



GLENROTHES AMATEUR SWIMMING CLUB

Spring Meet 2009

Saturday 14th March 2009

at Fife Institute, Glenrothes.

ED/LA2/242/0908

Meet Information

Date	Saturday 14th March, 2009
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. 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 15 years and over 13/14 years 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:- Morning Warm-up 8.30 a.m. Start 9.30 a.m. Afternoon Warm-up 1.30 p.m. Start 2.30 p.m. It is anticipated that the afternoon session will finish by 5.30p.m.
Entry Fees	£4.50 per event. Cheques should be made payable to "Glenrothes ASC" . Entries will not be accepted without the correct fee or with the entry file incorrectly completed.
Entries	Entries should be made by Team Manager file. Entry file requests should be made to Peter Lee by email quoting club, name, address and telephone number. Completed entries should be returned by email All completed forms and appropriate fees should be sent to :
Entry Secretary	Mr Peter Lee 2 Alves Drive Glenrothes Fife, KY6 2JZ Telephone 01592 - 750115 / 07798 - 833877 email: peterlee@swimscotland.org.uk

Closing Date	The closing date for entries is midnight on Saturday 14th February 2009. Acceptance of late entries will be at the discretion of the meet organisers. Cheques to arrive no later than 7 days after closing date.
Awards	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	Application for accreditation is being made under SASA rules therefore all entrants must have paid their membership fee to SASA or equivalent governing body. Any entry submitted without the correct SASA (or equivalent) registration number will be rejected.
Technical Officials	T.O.'s will be from SASA list of officials .We will be pleased to welcome T.O.'s who are travelling 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. 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.

Glenrothes Amateur Swimming Club

Spring Meet 2009

Saturday 14th March 2009

Programme and Consideration Times

Session 1

8.30 am for 9.30 am start

101	Girls	13/14 years	100m	IM	HD	Open
102	Girls	15/Over	100m	IM	HD	Open
103	Boys	15/Over	100m	IM	HD	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 for 2.30 pm start

201	Boys	13/14 years	100m	IM	HD	Open
202	Girls	11/12 years	100m	IM	HD	Open
203	Boys	11/12 years	100m	IM	HD	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 AMATEUR SWIMMING CLUB
SPRING MEET 2009**

In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the entry secretary with your cheque.

I confirm that all 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 are trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current guidelines.

I hereby confirm that all swimmers have agreed to submit to drug testing if selected to do so.

SIGNED :

NAME (print)

POSITION IN CLUB :

CLUB

**GLENROTHES AMATEUR SWIMMING CLUB
SPRING MEET 2009**

SUMMARY SHEET

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

Club:

Contact Name:

Address:

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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 21st FEBRUARY 2009