

InCAS
Distance Meet
2017



13th & 14th May 2017

Michael Woods Centre – Glenrothes

Licence No. L2/ED/061/MAY17

Meet Information

- InCAS Distance Meet held at Michael Woods Centre – Glenrothes 13th & 14th May 2017
- 8 lane Competition pool with anti – turbulence lane ropes and full electronic timing.
- Age will be determined as at the last day of competition (14th may 2017)
 - **Age Groups**
 - 8-10 years
 - 11-12 years
 - 13-14 years
 - 15 years and over
- **Events & Fees**
 - 200 metre Backstroke, Breaststroke, Butterfly, Freestyle & Individual Medley
 - 200 swims - £6.50
 - 400 metre Freestyle and Individual Medley
 - 400 swims - £8.00
 - 800 & 1500 metre Freestyle
 - 800 & 1500 swims £9.00

➤ Closing date noon 13th April 2017

- Coaches pass £12.00 per day (includes programme, start sheets, meals and refreshments)
- All events will be Heat Declared Winners. Events will be swum purely on time and results sorted by age group.
- Medal presentations will be made to 1st, 2nd and 3rd place swimmers in each age group.
- There will be a Top boy and Top girl presentation for each age group at the end of session 4.
- The meet will be computerised and start sheets will be circulated as soon as possible prior to the start of the sessions.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of the session on the withdrawal forms provided. Nil returns should also be handed in.
- Marshalling should be at least 3 heats in advance. Those who do not check in at marshalling maybe refused their swim.
- Results will be published around poolside as soon as available after the end of each event.
- The meet will be held under SASA and FINA rules and accreditation will be applied for.

PROGRAMME OF EVENTS

Saturday 13th May		Warm up 9am for a 10am start
Event 101	Boys	200 metre Butterfly
Event 102	Girls	800 metre Freestyle
Event 103	Boys	200 metre Breaststroke
Event 104	Girls	400 metre Individual Medley
Event 105	Boys	200 metre Freestyle

Saturday 13th May		Warm up 1:30pm for a 2:30pm start
Event 201	Girls	200 metre Butterfly
Event 202	Boys	1500 metre Freestyle
Event 203	Girls	200 metre Breaststroke
Event 204	Boys	400 metre Individual Medley
Event 205	Girls	200 metre Freestyle

Sunday 14th May		Warm up 9am for a 10am start
Event 301	Girls	1500 metre Freestyle
Event 302	Boys	200 metre Individual Medley
Event 303	Girls	200 metre Backstroke
Event 304	Boys	400 metre Freestyle

Sunday 14th May		Warm up 1:30pm for a 2:30pm start
Event 401	Boys	800 metre Freestyle
Event 402	Girls	200 metre Individual Medley
Event 403	Boys	200 metre Backstroke
Event 404	Girls	400 metre Freestyle

Hytek entry files are available for download from SwimScotland website and complete files should be emailed to our meet entries secretary before the closing date given.

SUMMARY SHEET

**** This form must be completed and returned to the Entry Secretary ****

Club _____

Contact Name _____

Address _____

Postcode _____ Tel No. _____

E-mail address _____

Important for urgent distribution of information and updates pertaining to the meet

Total 200m Entries @ £6.50 = £ _____

Total 400m Entries @ £8.00 = £ _____

Total 800m Entries @ £9.00 = £ _____

Total 1500m Entries @ £9.00 = £ _____

Total Coaches Pass (Saturday) @ £12.00 = £ _____

Total Coaches Pass (Sunday) @ £12.00 = £ _____

Total cheque enclosed = £ _____

Please make cheque payable to InCAS

Forms and payment to be sent to our Meet Entries Secretary

Susan Liddle
9 Rullion Road
PENICUIK
EH26 9HS

E-mail Address: susan.Liddle@googlemail.com

TO BE RETURNED no later than 3 days after closing date

