



MILNGAVIE AND BEARSDEN ASC

AUTUMN GRADED MEET Level 3 meet

Drumchapel Swimming Pool
Drumry Road, Drumchapel, Glasgow G15 8NS

Saturday 21st October 2017

Session 1: Warm-up 0800hrs Start 0900hrs
Session 2: Warm-up 1300hrs Start 1400hrs



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- TIMES** Warm up 8.00am and 1.00pm
Start Time 09.00am and 2.00pm
We reserve the right to alter the warm-up times and programme should this become necessary.
- VENUE** Drumchapel Swimming Pool, Drumry Road, Drumchapel, Glasgow G15 8NS
- POOL** 25m long, 6 lanes with anti-turbulence lane ropes. Warm up/swim down pool will be available. Electronic timing and scoreboard.
- ENTRIES** Age as at 21st October 2017. This will be a Level 3 meet. All entries must be supplied as a hy-tek entry file by email to Guy Fletcher at guy65@me.com. The meet will be held under SASA rules. **Closing date for entries is the 7th October 2017.** All entry times must be short course or conversions to short course. Please check all entries before sending the file, as we will be unable to make any alterations once processed.
- ENTRY FEES** £5.00 per event. Cheques should be made payable to Milngavie & Bearsden ASC and sent with accompanying paperwork to Guy Fletcher (see address below). Entries will not be accepted without a SASA registration number.
- WITHDRAWALS** Seeded Start Lists for ALL sessions will be prepared prior to the Meet. Withdrawals will be processed 45 minutes before the start of each session for the purposes of allocating Reserves. Reserves will be allocated to any available lanes at the beginning of each session.
- FACILITIES** Catering facilities will be available selling hot and cold snacks, tea, coffee etc for swimmers and spectators. Lunch can be provided for coaches at a charge of £8.00 per coach for lunch and refreshments. Please fill in the appropriate form and return it with entry disc and sheets.
- CAMERAS** With child protection being uppermost in our minds, anyone wishing to use a camera will first have to fill out a permission form which will be available at the registration desk. This includes cameras, camera phones, video and any other photographic equipment. **NO PHOTOGRAPHY WILL BE ALLOWED** within the changing area.
- OFFICIALS** **We would ask every club competing to provide technical officials each session.**
- AWARDS** There will be medals for 1st, 2nd, 3rd places in each age category and swimmers should wear appropriate clothing for their presentation.
- SAFETY** Clubs must ensure 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 safety procedures.

I.T. Director/Gala Convener

Guy Fletcher
29A Thorn Drive
Bearsden
G61 4ND

guy65@me.com



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STARTS Over the top starts will be used where possible.

EVENTS The age bands are 8yrs, 9-10yrs, 11-12yrs. Events will be seeded by entry times. All events will be HDW. The events for each category are as follows:

Where possible the accepted entries for each age group will be equal, however in the event of an age group being under-subscribed, then Milngavie & Bearsden ASC reserve the right to include additional entries from other age groups to avoid the possibility of empty lanes occurring. Milngavie & Bearsden ASC reserve the right to enter swimmers from our own swim team into any race. There will be no spare lane or time only swims. Under no circumstances should any swimmer other than the one named on the start sheet compete in an event. It is the responsibility of the swimmer to go to the marshalling area in good time for the start of the race.

PROGRAMME

Event	Entries must be slower than
Event 101 Girls 11-12 200 Free	2:39.90
Event 102 Boys 11-12 200 Free	2:39.10
Event 103 Girls 8 50 Free	45.00
Event 104 Boys 8 50 Free	45.00
Event 105 Girls 9-10 50 Free	38.50
Event 106 Boys 9-10 50 Free	38.00
Event 107 Girls 11-12 50 Breast	44.00
Event 108 Boys 11-12 50 Breast	43.70
Event 109 Girls 8 50 Back	50.00
Event 110 Boys 8 50 Back	50.00
Event 111 Girls 9-10 50 Back	43.80
Event 112 Boys 9-10 50 Back	43.60
Event 113 Girls 11-12 50 Fly	37.90
Event 114 Boys 11-12 50 Fly	37.50
Event 115 Girls 8 100 IM	1:55.00
Event 116 Boys 8 100 IM	1:55.00
Event 201 Girls 9-10 100 IM	1:35.10
Event 202 Boys 9-10 100 IM	1:35.10
Event 203 Girls 11-12 50 Back	39.30
Event 204 Boys 11-12 50 Back	39.00
Event 205 Girls 8 50 Fly	55.00
Event 206 Boys 8 50 Fly	55.00
Event 207 Girls 9-10 50 Fly	42.40
Event 208 Boys 9-10 50 Fly	42.40
Event 209 Girls 11-12 100 IM	1:26.40
Event 210 Boys 11-12 100 IM	1:26.00
Event 211 Girls 8 50 Breast	55.00
Event 212 Boys 8 50 Breast	55.00
Event 213 Girls 9-10 50 Breast	50.00
Event 214 Boys 9-10 50 Breast	49.60
Event 215 Girls 11-12 50 Free	34.70
Event 216 Boys 11-12 50 Free	33.90

Anything that has not been covered above and is not printed in the programme will be at the Meet Convenor's discretion.



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

I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee.

I confirm that the notice about not using photographic equipment has been brought to the attention of the swimmers, parents and coaches who will be attending the meet.

I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, must start in the water and must notify the officials that this will be the case.

SignedPrinted.....

On behalf of(Club)

Position in Club

