

GLENROTHES AMATEUR SWIMMING CLUB

*Spring Meet 2008*

*Saturday 22nd March 2008*

*Glenrothes ASC invites you to their Annual Spring Meet*

*(under SASA rules)*

*at Fife Institute, Viewfield, Glenrothes, Fife*

*on Saturday 22nd March 2008.*

## **Meet Information**

|                     |   |
|---------------------|---|
| Date                | Saturday 22nd March, 2008   |
| Venue               | Fife Institute of Physical & Recreational Education Swimming Pool, Viewfield, Glenrothes, Fife.   |
| Pool                | 6 lane 25m pool, electronic timing, anti-wave lane ropes, swim down facilities.   |
| Events              | 100m Backstroke, Breaststroke, Butterfly, Freestyle, and Individual Medley. Each event may be limited to a maximum of 3 heats with heats and finals, except for Individual Medleys which will may be limited to a maximum of two heats for each age group and will be heat declared.<br><br>Glenrothes ASC reserve the right to alter the number of heats in each event depending on the number of entries. |
| Age Groups          | Age groups will be Age on the Day, and are:<br>15 years and over, 13/14 years, and 11/12 years  |
| Consideration Times | Entries will only be considered for swimmers who have achieved the appropriate times - see attached sheet.  |
| Sessions            | There will be 2 sessions as follows:-<br>Morning                      Warm-up 8.30 a.m.              Start 9.30 a.m.<br>Afternoon                    Warm-up 1.30 p.m.              Start 2.30 p.m.   |
| Entry Fees          | £4.00 per event. Cheques should be made payable to "Glenrothes ASC". Entries may not be accepted without the correct fee or with the entry files incorrectly completed.   |
| Entries             | Entries should be made with Team Manager, an events file for which can be obtained by emailing the Entry Secretary, quoting your club name. All entries should be emailed back to the Entry Secretary – no discs should be sent. Time cards will not be required.   |
| Entry Secretary     | All entry requests, completed entries, and appropriate fees (made payable to Glenrothes ASC) should be returned to :<br>Mr Peter Lee<br>2 Alves Drive<br>Glenrothes<br>Fife<br>KY6 2JZ<br>Telephone 01592 - 750115 / 07798 - 833877<br>Email: peterlee@swimscotland.org.uk  |
| Closing Date        | The closing date for entries is Saturday 23rd February 2008. Accepted entries, returned fees etc. will be sent to clubs approximately two weeks prior to the meet. Acceptance of late entries will be at the discretion of the meet organisers.   |
| Awards              | Quality medals will be presented to all finalists in individual stroke events and the first 3 swimmers in the heat declared Individual Medley events. Trophies will be awarded to the female and male swimmers acquiring the highest number of points including points gained in Individual Medley events. (Points will be awarded in descending order 6 - 1 to finalists and heat declared events.)        |

|                     |  |
|---------------------|--|
| Accreditation       | SASA Level 2 licence and accreditation will be applied for. For the meet to be fully accredited, all swimmers must be in possession of an SASA membership number. We regret that swimmers whose numbers are not provided cannot be accepted. |
| Technical Officials | T.O.'s will be from SASA list of officials. Lunch will be served and we will be pleased to welcome all T.O.'s participating in the meet. Those intending to attend should inform Tom Foster on 01592 771136.                                 |
| Coaches Meal Passes | Coaches Meal Passes are available at a cost of £7.00 each, and will include a full set of results. Please fill in the appropriate part of the entry form, if required.   |
| Amenities           | The restaurant will be open most of the day for meals and snacks. Fife Institute provides good spectator accommodation for up to 400 and there is ample parking to the front and rear of the building.                                       |

