CITY OF GLASGOW SWIM TEAM

(Licence No: WD/L3/443/0506)

LONG COURSE OPEN AGE GROUP MEET

TOLLCROSS PARK LEISURE CENTRE GLASGOW

Saturday 20th & Sunday 21st May 2006

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 20th/21st May 2006

Meet Information

Date **20th & 21st May 2006**

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 (21st May 2006).**

12 & under 13/14 years 15/16 years 17 & over

Events The programme for each age group category will be as follows:
12 & under - 100m, 200m of each stroke, 200 IM, 400 IM, 400, 800/1500mfree
13/14 years - 100m, 200m of each stroke, 200 IM, 400 IM, 400, 800/1500m free
15/16 years - 100m, 200m of each stroke, 200 IM, 400 IM, 400, 800/1500m free
17 & over - 100m, 200m of each stroke, 200 IM, 400 IM, 400, 800/1500m free
There will be no relays or skins.

A Full programme of events is attached.

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.** It is the decision of the promoter not to carry reserves, however to avoid the unnecessary waste where empty lanes appear, reserves may be drawn from City of Glasgow Swim Team swimmers.

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 Start 10:00am (Warm-up 9:00 – 9:45am)
Session 2 Start 2:30pm (Warm-up 1:30 – 2:15pm)
Session 3 Start 10:00am (Warm-up 9:00 – 9:45am)
Session 4 Start 2:30pm (Warm-up 1:30 – 2:15pm)
(SUBJECT TO CHANGE IF NECESSARY)

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 and 3rd places in each event. Appropriate club clothing must be worn for presentations. A swimmer or their representative must be available for presentation, otherwise they forfeit their medal.

Closing Date 16th April 2006

Entry Fees **£5.50 per individual event. Entry on disk only please together with a cheque made payable to** "City of Glasgow Swim Team".

Entries **Entry disks should be requested at least two weeks before the closing date. Entry must be by disk, as no paper entries will be accepted. Entry disk files (zipped) will be emailed if preferred and completed entry files can be returned to the entry secretary by email with the relevant paperwork to follow by post.**
Entries must be returned to the Meet Entry Secretary by 16th April 2006.
Entries received after closing date will not be considered under any circumstances.

IMPORTANT! Please ***do not*** send entries by recorded mail or registered delivery. If you wish to check that your entries have arrived please email the COGST entry secretary at: **cogstmeets@btinternet.com**

IT IS THE RESPONSIBILITY OF ALL ENTRIES SECRETARIES TO ENSURE THAT ALL ENTRY TIMES AND DATES OF BIRTH ARE CORRECT.

A DRAFT PROGRAMME AND LIST OF REJECTIONS (IF ANY) WILL BE MADE AVAILABLE TO ENTRIES SECRETARIES BY E-MAIL AS SOON AS POSSIBLE AFTER THE CLOSING DATE AT WHICH TIME ANY CORRECTIONS TO ENTRIES ALREADY MADE WILL BE ACCEPTED.

Entry disks available from:

Name:	Jim O'Prey
Address:	55 Meiklebin Brae Lennoxtown Glasgow G66 7BU
Tel No	01360 313 194
Email:	cogstmeets@btinternet.com

Coaches Pass Each club will receive one complimentary coaches poolside pass for each session, and one programme and a set of results sheets however this does not include a lunch. **EXTRA PASSES** are available for £5.00 per coach per day, which will provide a set of start sheets and poolside pass.
Coaches Meal Passes are available for £10.00 per person.
Please see attached form.

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

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

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 (21st May 2006)

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. **Withdrawals must be notified to the Entries secretary before 5 pm on Thursday 18th May 2006.**

4. It is the swimmers' 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. Presentations of medals will be made as soon as possible after the event.

7. Results sheets will be on sale for spectators as soon as possible following each session.

8. 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 included mobile phones with internal camera. Anyone found with one of these phones will (under the Child Protection Procedures) be asked to leave poolside and the police will be called. Applications for permission to use photographic equipment must be made on the approved SASA form obtainable from the Meet Desk in the foyer.

9. A swim shop will be open during the meet.

10. It is the decision of the promoter not to carry reserves, however to avoid the unnecessary waste where empty lanes appear, reserves will be drawn from City of Glasgow Swim Team swimmers. 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.

11. 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.

