



GRADED LONG COURSE AGE GROUP MEET
Saturday 3rd February 2007
Tollcross Park Leisure Centre, Glasgow

Meet Information **Licence No WD/L2/5054/0207**

Age groups, events and entry times are listed on the attached sheets. All events will be heat declared winners. The number of heats will be at the discretion of the meet organisers and subject to the number of entries. Entries will be accepted on time basis only. Swimmers can only swim in their own age groups.

Age Groups **The following age groups are included based upon age on day of meet (3rd February 2007).**

10 years and under	12 years
11 years	13/14 years

Events	10 yrs/U	50m free, fly, back, breast and 100m free
	11 years	50m, 100m, 200m free and 100m fly, back & breast
	12 years	50m, 100m, 200m free and 100m fly, back & breast
	13/14 years	50m, 100m, 200m free and 100m fly, back & breast

Sessions	Session 1	Warm-up	9:00am	Start	10:00am
	Session 2	Warm-up	1:30pm	Start	2:30pm

Accreditation Application for accreditation is being made under S.A.S.A. rules with the West District, therefore all Scottish entrants must have paid their competitive fee to the S.A.S.A..

Awards Medals will be awarded to 1st, 2nd, 3rd, 4th, 5th and 6th in each event. There will be speeding tickets for swimmers who swim too fast.
Best Girls Team and Best Boys Team will be awarded trophies based upon points acquired for 1-6 place finishes.

Pool 50 Metres, 10 lanes, anti-turbulent lane lines, full electronic timing and scoreboard. 4x25Mtr continuous warm up and swim down facilities will be available (but will be withdrawn if abused).

Closing Date **07 January 2007**

Entries

Entry on disk or by e-mail only please, **no paper entries will be accepted**, together with a cheque made payable to City of Glasgow Swim Team, must be returned to the Meet Entries Secretary (see below) by 07 January 2007 (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

Jim O'Prey
55 Meiklebin Brae
Lennoxton
Glasgow
G66 7BU
Tel: 01360 313 194
Email: cogstmeets@btinternet.com

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.

Entry fee is **£4.00** per event. Entries will not be accepted without a Registration Number. **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 entries secretary at: cogstmeets@btinternet.com

No entries will be accepted from composite teams.

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

A DRAFT PROGRAMME WILL BE MADE AVAILABLE TO ENTRIES SECRETARIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE AT WHICH TIME ANY CORRECTIONS TO ENTRIES ALREADY MADE WILL BE ACCEPTED

Coaches Pass Each club will receive one complimentary coaches pass for each session, which includes programme and results sheets. **EXTRA PASSES** are available for £5.00 per coach per day. **Coaches Meal Passes** are available at £10.00

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.

Entry Times

Entry times should be **50m times or 25m times converted to 50m** and must not be faster than the **50 m** times set out in the table below.

Events	Boys				Girls			
	10	11	12	13/14	10	11	12	13/14
50 Free	38.5	34.6	33.8	29.9	38.5	36.8	34.7	32.6
100 Free	1.23.6	1.20.0	1.13.7	1.06.7	1.23.6	1.20.0	1.15.8	1.11.0
200 Free	N/A	2.50.0	2.41.0	2.20.0	N/A	2.50.0	2.43.0	2.28.8
50 Back	42.1	N/A	N/A	N/A	42.1	N/A	N/A	N/A
100 Back	N/A	1.30.1	1.25.2	1.16.6	N/A	1.30.1	1.26.3	1.21.5
50 Breast	49.0	N/A	N/A	N/A	49.0	N/A	N/A	N/A
100 Breast	N/A	1.44.0	1.37.5	1.27.2	N/A	1.44.5	1.39.6	1.33.5
50 Fly	44.3	N/A	N/A	N/A	44.3	N/A	N/A	N/A
100 Fly	N/A	1.29.1	1.24.0	1.13.5	N/A	1.29.1	1.25.3	1.20.3

Speeding tickets will be issued for swims that are 4% faster than the times in the table above.



General Information

1. Meet to be held under S.A.S.A. rules. Enclosed is a health and safety form for all swimmers (mandatory).
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 1st February 2007.**
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. Presentations of medals and 'speeding tickets' for all events will be made as soon as possible after the event. Best team trophies will be presented based upon 1-6 place points.
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. Applications 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. There will be **no reserve swimmers for this meet and no time only swims on the day.** 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 promoters 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 entry secretary by 7th January 2007.**
14. **COGST** reserve the right to use spare lanes.

