

RUTHERGLEN AMATEUR SWIMMING CLUB

(Affiliated to SASA) present their annual

SUMMER GRADED MEET

(under FINA rules & SASA regulations)

1st & 2nd June 2019

VENUE:	Sir Matt Busby Sports Complex Main Street, Bellshill ML4 3DP 01698 747466
POOL:	6 lane x 25m
ELECTRONIC TIMING:	OMEGA
MEET LICENCE:	WD/L2/043/0619
ENTRY FEE:	£6.00 per event. Payments should be made by direct bank transfer (see details below).
COACHES PASSES:	£6.50 each, to include poolside pass, start sheets, results and meal. Poolside access will not be permitted without a pass.
AWARDS:	Medals will be awarded to 1 st , 2 nd & 3 rd place in each event.
CLOSING DATE FOR ENTRY:	Friday 3 rd May 2019
REFRESHMENTS:	Teas, coffees & snacks will be available.
MEET ENQUIRIES:	Mike Perceval-Maxwell Tel: 07910 863353 Email: meets@rasc.org.uk
AGE GROUPS:	10 & under, 11, 12, 13, 14 & 15 years (Age as at 31/12/2019)
EVENTS:	50m, 100m & 200m all strokes 400m Freestyle 200m & 400m IM Swimmers can only swim in their own age group. No swimmer under the age of 8 is permitted to swim. Number of heats will be limited to ensure the smooth running of the competition. Heats will be swum slowest to fastest. Entries will be accepted on time basis. All events will be heat declared winners.
OFFICIALS	All competing clubs are requested to provide a minimum of two STOs per session, one of whom should be Judge Level 1 or above.
WARM UP & START TIMES:	9:00am for 10:00am start / 1:30pm for 2:30pm start.

SUMMER GRADED MEET

SATURDAY 1st & SUNDAY 2nd JUNE 2019

SIR MATT BUSBY SPORTS COMPLEX

1. The meet is to be held under FINA Rules and SASA Regulations and has the Licence number **WD/L2/043/0619**.
2. The pool is 25m long x 6 lanes, with anti-turbulence lane ropes and Omega electronic timing in operation. There is no swim down facility.
3. Withdrawals will be accepted up until 45 minutes before the beginning of each session. Start sheets will then be posted at various locations around the poolside. Swimmers will be called for in whole events, at least one event prior to their swim and marshalled into heats in the designated marshalling areas. Swimmers will then be sent down in heat order to the starting blocks.
4. Warm ups will be split to accommodate the numbers and age range of competitors. A warm up schedule will be provided and posted poolside.
5. Awards will be made to the top three swimmers in each event.
6. Over the top starts will be used during the meet at the discretion of the meet management and referee.
7. Poolside passes will be issued for coaches/team managers at £6.50 per day each. These will provide admission to both sessions, a set each of start & result sheets and meals. Only pass holders, swimmers and officials will be allowed poolside.
8. Entries to events will be restricted and will be accepted on the basis of entry times. Any entry not accepted will be refunded. There will be reserve swims. However, where a reserve swimmer attends the meet but no swim is available on the day a full refund will be issued. It is the responsibility of the person receiving the entries to check the accuracy of the accepted swims and to inform all relevant swimmers of their accepted entries. Rutherglen ASC reserves the right to fill lanes with swimmers of their choice where an event is under-subscribed.
9. A list of accepted/rejected entries and draft programme will be sent to the contact stated on the meet entry form on or around 13th May 2019 after which time no further refunds for withdrawals will be provided.
10. All entries should be submitted via Hy-Tek Event File which will be made available on request from: meets@rasc.org.uk
11. All swimmers of Scottish clubs must have a current SASA registration number. All swimmers of non-Scottish clubs must be registered with their governing body.

12. The current fee of £6.00 per event must accompany the completed paperwork and be sent to Mike Perceval-Maxwell by the closing date of **Friday 3rd May 2019**.

