



KINGSTON SPRINTS 2019 GRADED MEET

Licence Number: WD/L3/056/1119

Date **Sunday, 3rd November 2019**

Session One : Warm up at 9.00 am - Start at 9.45 am

Session Two : Warm up at 1.15 pm - Start at 2.00 pm

Venue **Larkhall Leisure Centre, Broomhill Road, Larkhall ML9 1QP**

Pool 6 lane 25m pool, anti-wave lane ropes, spectator seating for over 200.

Age As on **31st December 2019**

Age Groups /	9 years & under.	50m all strokes
Events	10 years	50m all strokes
	11 years	50m all strokes
	12-13 years	50m all strokes
	14-15 years	50m all strokes
	16 years & over	50m all strokes

Swimmers may only swim in their own age group. No faster times than the consideration times will be accepted.

Number of heats will be limited to ensure the smooth running of the sprints. Heats will be swum slowest to fastest.

Closing Date **Sunday, 20th October 2019**

Entry Details All entries must be supplied as a Hy-Tek entry file, details available on request from **meet.secretary@kingstonasc.com**. All entry times must be short course or conversions to short course. Entries will not be accepted without a valid SASA Registration ID.

Entry Fee **£5.00** per event.

The correct entry fees, including the coaches pass fees, should be paid directly into the Kingston ASC bank account using reference "Your Club Code/KS19" (Example: *WKNX/KS19*):

Sort code: 82-64-07, Account No: 60534556

Coaches Pass **£6.00**, includes meal and refreshments.

Awards Medals to 1st, 2nd and 3rd places with smaller medals for 4th, 5th and 6th places. A memento will be awarded to swimmers who exceed the medal cut-off time.

Spare Lanes Kingston ASC reserves the right to fill spare lanes if available where any event is undersubscribed.



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Programme Entry Lists with details of reserves and rejections will be sent out to your club's nominated representative as soon after the closing date as possible. Details for your swimmers must be checked and any errors or omissions reported immediately.

Withdrawals Withdrawals will be accepted by email to meet.secretary@kingstonasc.com up to 14:00pm on **Sunday 27th October** for exclusion from the Start Sheets and allocation of Reserves. No refunds will be granted for any withdrawals after this date. We aim to issue refunds for rejections/withdrawals within a week after the meet by bank transfer. On-day withdrawal forms **must** be completed and returned to the recorders' table **no less than 35 minutes before the start of each session**, after which Start Sheets will be issued.

Starts / Diving **"Over the top starts"** will be used in all heats apart from backstroke events. Please ensure that only swimmers who are competent to dive are allowed to dive. Any special needs must be reported to the referee in advance before each session.

- All swimmers must have a current S.A.S.A. annual competitive registration number.
- No swimmer should be faster than the consideration time set.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep water. There will be no diving at the shallow end of the pool.
- With child protection being uppermost in our minds it has been decided that **NO PHOTOGRAPHY WILL BE ALLOWED** at this meet. This includes cameras, camera phones, video and any other photographic equipment. Anyone found using such equipment will be immediately excluded from the remainder of the meet and the organising committee will take any further action required.
- No mobile phones are allowed on poolside.
- Meals, snacks and refreshments will be available in the Lesser Hall.
- Kingston A.S.C. reserves the right to exclude or refuse admission to any competitor, official, spectator or team official.
- Swimmers and officials must not take glassware or food onto poolside.
- Swimmers outside of the poolside must wear dry clothing and footwear at all times.
- An entry fee for spectators will be charged per adult (no charge for children). Would clubs please make sure anyone travelling to support their team is made aware of this. All fees are collected to cover the meet running cost.



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Main contact for all correspondence:

Mr Cantekin Tuzcu
22 Strathallan Wynd
Glasgow
G75 8GU

Tel: 077 9979 0973

E-mail: meet.secretary@kingstonasc.com



**KINGSTON SPRINTS 2019 GRADED MEET
CONSIDERATION TIMES**

Event No.		SESSION 1			
GIRLS	BOYS			GIRLS	BOYS
101	102	9 & Under	50M Butterfly	51.00	51.00
103	104	10 Years	50M Butterfly	42.00	48.00
105	106	11 Years	50M Butterfly	44.00	46.00
107	108	9 & Under	50M Backstroke	52.00	52.00
109	110	10 Years	50M Backstroke	45.00	49.00
111	112	11 Years	50M Backstroke	47.00	52.00
113	114	9 & Under	50M Front Crawl	39.00	40.00
115	116	10 Years	50M Front Crawl	37.00	37.00
117	118	11 Years	50M Front Crawl	35.00	42.00
119	120	9 & Under	50M Breaststroke	50.00	56.00
121	122	10 Years	50M Breaststroke	49.00	51.00
123	124	11 Years	50M Breaststroke	47.00	55.00

Event No.		SESSION 2			
GIRLS	BOYS			GIRLS	BOYS
201	202	12-13 Years	50M Butterfly	40.00	38.50
203	204	14-15 Years	50M Butterfly	35.50	40.00
205	206	16 & Over	50M Butterfly	32.00	30.00
207	208	12-13 Years	50M Backstroke	42.00	42.00
209	210	14-15 Years	50M Backstroke	37.50	38.50
211	212	16 & Over	50M Backstroke	35.50	37.00
213	214	12-13 Years	50M Front Crawl	35.00	35.00
215	216	14-15 Years	50M Front Crawl	32.00	31.00
217	218	16 & Over	50M Front Crawl	31.00	28.00
219	220	12-13 Years	50M Breaststroke	44.00	45.00
221	222	14-15 Years	50M Breaststroke	41.00	40.00
223	224	16 & Over	50M Breaststroke	38.00	35.00

No faster times than the consideration times will be considered.

For all age groups, the fastest eligible swimmer in each event will be declared the winner.

Medals to 1st, 2nd and 3rd places. Smaller awards for 4th, 5th and 6th places.

*A memento will be issued for swims that are faster than these times by 5% or more.

Session One: warm up at 9.00 am - start at 9.45 am

Session Two: warm up at 1.15 pm - start at 2.00 pm



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Health and Safety Form

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

- I confirm that all the entered swimmers have paid their current S.A.S.A annual competitive fee.
- I understand that any swimmer entered without a valid S.A.S.A. id number will be automatically rejected.
- I confirm that all entered swimmers have been trained and are competent to dive into deep water in a safe manner as prescribed by current/planned legislation.
- I confirm that the information regarding the use of photographic equipment has been passed on to swimmers and parents who intend to travel to the meet.

Signed

Position in club

Name of club

Please return this form along with entry details to:

Mr Cantekin Tuzcu
22 Strathallan Wynd,
Glasgow, G75 8GU

Tel: 077 99 790973

E-mail: meet.secretary@kingstonasc.com

Please Return by 23rd October 2016



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Name of Club:

Coaches Pass: _____ @ **£6.00** = £ _____

Total = £ _____

No. of Boys Entries: _____ @ **£5.00** = £ _____

No. of Girls Entries: _____ @ **£5.00** = £ _____

Total = £ _____

Total Bank Transfer = £ _____

Please fill in and return form to meet.secretary@kingstonasc.com

BACS details for refunds, if any:

Name :

Bank :

Account No :

Sort Code :

Your contact for any return correspondence:

Name

Position in club

Postal Address