12. The wearing of football tops is not permitted at this meet.

13. To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are obliged to provide 1/2 officials per club, travelling expenses will be paid. Please complete the enclosed officials form nominating 1/2 officials and return it to the event secretary by 16th April 2006.

Donnie MacLean
Meet Director
Tel No: 0141 576 1539
Email: D.Maclean@ntlworld.com

Session Information

Saturday 20th May 2006 Session 1 Warm up 9.00-9.45am Start 10.00am Session 2 Warm up 1.30-2.15pm Start 2.30pm				
Event	Session	Distance	Stroke	Gender
101	1	200m	Back	F
102	1	200m	Back	M
103	1	100m	Fly	F
104	1	100m	Fly	M
105	1	400m	Free	F
106	1	400m	Free	M
201	2	200m	Free	F
202	2	200m	Free	M
203	2	100m	Breast	F
204	2	100m	Breast	M
205	2	400m	IM	F
206	2	400m	IM	M
Sunday 21st May 2006 Session 3 Warm up 9.00-9.45am Start 10.00am Session 4 Warm up 1.30-2.15pm Start 2.30pm				
Event	Session	Distance	Stroke	Gender
301	3	200m	Fly	M
302	3	200m	Fly	F
303	3	100m	Free	M
304	3	100m	Free	F
305	3	200m	IM	M
306	3	800m	Free	F
401	4	200m	Breast	F
402	4	200m	Breast	M
403	4	100m	Back	F
404	4	100m	Back	M
405	4	200m	IM	F
406	4	1500m	Free	M

CITY OF GLASGOW LONG COURSE MEET
20th /21st May 2006

Request for Disk

Name of Club:

_____

Abbreviation: _____

Contact Name:

_____

Return Address:

_____

_____

Post Code:

_____

Tel: _____

Fax: _____

Email: _____

Send to:

Name: Jim O'Prey
Address: 55 Meiklebin Brae
Lennoxtown
Glasgow G66 7BU
Tel no: 01360 313 194 **e-mail:** cogstmeets@btinternet.com

Closing Date: 16th April 2006

LONG COURSE OPEN MEET
Saturday and Sunday 20th/21st May 2006 at Tollcross Leisure Centre, Glasgow

COACHES PASS FORM

Club:…….

Clubs will be issued with one complimentary pass which entitles you to:

Start and Result Sheets and Poolside Access (but does not entitle you to a free meal) on the basis of one pass for up to 10 swimmers and multiples thereof for any one day. A maximum of five (5) passes will be issued

Name (Complimentary Pass):……..

Additional Coaches Passes Required:

Daily Coaches Pass (poolside access only & extra set of start sheets)

Number Required Day 1……. @ £5 each = Total £……..
Number Required Day 2……. @ £5 each = Total £……..

Daily Coaches Pass (Meal only)

Number Required Day 1……. @ £10 each = Total £……..
Number Required Day 2……. @ £10 each = Total £……..

Total due for all coaches passes: £…….

Form to be returned to:

Name: **Jim O'Prey**
Address: **55 Meiklebin Brae**
Lennoxtown
Glasgow G66 7BU
Tel no: **01360 313 194**
Email: **cogstmeets@btinternet.com**

TO BE RETURNED BY 16th APRIL 2006

SUMMARY SHEET

**** This form must be completed and returned with the entry disk. ****

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 @ £ 5.50	=	£.....….
Total Female Entries @ £ 5.50	=	£.....……..
Extra Coaches Passes @ £5.00	=	£…….
Coaches Lunch Passes @ £10.00	=	£…….
Total cheque enclosed		**£.....……**

Make cheques payable to "**City of Glasgow Swim Team**"

Form to be returned to:

Name: **Jim O'Prey**
Address: **55 Meiklebin Brae**
Lennoxtown
Glasgow G66 7BU
Tel no: **01360 313 194**
Email: **cogstmeets@btinternet.com**

TO BE RETURNED BY 16th. April 2006

Club: ….…….…….…….…….……

Club Contact:…….…….……...
Tel No: …….…….……...
E-mail address: …….…….……...

OFFICIALS SHEET

Name	Duty	Session 1	Session 2	Session 3	Session 4

Please return this form with your entries by the 16th April 2006 to: - Jim O'Prey, Entry Secretary

"Last Chance" Long Course Open Meet"
20th & 21st May 2006

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**