Preferred method of payment is by direct bank transfer to:

Sort Code: 82-62-24, Account: 00033975, Ref: "Your Club Name: RASC Graded"

13. Swimmers, Coaches and Team Managers must ensure that all of their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool. There will be a one-way system operating around the pool.
14. No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without the prior approval of the Meet Manager. Application may be made on the day of the meet at the Meet Office. The application must be made on the approved SASA form, and evidence should be shown that they have a swimmer(s) competing in the Meet.
15. **Accreditation:** To ensure accreditation we ask that all clubs provide a minimum of two STOs per session, one of whom should be Judge Level 1 or above.

This is one of the last opportunities for swimmers to obtain accredited times for DRP selection so STO support is essential.

16. Prize Draw: As per previous meets, a prize draw ticket will be issued to officials for each session they attend. The draw will be held during the final session.
17. All mobile phones must be switched off on poolside.

It is the responsibility of each attending club to ensure that their members are aware of the meet regulations.

SUMMER GRADED MEET 2019

Programme of Events

Session 1 - Start Time 10:00am		Session 3 - Start Time 10:00am	
Event #	Event	Event #	Event
101	Boys 15 & Under 200m Butterfly	301	Boys 15 & Under 400m Individual Medley
102	Girls 15 & Under 200m Butterfly	302	Girls 15 & Under 400m Individual Medley
103	Boys 11 & Under 100m Breaststroke	303	Boys 12-13 100m Breaststroke
104	Girls 11 & Under 100m Breaststroke	304	Girls 12-13 100m Breaststroke
105	Boys 15 & Under 200m Individual Medley	305	Boys 15 & Under 200m Freestyle
106	Girls 15 & Under 200m Individual Medley	306	Girls 15 & Under 200m Freestyle
107	Boys 12-13 100m Freestyle	307	Boys 14-15 100m Freestyle
108	Girls 12-13 100m Freestyle	308	Girls 14-15 100m Freestyle
109	Boys 15 & Under 50m Backstroke	309	Boys 15 & Under 50m Breaststroke
110	Girls 15 & Under 50m Backstroke	310	Girls 15 & Under 50m Breaststroke
Session 2 - Start Time 2:30pm		Session 4 - Start Time 2:30pm	
Event #	Event	Event #	Event
201	Boys 15 & Under 400m Freestyle	401	Boys 15 & Under 100m Butterfly
202	Girls 15 & Under 400m Freestyle	402	Girls 15 & Under 100m Butterfly
203	Boys 11 & Under 100m Freestyle	403	Boys 15 & Under 200m Breaststroke
204	Girls 11 & Under 100m Freestyle	404	Girls 15 & Under 200m Breaststroke
205	Boys 15 & Under 200m Backstroke	405	Boys 15 & Under 100m Backstroke
206	Girls 15 & Under 200m Backstroke	406	Girls 15 & Under 100m Backstroke
207	Boys 14-15 100m Breaststroke	407	Boys 15 & Under 50m Freestyle
208	Girls 14-15 100m Breaststroke	408	Girls 15 & Under 50m Freestyle
209	Boys 15 & Under 50m Butterfly		
210	Girls 15 & Under 50m Butterfly		

