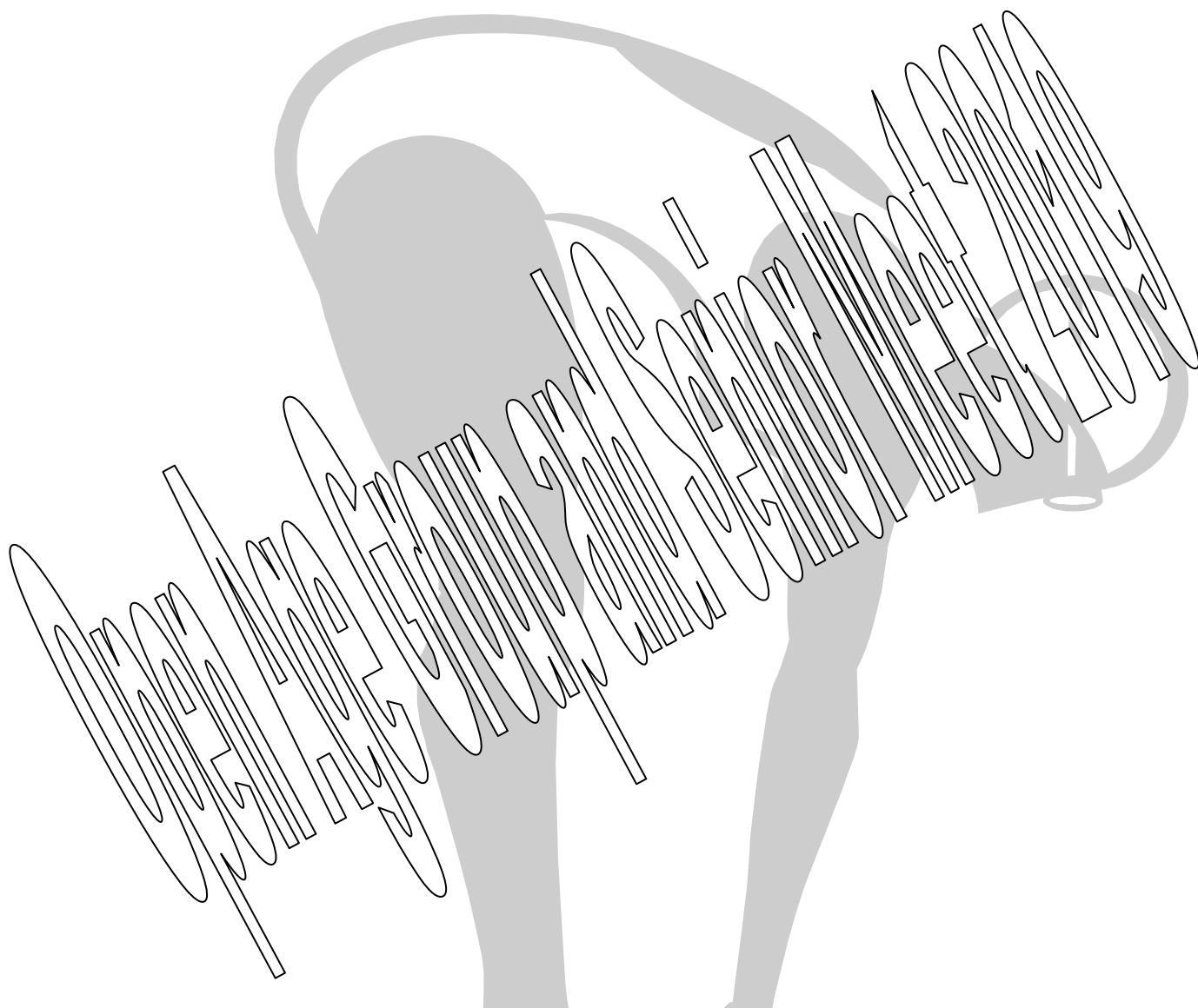


# **CUMBERNAULD Swimming Club**



**TRYST SPORTS CENTRE  
CUMBERNAULD  
8/9 JUNE 2019**

**Held under licence from SASA WEST DISTRICT  
Licence Number WD/L2/019/0619**



invite entries to their

## Open Age Group & Senior Meet 8-9 June 2019

### General Meet Information

- Date: Saturday 8th – Sunday 9th June 2019
- Venue: Tryst Sports Centre, Cumbernauld
- Pool: 6 Lane 25 metre; swim down pool; full electronic timing with 6 lane alphanumeric scoreboard; anti-wave lane ropes; spectator area; cafeteria.
- Timings: Warm Up 09.00 and 13.30 each day  
Start 10.00 and 14.30 each day
- Ages: As on last day of meet (9/06/19)
- Age Groups: Open, 12&Un, 13yrs, 14yrs & 15/Ov
- Events: 50 & 100m All Strokes for all age groups  
Open 200m and 400m Free & 50m Challenge  
12& Un, 13yrs, 14yrs 6x50m Freestyle Relay
- 50m. Events Heats and Finals (Except 50m Challenge)**  
**All Other Events HDW**
- Entry Fees: £6 per individual event - £12 per relay team
- Coaches Passes: £8 (Inc. Programme, Results and Meal) Per Day
- Awards: 12&Un - 13yrs - 14yrs - Medals:- First 3 places only  
15yrs & Open - £15, £10, £5 - 50m Challenge £50/£25
- Officials: Clubs are invited to supply Technical Officials to assist with the smooth running of the meet.
- Closing Date for Entries: **Midday Saturday 11<sup>th</sup> May 2019**

All entries should be submitted using relevant electronic file on disk or e-mail to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood,  
Cumbernauld  
G67 1NP

Tel: 01236 612269

E-mail: [rgsw12257@blueyonder.co.uk](mailto:rgsw12257@blueyonder.co.uk)

## Open Meet – Specific Information

### Meet Rules

- Swimmers may only enter their own age group.
- No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements
- All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.
- All swimmers of non-Scottish clubs must have or have applied for registration with their governing body.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current/planned legislation. There will be **NO** diving at the shallow end of the pool.
