



An invite to our

## **Spring Open Meet**

Held under Licence from SASA West District  
Licence Number: WD/L2/023/0419

On

**Saturday 13<sup>th</sup> & Sunday 14<sup>th</sup>  
April 2019**

At

**Grangemouth Sports Complex  
Abbots Road  
Grangemouth FK3 9JB**

Closing Date for Entries: Midnight, Friday 15<sup>th</sup> March 2019



# Meet Information

<b>Date</b>	Saturday and Sunday 13 <sup>th</sup> and 14 <sup>th</sup> April 2019		
<b>Venue</b>	Grangemouth Sports Complex Abbots Road Grangemouth FK3 9JB		
<b>Pool</b>	6 lane, 25m pool, electronic timing/scoreboard and anti-wave lane ropes.		
<b>Session Times</b>	Session 1	Warm up: 8.00 am	Start: 9.00 am
	Session 2	Warm up: 9.00 am	Start: 10.00 am
	Session 3	Warm up: 1.30 pm	Start: 2.30 pm
<b>Age groups</b>	8-12yrs, 13/14 yrs, 15 yrs & over. Age is on last day of Meet, Sunday 14 <sup>th</sup> April 2019. Events will be run in mixed age groups, with results sorted by age groups.		
<b>Events</b>	50m, 100m and 200m (Backstroke, Breaststroke, Butterfly and Freestyle) 200m and 400m Individual Medley 400m, 800m (female) and 1500m (Male) Freestyle.		
<b>Awards</b>	All events will be Heat Declared Winners (HDW). Medals will be awarded for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> place in each age group in all events.		
<b>Entry Fees</b>	£6.50 per individual event.		
<b>Coach's Pass</b>	Coach's Passes at a cost of £10.00 are available to cover lunch on Sunday.		
<b>Officials</b>	Each competing club are requested to supply at least 2 Technical Officials per session, of whom at least 1 of which should be a Judge or above, to assist with accreditation of the Meet.		
<b>Facilities</b>	There are café facilities available at the Grangemouth Sports Village		
<b>Entry Files</b>	All entries and current times should be made on the relevant electronic file. The Hytek Team Manager Event File can be downloaded from the Swim Scotland Website or requested by email from:		
<div><b>Meet Entry Secretary</b> Michelle Murray Email: <a href="mailto:meetsec@stirlingswimming.co.uk">meetsec@stirlingswimming.co.uk</a></div>			
<b>Closing Date</b>	Midnight, Friday 15 <sup>th</sup> March 2019. No late entries will be accepted.		

# Meet Rules

- The Meet will be held under SASA rules. Enclosed is a Health and Safety Declaration Form to be completed (mandatory). Please return this with your Entry Summary Form.
- A SASA West District Level 2 Licence has been granted for this meet. Accreditation of results will be applied for after the Meet.
- All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
- Swimmers may only enter their own age group.
- No swimmers under the age of 8 years are permitted to swim in accordance with licence requirements.
- Electronic timing will be in operation. In the event of the electronic timing failing, manual timing will be used hence the need to have sufficient STO's to ensure accreditation of the Meet.
- Only Swimmers, Coaches, Team Managers and Meet Officials will be admitted poolside.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as per current planned legislation. There will be NO diving at the shallow end of the pool.
- 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.
- The Meet Management reserves the right to alter the programme and warm-up times if necessary. Anything not covered above or printed in the event programme will be at the Gala Convenor's discretion.

## Entries, Withdrawals and Start Lists

- All entries must be made on the electronic files, which can be downloaded from Swim Scotland or can be obtained by emailing the Meet Secretary, quoting your club name. Entry Files should be submitted by e-mail to the Meet Entry Secretary.
- Entries closing is midnight, Friday 15<sup>th</sup> March 2019. No late entries will be accepted.
- Entries will be accepted on a time basis. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct.
- Where an event is over-subscribed, entries may be scratched, to ensure the smooth and timely running of the meet.
- Participating clubs will be provided with a list of confirmed swims and scratches and a copy of the Programme within 2 weeks of the closing date. Any scratches will be fully refunded.
- Withdrawals made after issue of the programme will be charged in full.
- Please email any withdrawals to the Meet secretary [meetsec@stirlingswimming.co.uk](mailto:meetsec@stirlingswimming.co.uk) as soon as possible after issue of the programme and by midnight Wednesday 10<sup>th</sup> April 2019 at the latest. Any withdrawals after this time will have to be made during the relevant session on the day of the meet. Please include the following details on all email withdrawals: Name of swimmer, Age group, Event No and Stroke.
- Withdrawals on the day must be into the recorders desk no later than 45 minutes prior to the start of each session using the withdrawal form in the coach's pack.

- Start lists will be issued to all clubs, prior to the start of a session, once all the withdrawals have been processed.
- Stirling Swimming reserves the right to fill empty lanes with swimmers from Stirling Swimming in the appropriate age group and consideration time (if applicable).
- No Time Only swims will be allowed or entries on the day without the prior approval of the Meet Referee.

