An invite to the

# Alloa May Meet

Sunday 21st May 2017

At the

**The Peak**
**Stirling Sports Village**
**Stirling**

**ALLOA AMATEUR SWIMMING CLUB**

Would like to invite entries for their

# May Meet

(Under SASA Rules and Licence No: WD/L2/029/0517)

General Information:

| | |
|---|---|
| Date | Sunday 21st May 2017 |
| Venue | The Peak<br>Stirling Sports Village<br>Forthside Way<br>FK7 7UJ |
| Map Location | http://www.the-peak-stirling.org.uk/find-us/ |
| Pool | 6 lane 25M with full electronic timing and scoreboard |
| Times | Warm-up will be at 09:00 and 13:30<br>Start times will be 10:00 and 14:30 |
| Ages | Age of entrants is age on the day of meet |
| Age Groups | 11/12yrs ~ 13/14yrs ~ 15yrs & Over |
| Events | See programme of events on page 3 |
| Meet Mobile | Meet Information and results will be available via Meet Mobile app |
| Awards | Medals for 1st, 2nd, 3rd & 1st, 2nd, 3rd for relays<br>Awards to overall best boy & girl |
| Entry Fees | £5.50 per individual swim, £10.00 per relay. Payments can be made by either: Direct bank transfer to Sort code: 80-05-28 – Account: 00119893 – Ref: **"*Your Club Name*" AASC May Meet**. Or by Cheque made payable to **Alloa Amateur Swimming Club** to be received prior to the entries closing date. |
| Officials | Each competing club is requested to provide two STO's each day. We would request that clubs provide the names and roles of the STO's prior to the meet and preferably at the time of entries. Travelling expenses will only be paid to officials with no participating swimmers.<br><br>The meet will be run using Hy-tek meet management; therefore entries should be requested and submitted on the appropriate electronic file available from, Swim-Scotland website or: |

Cathy Millar
11 MacLean Court
Broomridge
Stirling
FK7 0QT
Mobile: 07884557157 ~ E-mail: cathymillar@sky.com

Meet Rules

- The meet will be held under SASA rules
- Ages as at day of meet
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure smooth running of the meet
- Only swimmers, coaches and meet officials will be admitted to poolside
- No photographic or video equipment will be allowed unless prior approval from the meet secretary has been sought. Forms may be requested from the entry desk
- Swimmers must wear appropriate footwear on poolside and marshalling areas and follow instructions from meet officials
- Swimmers will be expected to behave in a reasonable manner at all times
- No swimmers under the age of 11yrs is permitted to swim in accordance with licence requirements

Entries and Withdrawals

- Closing date for entries will be Sunday 23rd April 2017. No late entries will be accepted
- All entries must be made on the electronic files and submitted by e-mail to the secretary. Entry files can be requested by e-mail to the meet secretary as above
- Withdrawals must be into the meet office no later than 45 minutes prior to the start of each session using the withdrawal form in the coaches pack
- Withdrawals made after issue of the final meet programme may be charged in full
- Entries may be rejected to ensure the smooth and timely running of the meet
- Participating clubs will be provided with a meet programme prior to the meet and any rejections will be fully refunded
- If the meet is oversubscribed slower swimmers in each age group will be scratched
- Alloa ASC reserve the right to fill empty lanes with swimmers from the club of the appropriate age
- No Time Only swims will be allowed or entries on the day without prior approval of the meet Referee
- Results shall be posted on the walls and copies made available for coaches of participating clubs

Events

- Over the top starts may be used to ensure the smooth running of the meet
- All events will be Heat Declared Winners (HDW)
- Heats will be seeded after withdrawals close 45 minutes before the start of each session
- All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat
- Start sheets will be issued to the clubs for marshalling
- Swimmers are asked to report to the marshalling area at least five heats in advance
- Heats will be run based on entry times, to provide competitive and comparative swimming
- Relays 4 x 50m Freestyle:- 1 swimmer from 11/12, 1 swimmer from 13/14 and 2 swimmers from 15 & over - Note: for relays only, swimmers can swim up an age group

