



LONG COURSE OPEN AGE GROUP MEET

Licence No WD/L2/717/0510

TOLLCROSS PARK LEISURE CENTRE

1st & 2nd MAY 2010

MEET INFORMATION



LONG COURSE OPEN AGE GROUP MEET

City of Glasgow Swim Team invites you to their open meet (*UNDER FINA & SASA RULES*) at Tollcross Park Leisure Centre on 1st & 2nd May 2010

Meet Information

- Date** 1st & 2nd May 2010
- Venue** Tollcross Park Leisure Centre
- Pool** 50 Metres, 10 lanes, anti-turbulent lane ropes, full electronic timing and scoreboard. 4 x 25m continuous warm up and swim down facilities will be available (However it is the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended. Any abuse of this will result in the facility being removed.)
- Age Groups** The following age groups are included based upon age on last day of meet (2nd May 2010).
12 & under 13/14 years 15/16 years 17 & over
- Events** The programme for each age group category will be as follows:
100m, 200m of each stroke, 200 IM, 400 IM; 400, 800 & 1500m free
Age Group Events - heats will be swum with all age groups combined and swimmers seeded by entry times. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries from other age groups. All events will be HDW.
There will be no time only swims and no spare lane swims.
- Starts** A one-start rule will be implemented throughout this competition. Over the top starts will be used where practicable.
- Competitor Cards** Time cards will not be used. Start lists will be supplied.
- Session Times**
- | | | | |
|-----------|-----------------|-----------------|----------------|
| Session 1 | Warm up 7.30am | - Start 8.30am | Finish 11.00am |
| Session 2 | Warm up 11.30am | - Start 12.30pm | Finish 15.00pm |
| Session 3 | Warm up 15.30pm | - Start 16.30pm | Finish 19.00pm |
| Session 4 | Warm up 8.00am | - Start 9.00am | Finish 12.00pm |
| Session 5 | Warm Up 12.30pm | - Start 13.30pm | Finish 16.30pm |
- Accreditation** Application for accreditation is being made under S.A.S.A. rules therefore all entrants must have paid their competitive fee to the S.A.S.A. or equivalent.



Awards Medals will be awarded to 1st, 2nd, 3rd places in each event. There will be no medal presentations. Medals will be made available for collection once the result of an event has been finalized.

Closing Date Friday 16th April 2010

Entry Fees 100, 200 & 400 events - £6.50 per event / 800 & 1500 events - £8.00 per event. Cheques should be made payable to "City of Glasgow Swim Team". Entries will not be accepted without a SASA Registration Number.

Entries Entry by e-mail only please, no paper entries will be accepted. Entries must be returned to the Meet Entries Secretary by 16th April 2010. Please note that due to expected high number of entries, any entries received after this date will NOT be considered. This meet will be run using the Hy-tek Meet Manager software. The Hy-tek entry files are available from the City of Glasgow Swim Team Website - www.swimglasgow.co.uk or from cogstopen@swimglasgow.co.uk

For convenience COGST will email the entry files to clubs. After entering your swimmers the files can be returned to the email address above. The paperwork can be sent to the entry secretary by post together with a cheque made payable to City of Glasgow Swim Team.

IMPORTANT! Please do not send entries by recorded mail or registered delivery.

It is the responsibility of all Entries Secretaries to ensure that entry times and dates of birth are correct. A draft programme will be made available on the 21st April 2010 at which point any corrections to entries already made will be accepted.

Coaches Passes Each club will receive one complimentary coaches poolside pass for each session, and one programme and a set of results sheets. Extra passes are available for £5.00 per coach per day, which will provide a set of start sheets and a poolside pass.

Facilities Snacks and beverages will be on sale for coaches, swimmers and spectators.

Travel A map will be provided with the return of entry forms if requested.

