



LONG COURSE OPEN AGE GROUP MEET

Licence No – WD/L2/774/0411

TOLLCROSS PARK LEISURE CENTRE

30th of April & 1st of May 2011

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 Saturday 30th of April & Sunday 1st of May 2011

Meet Information

- Date** 30th of April & 1st of May 2011
- 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 1st of May 2011
12 & under 13/14 years 15 & over
- Events** The programme for each age group category will be as follows:

50m, 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 | 09.00 a.m. | - | Start 10.00 a.m. |
| Session 2 | Warm up | 13.30 p.m. | - | Start 14.30 p.m. |
| Session 3 | Warm up | 09.00 a.m. | - | Start 10.00 a.m. |
| Session 4 | Warm up | 13.30 p.m. | - | Start 14:30 p.m. |
- 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 15th of April 2011

Entry Fees 50, 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 15th April 2011. Entries received after this date will be declined. 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

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. Once the draft programme has been made available to all clubs, on 22nd April 2011, no withdrawals will be refunded.

Coaches Each club will receive one complimentary poolside pass and one start sheet for each session.

Extra passes are available for £5.00 per coach per day, which will provide an additional set of start sheets and 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 Karen Dickson
30 Atholl Gardens,
Bishopbriggs,
Glasgow G64 3EH
cogstopen@swimglasgow.co.uk

Meet Director Mairi Clark
Meet Director
Mairi.Clark@Merial.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 (1st May 2011)
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 marshalling 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 15th of April 2011. 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 the processing of any withdrawals.

1. Once draft program has been produced, on Friday 22nd of April no further withdrawals will be refunded.
2. Withdrawal slips will be available on the day please ensure you withdraw any swimmer not competing to assist with the smooth running of the meet.



Session Information

Saturday 30th of April				
Event	Session	Distance	Stroke	Gender
101	1	50m	Back	F
102	1	50m	Back	M
103	1	200m	Free	F
104	1	200m	Free	M
105	1	100m	Breast	F
106	1	100m	Breast	M
107	1	400m	IM	F
108	1	1500m	Free	M
201	2	50m	Breast	M
202	2	50m	Breast	F
203	2	200m	Back	M
204	2	200m	Back	F
205	2	100m	Fly	M
206	2	100m	Fly	F
207	2	400m	IM	M
208	2	1500m	Free	F
Sunday 1st of May 2011				
Event	Session	Distance	Stroke	Gender
301	3	50m	Fly	F
302	3	50m	Fly	M
303	3	400m	Free	F
304	3	200m	Breast	M
305	3	200m	Breast	F
306	3	100m	Free	M
307	3	100m	Free	F
308	3	800m	Free	M
309	3	200m	IM	F
401	4	50m	Free	M
402	4	50m	Free	F
403	4	400m	Free	M
404	4	200m	Fly	F
405	4	200m	Fly	M
406	4	100m	Back	F
407	4	100m	Back	M
408	4	800m	Free	F
409	4	200m	IM	M



SUMMARY SHEET

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

Club:

Contact Name:

Address:

.....

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 15TH OF APRIL 2011



**Long Course Open Age Group Meet
30th of April & 1st of May 2011**

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