- No photographic or video equipment (inc videophones) 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 SASA form.
- 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 relevant electronic files and submitted on disk or by e-mail to the address overleaf. Entry Files can be requested by returning the enclosed form or via e-mail.
- No Late entries will be accepted
- Start Lists will be prepared in advance of the meet. Any advanced withdrawals to be made to the Meet Entry Secretary by **12 midday on Saturday 1st June 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 event withdrawal form.
- The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure that entry times are accurate. Rejected entries will be refunded in full. Rejected Entries will be notified by e-mail as soon as possible after the closing date

### Events

- All Open and 100m Events will be Heat Declared Winner and all 50m Events will be Heats and Finals (exc 50m Challenge)
- 6x50m Freestyle Relay to consist of 1 Boy and 1 Girl from each eligible Age Group and to be swam in Age Order, i.e youngest to oldest.(12&Un, 13yrs,14yrs).
- 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 (inc 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 competing clubs to ensure that their swimmers report to the marshals on time.

### Warm-up and Session Times

- 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.
- Cumbernauld Swimming Club, Tryst Sports Centre and Culture NL 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. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.
- 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 promoters' discretion.
- Cumbernauld Swimming Club reserve the right to vary the above conditions as required.



# CUMBERNAULD SWIMMING CLUB



## OPEN AGE GROUP and SENIOR MEET

### Order of Events

#### SESSION 1

Warm up: 9.00 am.

Start: 10.00 am.

