



CITY of **GLASGOW**

SWIM TEAM

Long Course Graded Meet

6th – 7th April 2019

Tollcross International Swimming Centre

Licence number: WD/L2/039/0419

**Take part in some great racing in one of Britain's fastest
pools!**

General Meet Information

Meet Promoter – City of Glasgow Swim Team

Meet Director – Marjorie Phillips marjorie@swimglasgow.co.uk

Meet Secretary – Brian McQueenie brian@swimglasgow.co.uk

Date: Saturday – Sunday 6th – 7th April 2019

Venue: Tollcross International Swimming Centre, 350 Wellshot Road, Glasgow, G32 7QP

Pool: 50m, 2m deep, 10 lanes with anti-turbulence lane ropes and full electronic timing, 25m swim down pool

Timings: Warm Up 9.00am and 1.30pm
Start 10.00am and 2.30pm

Ages: As on last day of meet (7th April 2019)

Age Groups: Individual events - 10 & under, 11/12, 13/14 and 15/16 years
Relays - 12 & under and 13–16 years

Events: 50m and 100m all strokes (all ages), 200m Freestyle and 200m IM (11-16 years only)
4x50m Freestyle and Medley Relays Boys, Girls and Mixed
All Events HDW

Entry Fees: £7.50 per individual event / £10 per relay entry

Coach/Team Manager Passes: £10 per day (Inc. start sheets and Meal)

Awards: Medals for top 3 swimmers in each event

Officials: Each competing club is requested to provide at least 2 Technical Officials per session, at least 1 of which should be a Judge or above, to assist with the accreditation of the meet. We would request that clubs provide the names and roles of the STOs prior to the meet and preferably at the time of entries. In line with West District policy, travelling expenses will only be paid to officials with no participating swimmers.

Closing Date for Entries: Midday Thursday 7th March 2019

Entries by Hy-Tek File should be submitted by email to the Meet Secretary, Brian McQueenie brian@swimglasgow.co.uk

Meet Rules

- Swimmers may only enter their own age group.
- No Swimmer under the age of 8 years is permitted to swim in accordance with licence requirements
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- Electronic timing will be in operation. In the event of the electronic timing failing, back-up manual timing will be used.
- Coaches and Team Managers must ensure that all of their swimmers can safely dive into deep/shallow water as per current/planned legislation.
- Only swimmers, Coaches, Team Managers and Meet Officials will be admitted to poolside. All Coaches and Team Managers must have a pass which must be worn at all times during the meet – there will be no admittance to poolside without one. It is the responsibility of each club to ensure that their coaches and team managers have current PVG in line with Scottish Swimming requirements.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the Meet Director. Application must be made on the approved form.
- Mobile phones should be switched to silent at all times on poolside. The use of mobile phones in changing areas, toilets or showers is strictly prohibited. Anyone found breaking this rule may be excluded from the rest of the meet.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Entries & Start Lists

- All entries must be made on the electronic files and submitted by email to the Meet Secretary brian@swimglasgow.co.uk Entry files can be requested by email to the Meet Secretary.
- All entry times must be Long Course or conversions to Long Course.
- All entry times must be **slower than** those listed in the table on page 5.
- It is the responsibility of Entry Secretaries to ensure that all entry times and dates of birth are correct.
- This is a Level 2 meet. Coaches should ensure that all swimmers can comply with the technical requirements of the stroke when making the entry.
- No late entries will be accepted
- Start sheets will be prepared in advance of the meet. Any advance withdrawals should be made to the Meet Secretary by midday on Friday 29th March 2019
- On the Day Withdrawals must be made to the Electronics Suite no later than 45 minutes prior to the start of each session on the withdrawal form in the coaches' pack.
- Where an event is over-subscribed, entries may be scratched to ensure the smooth and timely running of the Meet. Scratches will be made proportionately across all age groups with slower swimmers being rejected. Rejected entries will be refunded.
- No Time-Only swims will be allowed or entries on the day. City of Glasgow Swim Team reserves the right to fill any empty lanes.

Events

- All events will be heat declared winners.
- Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.
- Any amendments to published Start Lists (including Reserve swims) will be announced prior to the start of each session
- Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of Coaches/Team Managers to ensure that their swimmers report to the marshalling area on time.

