

FALKIRK INTEGRATED REGIONAL SWIM TEAM

F.I.R.S.T. ANNUAL OPEN MEET 2020



Grangemouth Sports Complex, Grangemouth

Saturday 4th & Sunday 5th January 2020

SESSION 1 & 3: Warm-up 09.00hrs Start 10.00hrs

SESSION 2 & 4: Warm-up 13.30hrs Start 14.30hrs

Held under licence from SASA West District

Licence Number: **WD/L2/031/0120**



BO'NESS, FALKIRK OTTER & GRANGEMOUTH ASC

Invite you to their

F.I.R.S.T. ANNUAL OPEN MEET

4th & 5th January 2020

To be held at Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB
Under SASA Licence no: **WD/L2/031/0120**

MEET INFORMATION

VENUE	Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB
POOL	25m x 6 lanes, anti-wave lane ropes
EVENTS	50m, 100m & 200m all strokes 100m, 200m & 400m IM and 400m Free 4x50m Open Freestyle relay, 4x50m Open Medley relay, 4 x 100m Open freestyle relay & 4 x 100m Open Medley relay. Swimmers must swim in their own age group with exception of Open Relays. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.
AGE GROUPS	11 years & under, 12/13 years, 14/15 years and 16 years & over Age is on last day of meet.
SESSIONS	There will be 4 sessions as follows: Morning – warm up 9.00am session starts 10.00am Afternoon – warm up 1.30pm session starts 2.30pm
ENTRY FEES	£6.50 per individual event £10 per relay event Cheques should be made payable to FIRST Swimming Team Bank transfer: Bank of Scotland Sort Code: 80-17-37 A/C No: 06011806



F.I.R.S.T. Annual OPEN Meet

4th & 5th January 2020

ENTRIES

All entries & current times should be made on the relevant electronic file. Hytek Team Manager Event File can be obtained from [Swim Scotland Web site](#) or requested via e-mail from:

Graham Crawford

Loganhill, Station Road, Polmont, Falkirk, FK2 0UE

Tel – 07801 82071

Email: firstswimming.galaconvener@gmail.com

Closing date for entries is **midnight on Friday 6th December 2019**

NO LATE ENTRIES WILL BE ACCEPTED.

Rejected entries will be refunded in full.

Withdrawal deadline 20th December 2019

OFFICIALS

Each club should supply at least 2 swimming technical officials, at least one of which, should be a judge for each Session to assist with accreditation of meet. Please advise names on gala entry form.

AWARDS

Medals to 1st, 2nd and 3rd places in all events. The FIRST OPEN Meet Shield will be presented to the **TOP TEAM** with the most points at the end of the meet. Trophy to be returned after 1 year. £80 to the team who breaks & retains a Scottish Record in the OPEN Relay Events.



F.I.R.S.T. Annual OPEN Meet

4th & 5th January 2020

GENERAL INFORMATION

1. Meet to be held under SASA rules. Enclosed is a health and safety form to be completed (mandatory).
2. All swimmers of Scottish clubs must have a S.A.S.A. number.
3. All swimmers of non Scottish clubs must have registration with their governing body.
4. Composite Squads are allowed and are eligible for top club/team trophy
5. No swimmer under the age of 8 years is permitted to swim in accordance with licence requirements.
6. Start sheets will be available to clubs prior to the start of each session.
7. Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
8. Withdrawals must be notified to the recorders no later than 40 minutes prior to the start of each session.
9. Once start sheets have been prepared no alterations shall be made.
10. It is the swimmers responsibility to check with the marshalls in the allocated area. Swimmers should report to the Marshalls four heats in advance of their race.
11. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.
12. There will be a maximum of two reserve swimmers for each event and no time only swims on the day. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
13. No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet director. Application must be made on the approved SASA form.
14. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
15. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.
16. 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.
17. The convenor reserves 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 entry times are accurate. Rejected entries will be refunded in full.
18. Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
19. FIRST Committee, nor Grangemouth Sports Complex cannot be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in changing rooms and not to leave belongings lying around unattended.
20. Swimmers out with the pool side must wear dry clothing and footwear at all times.
21. Outdoor footwear must not be worn at poolside.



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4th & 5th January 2020

CONTROLLING THE USE OF PHOTOGRAPHIC EQUIPMENT

Scottish Amateur Swimming Association has decided that control of photographic equipment is required at all meets.

In view of this, the meet will run under the following guidelines:

- No photographic equipment (eg, Camera, Camcorder, etc) is to be allowed on 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 SASA form.
- Application can be made on the day to the meet director or to the meet directors appointed official. Applicant must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.
- In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

HEALTH AND SAFETY ANNOUNCEMENT

I confirm that all the entered swimmers have paid their current SASA Annual Competitive Fee.

I understand that any swimmer entered without an SASA number 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:

Position in Club:

On behalf of: (Name of Club)

Return this form with entry payment no later than midnight **Friday 6th December 2019**



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4th & 5th January 2020

Schedule of Events

Saturday 4^h January 2020			
Session 1		Session 2	
Warm Up 9am - Start 10am		Warm up 1:30pm - Start 2:30pm	
101	Girls 50m Fly	201	Girls 50m Back
102	Boys 50m Fly	202	Boys 50m Back
103	Girls 200m Back	203	Girls 200m Breast
104	Boys 200m Back	204	Boys 200m Breast
105	Girls 100m Breast	205	Girls 100m Free
106	Boys 100m Breast	206	Boys 100m Free
107	Girls 400m Free	207	Girls 200m IM
108	Boys 400m Free	208	Boys 200m IM
109	Girls 4 x 50m Medley Open Relay	209	Girls 4 x 100m Free Open Relay
110	Boys 4 x 50m Medley Open Relay	210	Boys 4 x 100m Free Open Relay
Sunday 5th January 2020			
Session 3		Session 4	
Warm Up 9:00am – Start 10:00am		Warm Up 1:30pm – Start 2:30pm	
301	Girls 50m Breast	401	Girls 50m Free
302	Boys 50m Breast	402	Boys 50m Free
303	Girls 200m Free	403	Girls 200m Fly
304	Boys 200m Free	404	Boys 200m Fly
305	Girls 100m Fly	405	Girls 100m Back
306	Boys 100m Fly	406	Boys 100m Back
307	Girls 400m IM	407	Girls 100m IM
308	Boys 400m IM	408	Boys 100m IM
309	Girls 4 x 50m Free Open Relay	409	Girls 4 x 100m Medley Relay
310	Boys 4 x 50m Free Open Relay	410	Boys 4 x 100m Medley Relay



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SUMMARY ENTRY FORM

this form must be completed and returned with any entries

Club Name	
Club Code	
Contact Name:	
Address:	
Telephone:	
E Mail:	

Total number of male entries		x £6.50 each	£
Total number of female entries		x £6.50 each	£
Total number of relay entries		x £10.00 each	£
Coaches meals – Saturday		x £8 each	£
Coaches meals – Sunday		x £8 each	£
		TOTAL =	£

Total amount enclosed	£	Signed	
		Position in Club	

Payments:

Please make cheques payable to: **FIRST Swimming Team**

Bank transfer: **Bank of Scotland** **Sort Code: 80-17-37** **A/c No: 06011806**

Officials names:

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Return this form along with entries, no later than **Midnight Friday 6th December 2019** to:
Graham Crawford - Loganhill, Station Road, Polmont, Falkirk, FK2 0UE - Tel – 07801 82071
Email: firstswimming.galaconvener@gmail.com