101	Girls	Open	200m. Free	HDW
102	Boys	12/Under	50m. Free	Heats
103	Girls	12/Under	50m. Free	Heats
104	Boys	13 years	50m. Back	Heats
105	Girls	13 years	50m. Back	Heats
106	Boys	14 years	50m. Breast	Heats
107	Girls	14 years	50m. Breast	Heats
108	Boys	15/Over	50m. Fly	Heats
109	Girls	15/Over	50m. Fly	Heats
110	Boys	12/Under	100m. Free	HDW
111	Girls	12/Under	100m. Free	HDW
112	Boys	13 years	100m. Back	HDW
113	Girls	13 years	100m. Back	HDW
114	Boys	14 years	100m. Breast	HDW
115	Girls	14 years	100m. Breast	HDW
116	Boys	15/Over	100m. Breast	HDW
117	Girls	15/Over	100m. Breast	HDW
<b>Presentations of HDW Events 101, 110 - 117</b>				
	Final of Event 102	Boys	12/Under	50m. Free
	Final of Event 103	Girls	12/Under	50m. Free
	Final of Event 104	Boys	13 years	50m. Back
	Final of Event 105	Girls	13 years	50m. Back
	Final of Event 106	Boys	14 years	50m. Breast
	Final of Event 107	Girls	14 years	50m. Breast
	Final of Event 108	Boys	15/Over	50m. Fly
	Final of Event 109	Girls	15/Over	50m. Fly
<b>Presentations of Final Events 102 - 109</b>				

#### SESSION 2

Warm up: 1.30 pm.

Start: 2.30 pm.

201	Boys	Open	400m. Free	HDW
202	Girls	12/Under	50m. Breast	Heats
203	Boys	12/Under	50m. Breast	Heats
204	Girls	13 years	50m. Fly	Heats
205	Boys	13 years	50m. Fly	Heats
206	Girls	14 years	50m. Free	Heats
207	Boys	14 years	50m. Free	Heats
208	Girls	15/Over	50m. Back	Heats
209	Boys	15/Over	50m. Back	Heats
210	Girls	12/Under	100m. Breast	HDW
211	Boys	12/Under	100m. Breast	HDW
212	Girls	13 years	100m. Fly	HDW
213	Boys	13 years	100m. Fly	HDW
214	Girls	14 years	100m. Free	HDW
215	Boys	14 years	100m. Free	HDW
216	Girls	15/Over	100m. Free	HDW
217	Boys	15/Over	100m. Free	HDW
<b>Presentations of HDW Events 201, 210 - 217</b>				
	Final of Event 202	Girls	12/Under	50m. Breast
	Final of Event 203	Boys	12/Under	50m. Breast
	Final of Event 204	Girls	13 years	50m. Fly
	Final of Event 205	Boys	13 years	50m. Fly
	Final of Event 206	Girls	14 years	50m. Free
	Final of Event 207	Boys	14 years	50m. Free
	Final of Event 208	Girls	15/Over	50m. Back
	Final of Event 209	Boys	15/Over	50m. Back
<b>Presentations of Final Events 202 - 209</b>				

#### SESSION 3

Warm up: 9.00 am.

Start: 10.00 am.

301	Male	Open	50m. Free	Challenge Heats
302	Female	Open	50m. Free	Challenge Heats
303	Boys	12/Under	50m. Fly	Heats
304	Girls	12/Under	50m. Fly	Heats
305	Female	Open	400m. Free	HDW
306	Boys	13 years	50m. Free	Heats
307	Girls	13 years	50m. Free	Heats
308	Boys	14 years	50m. Back	Heats
309	Girls	14 years	50m. Back	Heats
310	Boys	15/Over	50m. Breast	Heats
311	Girls	15/Over	50m. Breast	Heats
312	Boys	12/Under	100m. Fly	HDW
313	Girls	12/Under	100m. Fly	HDW
314	Boys	13 years	100m. Free	HDW
315	Girls	13 years	100m. Free	HDW
316	Boys	14 years	100m. Back	HDW
317	Girls	14 years	100m. Back	HDW
318	Boys	15/Over	100m. Fly	HDW
319	Girls	15/Over	100m. Fly	HDW
<b>Presentations of HDW Events 305, 312 - 319</b>				
	Final of Event 303	Boys	12/Under	50m. Fly
	Final of Event 304	Girls	12/Under	50m. Fly
	Final of Event 306	Boys	13 years	50m. Free
	Final of Event 307	Girls	13 years	50m. Free
	Final of Event 308	Boys	14 years	50m. Back
	Final of Event 309	Girls	14 years	50m. Back
	Final of Event 310	Boys	15/Over	50m. Breast
	Final of Event 311	Girls	15/Over	50m. Breast
	Last 6 - Challenge	Male	Open	50m. Free
	Last 6 - Challenge	Female	Open	50m. Free
<b>Presentations of Final Events 303 - 311</b>				

#### SESSION 4

Warm up: 1.30 pm.

