45 minutes before the start of each session). Marshalling will ensure that swimmers go to the correct heats and lanes.

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General Notes

There is ample space around the poolside for swimmers, coaches and poolside helpers.

Results will be published poolside and will be available as soon as practical after the end of each session.

Timing will be electronic with a six lane score board.

Each Club is respectfully asked to provide a minimum of two named STO's for each session where your Club has representation. Details should be completed (electronically if possible) on the enclosed form and should be sent by email to incas@tesco.net. We will contact you directly approximately one month prior to the event to confirm that your representatives are still in a position to assist.

We do hope that you will be able to join us for this gala and that your swimmers have a good competitive, friendly day.

Yours in swimming

InCAS Swimming Club

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Photographic Equipment Notice

Due to warnings issued by the SASA we are obliged to inform you that the use of photographic equipment (cameras, camcorders, mobile phones incorporating cameras, etc.) will be restricted as follows:

- No photographic equipment will be allowed either on poolside or the viewing gallery or any other area under the jurisdiction of the organising club without the written prior approval of that club.
- Application to use the above named equipment can be made on the day to the organising clubs' nominated official. Any person wishing to do this must be able to provide identification, and evidence that they have swimmer(s) competing in the gala.
- Application must be made on the official SASA form.

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HEALTH & SAFETY DECLARATION

**** This form must be completed and returned with your cheque ****

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

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, will start in the water and notify the referee that this will be the case.

Signed _____ Print _____

Club Position _____

On behalf of _____ (club)

Date ___/___/2008.

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SUMMARY SHEET

**** This form must be completed and returned with your cheque ****

Club:			
Contact Name:			
Address:			
TOWN:		POSTCODE:	
Tel No.: (01 _____)	Mobile No.		
Email:	@		
	(important for distribution of information and updates pertaining to the meet).		
Club Website:			
Breakdown of Fees			
Total Male Entries:	@	£6.00	£
Total Male Entries:	@	£7.00	£
Total Female Entries:	@	£6.00	£
Total Female Entries:	@	£7.00	£
Saturday Coach Pass:	@	£8.00	£
Sunday Coach Pass:	@	£8.00	£
TOTAL DUE			£
Please make cheques payable to "InCAS Swimming Club"			

Form to be returned to:
Peter Lee , Meet Entry Secretary
2 Alves Drive
Glenrothes KY6 2JZ
Tel: 01592 750115
Mobile: 07798 833877
Email: pete@swimscotland.org.uk

TO BE RETURNED BY: **Friday 23rd May 2008.**

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NAMED STO's & Time Keepers

Please supply a minimum of two STO's and/or time keepers for each session.

We will contact you one month prior to the event as follow-up.

Name	Position	Session	Preferred Role	Email/telephone
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	STO/TK	[1] [2] [3] [4]		
	(delete as appropriate if known)			

Please complete and return electronically as word doc/rtf /pdf to: incas@tesco.net

Thank you for your assistance.

Alan Saunders
InCAS Membership Secretary