





Sunday 6th October 2019

Held under SASA Regulations and FINA Technical Rules for Swimming Licence No. WD/L3/031/1019 (Level 3 Meet)

Venue	Citadel Leisure Centre, South Harbour Street, Ayr, KA7 1JB		
Pool	6 Lane x 25m with separate swim-down pool		
Electronic Timing	Omega		
Entry Fee	£6.00 per event		
Poolside Pass	Poolside Passes entitle the holder to entry to the poolside, early morning sausage or bacon roll, tea/coffee throughout the day, lunch and start sheet. They can be purchased at £10.00 each per coach/team manager/chaperone per day.		
Closing Date for Entries	1200 noon on Friday, 6 th September 2019		
Age Groups	8-9yrs 50m All strokes		
Age is	10-11yrs 100m All strokes		
<i>determined as at 6th October 2019.</i>	12-13yrs 100m All strokes		
Swimmers may	14 and over 100m All strokes		
only enter in their own age group.	All events are HDW (Heat Declared Winners)		
Warm Up and Start Times	0850 - 0950 warm up for a 1000 start 1320 - 1420 warm up for a 1430 start Each session is scheduled to last no longer than 3 hours.		
Prizes	Medals for 1 st 2 nd and 3 rd . Medals can be collected from the Medals Table during the session.		
Refreshments	Café open from 9am during the weekend.		
Car Parking	At the pool and at an overflow parking area adjacent to Horizon Hotel (5 min walk).		
Accommodation	A list of hotels can be obtained from Ayr Tourist Office on 01292 678100. Craig Tara Caravan Park is also a source of accommodation.		
Swim Shop	Our swim shop will be available throughout the Meet.		







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1	The pool is 25m long x 6 lanes, with anti-turbulence lane ropes and swim-down facility.
2	Omega electronic timing.
3	All swimmers of Scottish clubs must have a current SASA membership number. All swimmers of non-Scottish clubs must be registered with their governing body.
4	No photographic or video equipment shall be allowed in any area under the jurisdiction of the Meet Organisers without prior approval of the Meet Manager. Applications must be made on the SASA approved form available at the Meet Office.
5	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. No diving is allowed at the shallow end of the pool.
6	A one-way system around the pool will be in operation.
7	Warm-ups will be split to accommodate the numbers and age range of competitors and as per schedule of events. It is the Coaches' responsibility to supervise their swimmers during warm-ups.
8	Over the top starts will be used during the Meet at the discretion of Meet Manager/Referee.
9	Entries to events will be restricted and will be accepted on the basis of entry times. Any entry not accepted will be refunded. If there are reserve swims and a reserve swimmer attends and does not get a swim, a full refund will be issued. A list of excluded entries will be sent to the Contact stated on the Meet Entry form. It is the responsibility of the person receiving confirmation of the entries to check the accuracy of the accepted swims and to inform all relevant swimmers of their accepted entries.
10	Withdrawal slips will be available in Coaches' packs. Withdrawals will be allowed <u>up to 45 mins</u> <u>before the start of each session</u> . Start sheets will then be posted at various locations around the poolside. Marshalling is compulsory. Swimmers will be called for in whole events at least one event prior to their swim and marshalled into heats in the designated marshalling area. Swimmers will then be sent in heat order to the starting blocks.
11	SAST reserve the right to fill lanes with their swimmers where an event is under subscribed. SAST reserve the right to scratch events when there is insufficient entries.
12	Only poolside pass holders, swimmers, technical officials and meet personnel shall be allowed on to the poolside.
13	To ensure accreditation for each session we would appreciate support from participating Clubs by nominating Technical Officials qualified to Judge level.
14	It is the Coaches' responsibility to supervise their swimmers using the swim down pool – if this facility is abused it may have to be withdrawn.
15	Start Lists and Results will be available on the Meet Mobile app.