Schedule of Events

Session 1 – Warm-up 9:00am; Start 10:00am					Session 3 – Warm-up 9:00am; Start 10:00am				
Event 1	Heats	Girls	200m	I.M.	Event 14	Heats	Boys	200m	I.M.
Event 2	Heats	Boys	50m	Freestyle	Event 15	Heats	Girls	50m	Backstroke
Event 3	Heats	Girls	50m	Freestyle	Event 16	Heats	Boys	50m	Backstroke
Event 4	Heats	Boys	100m	Backstroke	Event 17	Heats	Girls	100m	Freestyle
Event 5	Heats	Girls	100m	Backstroke	Event 18	Heats	Boys	100m	Freestyle
Event 6	Heats	Boys	4x50m	Medley Relay	Event 19	Heats	Girls	4x50m	Medley Relay
Event 7	Heats	Girls	4x50m	Freestyle Relay	Event 20	Heats	Boys	4x50m	Freestyle Relay
Session 2 – Warm-up 1:30pm; Start 2:30pm					Session 4 – Warm-up 1:30pm; Start 2:30pm				
Event 8	Heats	Boys	200m	Freestyle	Event 21	Heats	Girls	200m	Freestyle
Event 9	Heats	Girls	50m	Breaststroke	Event 22	Heats	Boys	50m	Butterfly
Event 10	Heats	Boys	50m	Breaststroke	Event 23	Heats	Girls	50m	Butterfly
Event 11	Heats	Girls	100m	Butterfly	Event 24	Heats	Boys	100m	Breaststroke
Event 12	Heats	Boys	100m	Butterfly	Event 25	Heats	Girls	100m	Breaststroke
Event 13	Heats	Mixed	4x50m	Medley Relay	Event 26	Heats	Mixed	4x50m	Freestyle Relay

Submitted entry times must be **slower than** the times listed below. (Long Course, 50m)

Girls					Boys			
15/16	13/14	11/12	10/under	Event	10/under	11/12	13/14	15/16
0:29.10	0:30.20	0:31.10	0:36.00	50m Free	0:36.00	0:31.30	0:29.10	0:27.10
1:02.70	1:06.20	1:08.80	1:20.00	100m Free	1:20.00	1:08.80	1:03.80	0:58.20
0:32.90	0:34.70	0:36.70	0:41.00	50m Back	0:41.00	0:37.00	0:34.00	0:31.20
1:10.00	1:14.00	1:17.00	1:30.00	100m Back	1:30.00	1:19.00	1:14.20	1:07.00
0:37.20	0:39.40	0:41.50	0:46.00	50m Breast	0:46.00	0:41.60	0:37.70	0:34.20
1:20.70	1:25.30	1:30.40	1:40.00	100m Breast	1:40.00	1:32.10	1:22.40	1:16.30
0:31.40	0:33.00	0:35.50	0:41.00	50m Fly	0:41.00	0:36.00	0:32.70	0:29.30
1:09.10	1:15.20	1:20.40	1:30.00	100m Fly	1:30.00	1:22.00	1:13.70	1:04.80
2:15.30	2:22.80	2:27.20	n/a	200m Free	n/a	2:31.00	2:19.00	2:08.50
2:34.10	2:40.50	2:46.40	n/a	200m IM	n/a	2:49.60	2:37.20	2:23.20

*Age as at midnight Sunday 7th April 2019

Warm-up

- The warm-up will commence only when announced by the warm-up controller.
- There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.
- Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.
- Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

Miscellaneous

- Accreditation has been sought via West District Licence.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.
- City of Glasgow Swim Team, Tollcross International Swim Centre and Glasgow Life take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended.
- Swimmers out-with the pool area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on poolside.
- Anything not covered above and not printed in the meet programme will be at the promoter's discretion.
- City of Glasgow Swim Team reserve the right to vary the above conditions as required.

Controlling the Use of Photographic Equipment

- No photographic equipment is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the Meet Director.
- Application to use photographic equipment must be made on the approved form available at the entrance desk.
- Application can be made on the day to the Meet Director or to the Meet Director's appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British 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/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: Click here to enter text.

Print Name: Click here to enter text.

Position in club: Click here to enter text.

On behalf of: Click here to enter text. (Name of club)

Return this form along with entries no later than Midday Thursday 7th March 2019 to:

Brian McQueenie brian@swimglasgow.co.uk

Summary Entry Form

This form must be completed and returned with any entries.

Club Name Click here to enter text.

Contact Name: Click here to enter text.

Address: Click here to enter text.

Click here to enter text.

Click here to enter text.

Click here to enter text.

Telephone: Click here to enter text.

E-Mail Click here to enter text.

Total Male Entries @ £7.50 each:..... £.....

Total Female Entries @ £7.50 each:..... £.....

Relay Entries @ £10 each:..... £.....

Number of Coaches Passes @ £10 each day:..... £.....

Total Amount Enclosed: £.....

Signed: Click here to enter text.

Position in club: Click here to enter text.

Payment should be made by bank transfer to:

Bank of Scotland

Sort Code - 80 07 85

A/C No - 00198975

Account Name - City of Glasgow Swim Team

Reference – your club name

Return this form along with entries no later than Midday Thursday 7th March 2019 to:

Brian McQueenie brian@swimglasgow.co.uk