## Events

- Over the top starts will be used to ensure the smooth running of the meet.
- Heats will be seeded after withdrawals close 45 minutes before the start of each session.
- All heats will be spearheaded, fastest to slowest, with the fastest swimmers in the final heat.
- Updated start sheets will be issued to the clubs for marshalling once all on-the-day withdrawals and any updates to reserve swims have been processed. In the event of a delay producing the start sheets, a copy of the programme will be included in the coaches' packs to allow for marshalling of all swimmers listed for the first event.
- Swimmers are asked to report to the marshalling area at least **five heats** in advance and 10 minutes before the first event.
- Heats will be run as mixed age groups based on entry times, as with an open meet, to provide competitive and comparative swimming.

## Awards/Presentations

- Results will be posted on the walls in the pool area and at the back of the spectating area.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each age group in all events.
- No formal presentations are scheduled. Announcements will be made of the medallists in each event and medals will be available poolside for collection during each session.

## Photography

- The Scottish Swimming policy on the use of photographic equipment (cameras, camcorders, mobile phones, etc.) will be applied at this meet.
- Application forms for approval to use photographic equipment can be obtained from the entrance desk at the top of the spectator's balcony.
- Unauthorised use of photographic equipment is not permitted.

## Miscellaneous

- Swimmers and coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the Meet.
- Stirling Swimming Club, or the venue, cannot be held responsible for loss or damage to any property of swimmers, team staff or spectators. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn poolside.

# **Stirling Spring Open Meet Programme of Events**

**Saturday 13<sup>th</sup> April 2019**

## **SESSION 1**

**Warm Up: 8.00am - Start: 9.00am**

Event 101	Boys	1500m Freestyle	HDW
Event 102	Girls	50m Breaststroke	HDW
Event 103	Boys	50m Butterfly	HDW
Event 104	Girls	50m Backstroke	HDW
Event 105	Boys	50m Freestyle	HDW
Event 106	Girls	800m Freestyle	HDW
Event 107	Boys	50m Breaststroke	HDW
Event 108	Girls	50m Butterfly	HDW
Event 109	Boys	50m Backstroke	HDW
Event 110	Girls	50m Freestyle	HDW

# **Stirling Spring Open Meet**

## **Programme of Events**

**Sunday 14<sup>th</sup> April 2019**

### **SESSION 2**

**Warm Up: 9.00am - Start: 10.00am**

Event 201	Girls	400m Freestyle	HDW
Event 202	Boys	400m Individual Medley	HDW
Event 203	Girls	200m Backstroke	HDW
Event 204	Boys	200m Freestyle	HDW
Event 205	Girls	100m Butterfly	HDW
Event 206	Boys	100m Breaststroke	HDW
Event 207	Girls	200m Individual Medley	HDW
Event 208	Boys	200m Butterfly	HDW
Event 209	Girls	200m Breaststroke	HDW
Event 210	Boys	100m Backstroke	HDW
Event 211	Girls	100m Freestyle	HDW

### **SESSION 3**

**Warm Up: 1.30pm - Start: 2.30pm**

Event 301	Boys	400m Freestyle	HDW
Event 302	Girls	400m Individual Medley	HDW
Event 303	Boys	200m Backstroke	HDW
Event 304	Girls	200m Freestyle	HDW
Event 305	Boys	100m Butterfly	HDW
Event 306	Girls	100m Breaststroke	HDW
Event 307	Boys	200m Individual Medley	HDW
Event 308	Girls	200m Butterfly	HDW
Event 309	Boys	200m Breaststroke	HDW
Event 310	Girls	100m Backstroke	HDW
Event 311	Boys	100m Freestyle	HDW

# 2019 Stirling Spring Open Meet

## Health and Safety Declaration

**\*\* This form must be completed and returned with payment by the closing date. \*\***

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

I confirm that all entered swimmers have paid their current SASA 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 onto swimmers and parents intending to travel to the meet.

Signed:	
Print Name:	
Position in Club:	
Club:	

**Return completed form with entries, to arrive no later than Friday 15<sup>th</sup> March 2019 to:**

**Meet Entry Secretary**  
Michelle Murray  
7 Barbush  
Dunblane, Perthshire, FK15 0FE  
**E-mail:** [meetsec@stirlingswimming.co.uk](mailto:meetsec@stirlingswimming.co.uk)

# 2019 Stirling Spring Open Meet Entry Summary Sheet

**\*\* This form must be completed and returned with payment by the closing date. \*\***

Club Name:	
Contact:	
Position in Club:	
Address:	
Post Code:	
Home Tel No:	
Mobile Tel No:	
E-mail:	

.....	Male Entries	@	£6.50	£.....
.....	Female Entries	@	£6.50	£.....
.....	<b>Total Entries</b>	@	<b>£6.50</b>	<b>£.....</b>
.....	Coach's passes (Lunch on Sunday)	@	£10.00	£.....
Total cheque enclosed				£.....
Please make cheques payable to <b>Stirling Swimming</b> .				
Direct bank transfer to Sort Code: 80-91-29 - Account No: 00829926				£.....
Ref: <b>"Your Club Name" 2019 Stirling Spring Open Meet.</b>				

**Return completed form with entries, to arrive no later than Friday 15<sup>th</sup> March 2019 to:**

**Meet Entry Secretary**  
 Michelle Murray  
 7 Barbush  
 Dunblane, Perthshire, FK15 0FE  
**E-mail: [meetsec@stirlingswimming.co.uk](mailto:meetsec@stirlingswimming.co.uk)**