Entry Secretary Jim McInnes
42 Mansionhouse Road
Mount Vernon
Glasgow G32 0RP
+44 (0)7836 257585
cogstopen@swimglasgow.co.uk

Meet Director Elaine Clark
Meet Director
elaine_c@ntlworld.com



General Information

1. Meet to be held under S.A.S.A. rules. Enclosed is a health and safety form for all swimmers (mandatory). Age as on last day of competition (2nd May 2010)
2. Over the top starts will be used at the discretion of the meet organisers.
3. No cards are required for this meet. Start sheets will be available to clubs prior to the start of each session.
4. It is the swimmer's responsibility to check in with the marshals in the allocated area. Swimmers should report to the marshals three heats in advance of their race.
5. Spectator tickets and programmes will be available at the ticket table in the foyer.
6. Medals will be made available for collection as soon as possible after the event.
7. No photographic or video equipment will be allowed in any area under the control of the meet organisers without prior approval of the meet manager. Please note this also includes mobile phones with internal cameras. Applications for permission to use photographic equipment must be made on the approved SASA form obtainable from the Meet Desk in the foyer.
8. A swim shop will be open during the meet.
9. There will be 2 reserves per age group per event. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
10. The Meet Management reserves the right to alter the programme and warm-up times if necessary. Anything not covered above and not printed in the event programme will be at the promoter's discretion.
11. To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are obliged to provide 1 or 2 officials, one of which should be a judge. Travelling expenses will be paid in line with West District Championship Expenses Policy. Please complete the enclosed officials form nominating 1 or 2 officials and return it to the entry secretary by 16th April 2010. A copy of the West District Championship Expenses policy can be found at -

http://www.scotswimwest.co.uk/District_Championship_Expenses.pdf



Withdrawals

In order to ensure the smooth running of the meet, please note the following important points regarding how withdrawals will be processed.

1. Refunds will only be made for withdrawals notified to the Entries Secretary before 5pm on Friday 23rd of April 2010.
2. Withdrawal slips will be included in the coaches packs.
3. In order to allow reserve swimmers to compete the following session deadlines for withdrawals will be in place.
 - a. Session 1 – 07:45am on Sat 1st May
 - b. Session 2 – 11:00 am on Sat 1st May
 - c. Session 3 – 15:00 pm on Sat 1st May
 - d. Session 4 – 08:15 am on Sun 2nd May
 - e. Session 5 – 12:45 pm on Sun 2nd May



Session Information

Saturday 1st May 2010				
Event	Session	Distance	Stroke	Gender
101	1	100m	Breast	F
102	1	100m	Breast	M
103	1	200m	Free	F
104	1	200m	Free	M
105	1	200m	IM	F
201	2	800	Free	M
202	2	800	Free	F
203	2	1500	Free	M
204	2	1500	Free	F
301	3	200m	Back	M
302	3	200m	Back	F
303	3	100m	Fly	M
304	3	100m	Fly	F
305	3	200m	IM	M
Sunday 2nd May 2010				
Event	Session	Distance	Stroke	Gender
401	4	200m	Breast	F
402	4	200m	Breast	M
403	4	100m	Free	F
404	4	100m	Free	M
405	4	400m	IM	F
406	4	400m	IM	M
501	5	200m	Fly	F
502	5	200m	Fly	M
503	5	100m	Back	F
504	5	100m	Back	M
505	5	400m	Free	F
506	5	400m	Free	M



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 @ £ 6.50 = £.....

Total Female Entries @ £ 6.50 = £.....

Total Male Entries @ £ 8.00 = £.....

Total Female Entries @ £ 8.00 = £.....

Total Coaches Pass @ £5.00 = £.....

Total cheque enclosed £.....

Make cheques payable to "City of Glasgow Swim Team"

TO BE RETURNED BY Friday 16th. April 2010



Club:

Club Contact:.....

Tel No:

E-mail address:

OFFICIALS SHEET

Name	Duty	Session 1	Session 2	Session 3	Session 4	Session 5

Please return this form with your entries to the Entry Secretary by the 16th April 2010



**Long Course Open Age Group Meet
1st & 2nd May 2010**

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

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

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

Signed:

Name (print)

Position in Club:

On Behalf of:

Name of Club