

## South Ayrshire Swim Team – Open Age Group Meet

**Saturday 21<sup>st</sup> & Sunday 22<sup>nd</sup> December 2019**

**Held under SASA Regulations and FINA Technical Rules for Swimming  
Licence No. WD/L2/033/1219 (Level 2 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 individual event      £12.00 per relay	
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 £15.00 each per coach/team manager/chaperone per weekend.	
<b>Closing Date for Entries</b>	<b>1200 noon on Friday, 22nd November 2019</b>	
Age Groups <i>Age is determined as at 21<sup>st</sup> December 2019. Swimmers may only enter in their own age group.</i>	10 & under and 11-12	50m all strokes – heats and finals
	12 & under	100m all strokes – HDW 200m all strokes – HDW
	13-14 and 15 & over	50m all strokes – heats and finals 100m all strokes – HDW 200m all strokes – HDW
	Open (all ages)	400m free – HDW 400m Individual Medley – HDW
	13 & under and 14 & over	4 x 50m Medley and Freestyle Relays – HDW
<p>The SAST Open Meet is the <b>ONLY</b> club meet in the West District in December 2019. It will be an accredited meet in a fast pool. The purpose of the SAST Open Meet 2019 is to provide age group swimmers with a target meet before the end of the year, allowing them the opportunity to take advantage of their hard work in training prior to taking a few days off around Christmas.</p> <p>Please note that the programme of events has been updated for this year's meet.</p>		
Warm Up and Start Times	0850 - 0950 for a 1000 start 1320 - 1420 for a 1430 start Each session is scheduled to last no longer than 3 hours.	
Prizes	Top Club Prize - Silver Rose Bowl	
	10/u, 11-12, 12/u, 13-14 & 15/0:	Medals for 1 <sup>st</sup> 2 <sup>nd</sup> and 3 <sup>rd</sup> 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 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	Swimmers wishing to withdraw from Finals must notify the Meet Manager (located in the "Bubble" at the start end of the pool) immediately following the announcement of the Finalists. Failure to comply with this may result in that swimmer being excluded from the remainder of the Meet.
12	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.
13	<u>Only poolside pass holders, swimmers, technical officials and meet personnel shall be allowed on to the poolside.</u>
14	To ensure accreditation for each session we would appreciate support from participating Clubs by nominating Technical Officials qualified to Judge level.
15	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.
16	Start Lists and Results will be available on the Meet Mobile app.

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### Order of Events

Saturday 21 <sup>st</sup> December 2019	
<b>Session 1</b> Warm-up 0850-0950, Event Start 1000	<b>Session 2</b> Warm-up 1320-1420, Event Start 1430
101 Girls 50 Backstroke Heats (10&u, 11-12, 13-14, 15&o) 102 Boys 50 Backstroke Heats (10&u, 11-12, 13-14, 15&o) 103 Girls 200 Breaststroke HDW (12&u, 13-14, 15&o) 104 Boys 200 Breaststroke HDW (12&u, 13-14, 15&o) 105 Girls 100 Butterfly HDW (12&u, 13-14, 15&o) 106 Boys 100 Butterfly HDW (12&u, 13-14, 15&o) 107 Girls 400 Freestyle HDW (Open – all ages)  <b>FINALS:</b> 102 Boys 50 Backstroke (10&u, 11-12, 13-14, 15&o) 101 Girls 50 Backstroke (10&u, 11-12, 13-14, 15&o)  108 Mixed 4x50 Freestyle Relay (13&u)	201 Boys 50 Breaststroke Heats (10&u, 11-12, 13-14, 15&o) 202 Girls 50 Breaststroke Heats (10&u, 11-12, 13-14, 15&o) 203 Boys 200 Butterfly HDW (12&u, 13-14, 15&o) 204 Girls 200 Butterfly HDW (12&u, 13-14, 15&o) 205 Boys 100 Freestyle HDW (12&u, 13-14, 15&o) 206 Girls 100 Freestyle HDW (12&u, 13-14, 15&o) 207 Boys 400 Freestyle HDW (Open – all ages)  <b>FINALS:</b> 202 Girls 50 Breaststroke (10&u, 11-12, 13-14, 15&o) 201 Boys 50 Breaststroke (10&u, 11-12, 13-14, 15&o)  208 Mixed 4x50 Freestyle Relay (14&o)
Sunday 22 <sup>nd</sup> December 2019	
<b>Session 3</b> Warm-up 0850-0950, Event Start 1000	<b>Session 4</b> Warm-up 1320-1420, Event Start 1430
301 Girls 50 Butterfly Heats (10&u, 11-12, 13-14, 15&o) 302 Boys 50 Butterfly Heats (10&u, 11-12, 13-14, 15&o) 303 Girls 200 Freestyle HDW (12&u, 13-14, 15&o) 304 Boys 200 Freestyle HDW (12&u, 13-14, 15&o) 305 Girls 100 Backstroke HDW (12&u, 13-14, 15&o) 306 Boys 100 Backstroke HDW (12&u, 13-14, 15&o) 307 Girls 400 Individual Medley HDW (Open – all ages)  <b>FINALS:</b> 302 Boys 50 Butterfly (10&u, 11-12, 13-14, 15&o) 301 Girls 50 Butterfly (10&u, 11-12, 13-14, 15&o)  308 Mixed 4x50 Medley Relay (13&u)	401 Boys 50 Freestyle Heats (10&u, 11-12, 13-14, 15&o) 402 Girls 50 Freestyle Heats (10&u, 11-12, 13-14, 15&o) 403 Boys 200 Backstroke HDW (12&u, 13-14, 15&o) 404 Girls 200 Backstroke HDW (12&u, 13-14, 15&o) 405 Boys 100 Breaststroke HDW (12&u, 13-14, 15&o) 406 Girls 100 Breaststroke HDW (12&u, 13-14, 15&o) 407 Boys 400 Individual Medley HDW (Open – all ages)  <b>FINALS:</b> 402 Girls 50 Freestyle (10&u, 11-12, 13-14, 15&o) 401 Boys 50 Freestyle (10&u, 11-12, 13-14, 15&o)  408 Mixed 4x50 Medley Relay (14&o)

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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 Relay Entries @ £12.00 ..... £.....

Total for Poolside Passes @ £15.00 ..... £ .....  
(see separate sheet)

**Total Payment Required** £.....

Please make cheques payable to: South Ayrshire Swim Team

Bank Account details: South Ayrshire Swim Team  
Acc No. 00158047  
Sort Code 83-15-26

Please return form to: South Ayrshire Swim Team  
Prestwick Pool  
Bellevue Road  
Prestwick  
KA9 1NW  
**F.A.O. Finance Manager**

**Closing date 12 noon on Friday, 22<sup>nd</sup> November 2019**

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**POOLSIDE PASS APPLICATION**

CLUB NAME .....

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Additional passes may be purchased at a cost of £15.00 per weekend and include all of the above.

Names.....

.....  
.....  
.....

Total number of Passes @ £15.00 per weekend required as follows:

Saturday 21<sup>st</sup> and Sunday 22<sup>nd</sup> December \_\_\_\_\_@ £15.00 = £.....

**Please transfer total amount to Summary Sheet.**