SUMMER GRADED MEET 2019

ENTRY TIMES

TIMES NO FASTER THAN - TO BE SC TIMES, CAN BE CONVERTED FROM LC

Boys						Events	Girls					
15	14	13	12	11	10 & Under		10 & Under	11	12	13	14	15
						50m Freestyle						
56.40	59.90	1:04.90	1:09.90	1:16.90	1:16.90	100m Freestyle	1:18.20	1:18.20	1:12.70	1:08.00	1:03.90	1:00.50
2:04.90	2:12.70	2:23.70	2:34.70	2:49.90	2:49.90	200m Freestyle	2:49.10	2:49.10	2:37.10	2:27.00	2:18.30	2:11.60
4:26.00	4:42.50	5:05.90	5:29.10	6:01.50	6:01.50	400m Freestyle	5:55.70	5:55.70	5:30.70	5:09.50	4:51.20	4:37.30
						50m Backstroke						
1:03.20	1:07.10	1:12.70	1:18.20	1:25.90	1:25.90	100m Backstroke	1:27.00	1:27.00	1:20.90	1:15.70	1:11.20	1:07.50
2:17.30	2:25.90	2:37.90	2:49.80	3:06.50	3:06.50	200m Backstroke	3:06.50	3:06.50	2:53.40	2:42.30	2:32.70	2:25.60
						50m Breaststroke						
1:09.80	1:14.20	1:20.40	1:26.60	1:35.10	1:35.10	100m Breaststroke	1:37.60	1:37.60	1:30.70	1:24.90	1:19.80	1:15.00
2:31.90	2:41.40	2:54.80	3:08.10	3:26.70	3:26.70	200m Breaststroke	3:29.80	3:29.80	3:15.00	3:02.50	2:51.60	2:42.00
						50m Butterfly						
1:00.90	1:04.70	1:10.00	1:15.30	1:22.80	1:22.80	100m Butterfly	1:24.20	1:24.20	1:18.30	1:13.30	1:08.90	1:05.10
2:16.30	2:24.70	2:36.70	2:48.50	3:05.00	3:05.00	200m Butterfly	3:04.10	3:04.10	2:51.20	2:40.20	2:30.80	2:24.30
2:20.00	2:28.80	2:41.00	2:53.30	3:10.30	3:10.30	200m IM	3:10.40	3:10.40	2:57.00	2:45.70	2:35.90	2:28.30
4:59.90	5:18.60	5:44.80	6:11.00	6:47.50	6:47.50	400m IM	6:40.70	6:40.70	6:12.50	5:48.60	5:28.00	5:12.90

* All 50m Open events are for ages 10 yr & under – 15 yr. Event results will be separated into age groups.

RUTHERGLEN AMATEUR SWIMMING CLUB

SUMMARY SHEET

SUMMER GRADED MEET

1st & 2nd JUNE 2019

Closing date: **Friday 3rd May 2019**, to be emailed to meets@rasc.org.uk or sent by post to:

Mike Perceval-Maxwell
74 Cot Castle Grove
Stonehouse ML9 3RQ

CLUB: _____

CONTACT NAME:	
CONTACT ADDRESS:	
CONTACT TELEPHONE NO:	
E-MAIL ADDRESS:	

Entries:

_____ Boys Entries	@ £6.00	=	_____
_____ Girls Entries	@ £6.00	=	_____
_____ Coach Passes (Saturday)	@ £6.50	=	_____
_____ Coach Passes (Sunday)	@ £6.50	=	_____
TOTAL		=	_____

Bank Transfer Details

Sort Code: 82-62-24, Account: 00033975,
Ref: "Your Club Name: RASC Graded"

RUTHERGLEN AMATEUR SWIMMING CLUB

SUMMARY SHEET

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1st & 2nd JUNE 2019

Please complete this form to comply with accreditation
requirements

On behalf of _____ **(Name of Club)**

I confirm that all entered swimmers have paid the current S.A.S.A Membership Fee.
I confirm that the notice of photographic equipment has been brought to the
attention of the swimmers, parents and coaches who will be attending the meet.
I confirm that all swimmers have trained and are competent to dive into the pool.

Signed: _____

Position Held: _____

RUTHERGLEN AMATEUR SWIMMING CLUB

SUMMARY SHEET

SUMMER GRADED MEET

1st & 2nd JUNE 2019

Club _____

Club Contact _____

Tel No _____

E-Mail _____

Name	Duty	Session 1	Session 2	Session 3	Session 4
	Judge/TK				
	Judge/TK				
	Judge/TK				
	Judge/TK				
	Judge/TK				
	Judge/TK				
	Judge/TK				
	Judge/TK				

Due to licensing and accreditation conditions, we would ask any Technical Official travelling with clubs to make themselves available on the day. It would be appreciated if each club attending could provide a minimum of two STOs per session, one of whom should be Judge Level 1 or above.

Please email your completed officials' form to stocoordinator@rasc.org.uk no later than Friday 24th May 2019.

This is one of the last opportunities for swimmers to obtain accredited times for DRP selection so STO support is essential.

Thank You