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Order of Events

Session 1	Warm-up	08.50 - 09.50			Entry time
Event	Event Start	10.00			slower than
101	Girls	8 - 9	50m	Freestyle	38.70
102	Boys	8-9	50m	Freestyle	38.70
103	Girls	10 - 11	100m	Breaststroke	1:39.50
104	Boys	10-11	100m	Breaststroke	1:39.50
105	Girls	12 - 13	100m	Freestyle	1:10.10
106	Boys	12 - 13	100m	Freestyle	1:08.10
107	Girls	14 and over	100m	Butterfly	1:14.80
108	Boys	14 and over	100m	Butterfly	1:08.50
109	Girls	8 - 9	50m	Breaststroke	50.90
110	Boys	8-9	50m	Breaststroke	50.90
111	Girls	10 - 11	100m	Freestyle	1:18.10
112	Boys	10-11	100m	Freestyle	1:18.10
113	Girls	12 - 13	100m	Breaststroke	1:28.10
114	Boys	12 – 13	100m	Breaststroke	1:26.00
115	Girls	14 and over	100m	Backstroke	1:15.00
116	Boys	14 and over	100m	Backstroke	1:09.30
117	Girls	10 - 11	100m	IM	1:31.20
118	Boys	10-11	100m	IM	1:31.20
Medals can be	collected from the N	Nedals Table during the se	ssion.	•	÷

Session 2	Warm-up	13.20 - 14.20			Entry time
Event	Event Start	14.30			slower than
201	Girls	12 – 13	100m	Backstroke	1:18.20
202	Boys	12 – 13	100m	Backstroke	1:16.70
203	Girls	14 and over	100m	IM	1:19.60
204	Boys	14 and over	100m	IM	1:12.40
205	Girls	8 - 9	50m	Backstroke	44.80
206	Boys	8-9	50m	Backstroke	44.80
207	Girls	10 - 11	100m	Butterfly	1:27.70
208	Boys	10-11	100m	Butterfly	1:27.70
209	Girls	12 – 13	100m	IM	1:21.50
210	Boys	12 – 13	100m	IM	1:19.90
211	Girls	14 and over	100m	Breaststroke	1:24.50
212	Boys	14 and over	100m	Breaststroke	1:18.30
213	Girls	8 - 9	50m	Butterfly	44.00
214	Boys	8-9	50m	Butterfly	44.00
215	Girls	10 - 11	100m	Backstroke	1:27.80
216	Boys	10-11	100m	Backstroke	1:27.80
217	Girls	12 - 13	100m	Butterfly	1:17.70
218	Boys	12 – 13	100m	Butterfly	1:15.90
219	Girls	14 and over	100m	Freestyle	1:07.80
220	Boys	14 and over	100m	Freestyle	1:02.50
Medals can be o		Medals Table during the se	ession.	•	







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SUMMARY SHEET

Please return this form along with any cheques to the address below.

Club:	
Contact Name	
Address:	
Post Code:	Tel No.

Total Male Entries	@	£ 6.00	 £
Total Female Entries	@	£ 6.00	 £
Total for Poolside Passes (see separate sheet)	-		 £

Total Payment Required

£_____

Please make cheques payable to:	South Avrshire Swim Team
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Bank Account details:	South Ayrshire Swim Team Acc No. 00158047 Sort Code 83-15-26

Please return form to:	Colin Dunn
	South Ayrshire Swim Team
	PO Box 26364
	Ayr
	KA7 9BY
	email: <u>sast.bubble@gmail.com</u>

Closing date 12 noon on Friday 6th September 2019







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POOLSIDE PASS APPLICATION

CLUB NAME
Poolside Passes entitle the holder to entry to the poolside, early morning sausage or bacon roll, tea/coffee throughout the day, lunch and start sheet. They can be purchased at £10.00 each per coach/team manager/chaperone per day.
Additional passes may be purchased at a cost of £10.00 per day and include all of the above.
Names
Total number of Passes @ £10.00 per day required as follows:
Sunday 6 th October@ £10.00 = £
Please transfer total amount to Summary Sheet.