**Programme of Events – All Heat Declared Winners**

## Session 1

| | | | |
|---|---|---|---|
| Event 101 | Girls | 11-12 | 100m Butterfly |
| Event 102 | Boys | 11-12 | 100m Butterfly |
| Event 103 | Girls | 13 -14 | 100m Backstroke |
| Event 104 | Boys | 13 -14 | 100m Backstroke |
| Event 105 | Girls | 15 & Over | 100m Breaststroke |
| Event 106 | Boys | 15 & Over | 100m Breaststroke |
| Event 107 | Girls | 11-12 | 100m Freestyle |
| Event 108 | Boys | 11-12 | 100m Freestyle |
| Event 109 | Girls | 13 -14 | 200m Ind Medley |
| Event 110 | Boys | 13 -14 | 200m Ind Medley |
| Event 111 | Girls | 15 & Over | 100m Butterfly |
| Event 112 | Boys | 15 & Over | 100m Butterfly |
| Event 113 | Girls | 11-12 | 100m Backstroke |
| Event 114 | Boys | 11-12 | 100m Backstroke |
| Event 115 | Girls | 13 -14 | 100m Breaststroke |
| Event 116 | Boys | 13 -14 | 100m Breaststroke |
| Event 117 | Girls | 15 & Over | 100m Freestyle |
| Event 118 | Boys | 15 & Over | 100m Freestyle |
| Event 119 | Girls | 11 & Over | 200m Freestyle Relay |

## Session 2

| | | | |
|---|---|---|---|
| Event 201 | Boys | 11-12 | 200m Ind Medley |
| Event 202 | Girls | 11-12 | 200m Ind Medley |
| Event 203 | Boys | 13 -14 | 100m Butterfly |
| Event 204 | Girls | 13 -14 | 100m Butterfly |
| Event 205 | Boys | 15 & Over | 100m Backstroke |
| Event 206 | Girls | 15 & Over | 100m Backstroke |
| Event 207 | Boys | 11-12 | 100m Breaststroke |
| Event 208 | Girls | 11-12 | 100m Breaststroke |
| Event 209 | Boys | 13 -14 | 100m Freestyle |
| Event 210 | Girls | 13 -14 | 100m Freestyle |
| Event 211 | Boys | 15 & Over | 200m Ind Medley |
| Event 212 | Girls | 15 & Over | 200m Ind Medley |
| Event 213 | Boys | 11-12 | 50m Freestyle |
| Event 214 | Girls | 11-12 | 50m Freestyle |
| Event 215 | Boys | 13 -14 | 50m Freestyle |
| Event 216 | Girls | 13 -14 | 50m Freestyle |
| Event 217 | Boys | 15 & Over | 50m Freestyle |
| Event 218 | Girls | 15 & Over | 50m Freestyle |
| Event 219 | Boys | 11 & Over | 200m Freestyle Relay |

# Alloa ASC May Meet

## Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned with entry information.

I confirm that all entered swimmers have paid their current SASA annual membership fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish Clubs)

I understand that any swimmer entered without a registration number (British Clubs) or not affiliated to their governing body (non-British 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/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed onto swimmers and parents intending to travel to the meet.

Signed: ……

Print Name: ……

Position in club: ……

Club: ……

Please return this form with entries no later than Sunday 23rd April 2017 to:

Cathy Millar
11 MacLean Court
Broomridge
Stirling
FK7 0QT

E-mail: cathymillar@sky.com

# Information Sheet

## Alloa ASC May Meet

Club: _____

Number of Boys individual entries _____ @ £5.50 Total: _____

Number of Girls individual entries _____ @ £5.50 Total: _____

Number of Relay entries _____ @ £10.00 Total: _____

Total: _____

Submitted by: _____ Signed: _____

Position in Club: _____

Telephone No: _____

E-mail address: _____

Postal Address: _____

_____

_____

_____

Please return along with remittance and entries to the meet secretary:

Cathy Millar
11 MacLean Court
Broomridge
Stirling
FK7 0QT
E-mail: cathymillar@sky.com

Swimmers should only be entered for their own age group.

Clubs must ensure that their coaches, team staff and swimmers are aware of the regulations and dangers of entering the water with dive starts and must be aware of pool depth and all appropriate safety procedures.

Alloa ASC Version 1 (All Events) – February 2016