Start: 2.30 pm.

401	Male	50m Challenge	50m. Free	Last 4
402	Female	50m Challenge	50m. Free	Last 4
403	Girls	12/Under	50m. Back	Heats
404	Boys	12/Under	50m. Back	Heats
405	Male	Open	200m. Free	HDW
406	Girls	13 years	50m. Breast	Heats
407	Boys	13 years	50m. Breast	Heats
408	Girls	14 years	50m. Fly	Heats
409	Boys	14 years	50m. Fly	Heats
410	Girls	12/Under	100m. Back	HDW
411	Boys	12/Under	100m. Back	HDW
412	Girls	13 years	100m. Breast	HDW
413	Boys	13 years	100m. Breast	HDW
414	Girls	14 years	100m. Fly	HDW
415	Boys	14 years	100m. Fly	HDW
416	Girls	15/Over	100m. Back	HDW
417	Boys	15/Over	100m. Back	HDW
<b>Presentations of HDW Events 405, 410 - 417</b>				
	Final of Event 403	Girls	12/Under	50m. Back
	Final of Event 404	Boys	12/Under	50m. Back
	Final of Event 406	Girls	13 years	50m. Breast
	Final of Event 407	Boys	13 years	50m. Breast
	Final of Event 407	Girls	14 years	50m. Fly
	Final of Event 408	Boys	14 years	50m. Fly
418	6x50m Freestyle Relay			
	Final 50m Challenge	Male	50m. Free	Last 2
	Final 50m Challenge	Female	50m. Free	Last 2
<b>Presentations of Final Events 401 - 408 &amp; 418</b>				

# CUMBERNAULD SWIMMING CLUB

## Health and Safety Announcement

### Controlling the Use of Photographic Equipment

The S.A.S.A has a strict child protection policy, brought about by concerns over paedophile activity. This policy has been adopted by each member club and requires that meet organisers strictly control the use of photographic and video equipment. Therefore the use of such equipment shall be subject to the following guidelines:

No photographic equipment (e.g., camera, camcorder, cameraphones etc,) 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 S.A.S.A. form which is available on request.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.





# CUMBERNAULD SWIMMING CLUB

## 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: .....

Print Name: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form along with entries no later than **Midday Wednesday 11<sup>th</sup> May 2019** to:

**Ronnie Girvan**  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
Glasgow  
G67 1NP

Rgsw12257@blueyonder.co.uk



# CUMBERNAULD SWIMMING CLUB

## Open Age Group & Senior Meet 8-9 June 2019

### Summary Entry Form

*\*\* This form must be completed and returned with any entries. \*\**

Club Name: ..... Contact Name: .....

Club Code: ..... Address: .....

Telephone: .....

Fax: .....

E-Mail: .....

Total Male Entries @ £6 each: ..... £.....

Total Female Entries @ £6 each: ..... £.....

Relay Entries @ £12 each ..... £.....

Number of Coaches @ £8 per day Sat: ..... £.....

Sun: ..... £.....

Total Amount: Cheque  BACS  £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **Cumbernauld Swimming Club**  
If paying by BACS please add reference of Club Name and Meet name to  
Sort Code: 801313 A/c 00227679

Return this form along with entries no later than **Midday Saturday 11<sup>th</sup> May 2019** to:

Ronnie Girvan  
14 Ronaldsay Place  
Ravenswood  
Cumbernauld  
Glasgow  
G67 1NP