Any queries please don't hesitate to contact:

**Donald MacLean
Meet Director
0141 576 1539
d.maclean@ntlworld.com**



**Long Course Graded Meet
3rd February 2007**

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

Session Information

Session 1	Warm-up	9:00am	Start 10:00am	Finish 1:00pm
Event 101	Girls 10/U yrs.	50	Freestyle	HDW
Event 102	Boys 10/U yrs.	50	Freestyle	HDW
Event 103	Girls 11 yrs.	100	Breaststroke	HDW
Event 104	Boys 11 yrs.	100	Breaststroke	HDW
Event 105	Girls 13/14 yrs.	100	Butterfly	HDW
Event 106	Boys 13/14 yrs.	100	Butterfly	HDW
Event 107	Girls 12 yrs.	100	Backstroke	HDW
Event 108	Boys 12 yrs.	100	Backstroke	HDW
Event 109	Girls 11 yrs.	100	Freestyle	HDW
Event 110	Boys 11 yrs.	100	Freestyle	HDW
Event 111	Girls 13/14 yrs.	100	Breaststroke	HDW
Event 112	Boys 13/14 yrs.	100	Breaststroke	HDW
Event 113	Girls 12 yrs.	200	Freestyle	HDW
Event 114	Boys 12 yrs.	200	Freestyle	HDW
Event 115	Girls 11 yrs.	100	Butterfly	HDW
Event 116	Boys 11 yrs.	100	Butterfly	HDW
Event 117	Girls 13/14 yrs.	100	Freestyle	HDW
Event 118	Boys 13/14 yrs.	100	Freestyle	HDW
Event 119	Girls 10/U yrs.	50	Breaststroke	HDW
Event 120	Boys 10/U yrs.	50	Breaststroke	HDW
Event 121	Girls 12 yrs.	50	Freestyle	HDW
Event 122	Boys 12 yrs.	50	Freestyle	HDW

Session 2	Warm-up	1:30pm	Start 2:30pm	Finish 5:30pm
Event 201	Girls 10/U yrs.	50	Backstroke	HDW
Event 202	Boys 10/U yrs.	50	Backstroke	HDW
Event 203	Girls 11 yrs.	50	Freestyle	HDW
Event 204	Boys 11 yrs.	50	Freestyle	HDW
Event 205	Girls 12 yrs.	100	Breaststroke	HDW
Event 206	Boys 12 yrs.	100	Breaststroke	HDW
Event 207	Girls 13/14 yrs.	100	Backstroke	HDW
Event 208	Boys 13/14 yrs.	100	Backstroke	HDW
Event 209	Girls 11 yrs.	200	Freestyle	HDW
Event 210	Boys 11 yrs.	200	Freestyle	HDW
Event 211	Girls 10/U yrs.	100	Freestyle	HDW
Event 212	Boys 10/U yrs.	100	Freestyle	HDW
Event 213	Girls 12 yrs.	100	Butterfly	HDW
Event 214	Boys 12 yrs.	100	Butterfly	HDW
Event 215	Girls 13/14 yrs.	200	Freestyle	HDW
Event 216	Boys 13/14 yrs.	200	Freestyle	HDW
Event 217	Girls 11 yrs.	100	Backstroke	HDW
Event 218	Boys 11 yrs.	100	Backstroke	HDW
Event 219	Girls 12 yrs.	100	Freestyle	HDW
Event 220	Boys 12 yrs.	100	Freestyle	HDW
Event 221	Girls 10/U yrs.	50	Butterfly	HDW
Event 222	Boys 10/U yrs.	50	Butterfly	HDW
Event 223	Girls 13/14 yrs	50	Freestyle	HDW
Event 224	Boys 13/14 yrs	50	Freestyle	HDW



OFFICIALS SHEET

Club: **Club Contact:**.....

Tel No:..... **E-mail address:**

Name	Duty	Session 1	Session 2

Please return this form with your entries by the 7th January 2007 to:

**Jim O'Prey,
55 Meiklebin Brae
Lennoxton
Glasgow, G66 7BU
Tel: 01360 313 194
Email: cogstmeets@btinternet.com**



SUMMARY SHEET

**** This form must be completed and returned with the entries. ****

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 @ £ 4.00 = £.....

Total Female Entries @ £ 4.00 = £.....

Extra Coaches Pass @ £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 Lennoxton Glasgow G66 7BU
Tel no:	01360 313 194
Email:	cogstmeets@btinternet.com

TO BE RETURNED BY SUNDAY 7th. January 2007