## Programme and Consideration Times

### Session 1

### 8.30 am warm up for 9.30 am start

|     |       |             |      |              |     |         |
|-----|-------|-------------|------|--------------|-----|---------|
| 101 | Girls | 13/14 years | 100m | IM           | HDW | Open    |
| 102 | Girls | 15/Over     | 100m | IM           | HDW | Open    |
| 103 | Boys  | 15/Over     | 100m | IM           | HDW | Open    |
| 104 | Girls | 11/12 years | 100m | Butterfly    |     | 1.50.00 |
| 105 | Boys  | 11/12 years | 100m | Butterfly    |     | 1.50.00 |
| 106 | Girls | 13/14 years | 100m | Breaststroke |     | 1.35.00 |
| 107 | Boys  | 13/14 years | 100m | Breaststroke |     | 1.33.00 |
| 108 | Girls | 15/Over     | 100m | Backstroke   |     | 1.22.00 |
| 109 | Boys  | 15/Over     | 100m | Backstroke   |     | 1.18.00 |
| 110 | Girls | 11/12 years | 100m | Breaststroke |     | 1.48.00 |
| 111 | Boys  | 11/12 years | 100m | Breaststroke |     | 1.48.00 |
| 112 | Girls | 13/14 years | 100m | Freestyle    |     | 1.16.00 |
| 113 | Boys  | 13/14 years | 100m | Freestyle    |     | 1.11.00 |
| 114 | Girls | 15/Over     | 100m | Butterfly    |     | 1.22.00 |
| 115 | Boys  | 15/Over     | 100m | Butterfly    |     | 1.15.00 |

FINALS OF EVENTS 104 -115

### Session 2

### 1.30 pm warm up for 2.30 pm start

|     |       |             |      |              |     |         |
|-----|-------|-------------|------|--------------|-----|---------|
| 201 | Boys  | 13/14 years | 100m | IM           | HDW | Open    |
| 202 | Girls | 11/12 years | 100m | IM           | HDW | Open    |
| 203 | Boys  | 11/12 years | 100m | IM           | HDW | Open    |
| 204 | Girls | 15/Over     | 100m | Freestyle    |     | 1.11.00 |
| 205 | Boys  | 15/Over     | 100m | Freestyle    |     | 1.05.00 |
| 206 | Girls | 13/14 years | 100m | Backstroke   |     | 1.28.00 |
| 207 | Boys  | 13/14 years | 100m | Backstroke   |     | 1.25.00 |
| 208 | Girls | 11/12 years | 100m | Freestyle    |     | 1.28.00 |
| 209 | Boys  | 11/12 years | 100m | Freestyle    |     | 1.28.00 |
| 210 | Girls | 15/Over     | 100m | Breaststroke |     | 1.30.00 |
| 211 | Boys  | 15/Over     | 100m | Breaststroke |     | 1.25.00 |
| 212 | Girls | 13/14 years | 100m | Butterfly    |     | 1.28.00 |
| 213 | Boys  | 13/14 years | 100m | Butterfly    |     | 1.25.00 |
| 214 | Girls | 11/12 years | 100m | Backstroke   |     | 1.40.00 |
| 215 | Boys  | 11/12 years | 100m | Backstroke   |     | 1.40.00 |

FINALS OF EVENTS 204 -215

# GLENROTHES ASC SPRING MEET

22nd MARCH 2008

FIFE INSTITUTE, GLENROTHES

## SUMMARY SHEET

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

Club: .....

Contact Name: .....

Address: .....

.....

Post Code: ..... Tel No. ....

**e-mail address:** .....

(important for urgent distribution of information and updates pertaining to the meet).

Total Male Entries @ £ 4.00 ..... £.....

Total Female Entries @ £ 4.00 ..... £.....

Coach Passes @ £7.00 ..... £.....

Total cheque enclosed £ .....

**Please make cheques payable to GLENROTHES ASC**

**Form to be returned to: Peter Lee**

**Meet Entry Secretary**

**2 Alves Drive**

**Glenrothes KY6 2JZ**

**Tel: 01592 750115**

**Mobile: 07798 833877**

**Email: peterlee@swimscotland.org.uk**

**TO BE RETURNED BY SATURDAY 23rd FEBRUARY 2008**