

An Invite to our

STIRLING WINTER JUNIOR MEET

Held under licence from SASA West District

Licence Number: WD/L3/006/0123

Venue: Grangemouth Sports Complex

Date: Sunday 22nd January 2023

Closing Date: Thursday 15th December 2022

Meet Information

Date: Sunday 22nd January 2023

Venue Grangemouth Sports Complex, Abbots Road, Grangemouth

Pool: 6 lane, 25m pool with full electronic timing and scoreboard.

Session Times Session 1: Warm up 9.00am Start 9.45 am

Lunch: 12.45pm

Session 2: Warm up 1.15pm Start 2.00pm

Please note once entries have been received these times may be adjusted to ensure smooth running of meet

Age groups 10yrs, 11yrs, 12yrs, 13yrs and 14yrs

Age is on day of meet

Events will be run in mixed age groups, with results sorted by age group.

Minimum age 10yrs, Maximum age 14yrs on day of meet

Awards: All events will be Heat Declared Winners (HDW)

Medals will be awarded 1st, 2nd, 3rd, 4th, 5th & 6th in each group in all events. Except relay will be 1st, 2nd & 3rd.

Top Boy and Top Girl awards will be given in each age group

Entry Fees £7.00 per individual event

£10 per relay team

Spectating Spectators will be allowed in accordance with current COVID19 regulations. Entry for adults £3.00, children free. Cash only accepted on the door.

Closing Date Thursday 15th December 2022

Late entries will not be accepted

Entries, Withdrawals and Start Lists

* The meet will be run using Hytek meet Manager, requested for entry files should be submitted by email to [programming@stirlingswimming.co.uk](mailto:programming@stirlingswimming.co.uk).
* 25m conversions are 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. Scratches will be made proportionally across all age groups.
* 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 [programming@stirlingswimming.co.uk](mailto:programing@stirlingswimming.co.uk) as soon as possible and no later than 5.00pm Wednesday 18th January 2023
* Start lists will be issued to all clubs, prior to the start of a session, once all the withdrawals have been processed.
* A 200m freestyle relay event is listed. Girls 10&11, Boys 10&11, Girls 12-14 and Boys 12-14. Swimmers may swim up an age group but may only participate in one relay. Relay lines should be submitted to the Meet Manager 45 minutes prior to start time.
* The use of photographic or video equipment is prohibited unless the appropriate form has been signed and authorised by the Gala Convenor
* Flash photography is not permitted due to the risk of false starts
* Completed entry files should be submitted to [programming@stirlingswimming.co.uk](mailto:programming@stirlingswimming.co.uk)
* Health and safety Forms and the Entry form can be submitted by email to [invoices@stirlingswimming](mailto:programming@stirlingswimming.co.uk).co.uk With confirmation of payment by BACS to

Stirling Swimming Club

Bank of Scotland account No 00829926

Sort Code 80-91-29

Ref: Your Club name, 2023 winter meet

Officials Each competing club are requested to supply Technical Officials to enable the meet to run smoothly. A sign-up genius will be created to allow officials to register prior to the event.

Meet Rules

* The meet will be held under SASA rules, Enclosed is a Health & Safety Declaration Form to be completed (Mandatory). Please return this with your Entry Summary Form prior to the meet date.
* Level 3 Licence has been granted for this meet. Licence No WD/L3/006/0123
* All swimmers must have a current SASA registration number or be registered with the appropriate governing body.
* No swimmer under the age of 10 years is permitted at this meet.
* Current SASA swim suit regulations should be adhered to at this meet.
* 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 this is available.
* 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 legislation. There will be NO diving at the shallow end of the pool
* Swimmers must act on the instruction given by the Meet Officials and behave in a reasonable manner at all times. Outdoor footwear must not be work on poolside and swimmers out with the poolside must wear dry clothing and footwear at all times.
* Swimmers and coaches must not take glassware into the changing village or onto poolside
* Stirling Swimming Club cannot be held responsible for loss or damage to property during the meet
* It is the responsibility of the swimmers to report to the marshalling area five heats in advance
* Coaches must ensure that all swimmers can safely dive into the deep water as prescribed by current legislation. Over the top starts to be used to ensure the smooth running of the meet.
* 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.

Programme of Events

Session 1

Warm up 9.00am – Start Time 9.45am

|  |  |  |
| --- | --- | --- |
| 101 | Girls 10/11 | 50 Butterfly |
| 102 | Boys 10/11 | 50 Butterfly |
| 103 | Girls 12-14 | 50 Breaststroke |
| 104 | Boys 12-14 | 50 Breaststroke |
| 105 | Girls 10/11 | 50 Backstroke |
| 106 | Boys 10/11 | 50 Backstroke |
| 107 | Girls 12-14 | 50 Freestyle |
| 108 | Boys 12-14 | 50 Freestyle |
| 109 | Girls 10/11 | 100 Individual Medley |
| 110 | Boys 10/11 | 100 Individual Medley |
| 111 | Girls 12-14 | 200 Freestyle relay |
| 112 | Boys 12-14 | 200 Freestyle relay |

Session 2

Warm up 1.15pm – Start Time 2.00pm

|  |  |  |
| --- | --- | --- |
| 201 | Boys 12-14 | 100 Individual Medley |
| 202 | Girls 12-14 | 100 Individual Medley |
| 203 | Boys 10/11 | 50 Breaststroke |
| 204 | Girls 10/11 | 50 Breaststroke |
| 205 | Boys 12-14 | 50 Butterfly |
| 206 | Girls 12-14 | 50 Butterfly |
| 207 | Boys 10/11 | 50 Freestyle |
| 208 | Girls 10/11 | 50 Freestyle |
| 209 | Boys 12-14 | 50 Backstroke |
| 210 | Girls 12-14 | 50 Backstroke |
| 211 | Boys 10/11 | 200 Freestyle relay |
| 212 | Girls 10/11 | 200 Freestyle relay |

Slower Than Times

Entries will be accepted on a SLOWER THAN basis for all individual events. QUALIFYING TIMES MUST BE SLOWER THAN THE TIMES TABLED BELOW.

It is the responsibility of entering clubs to ensure times submitted are accurate.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| GIRLS | 50 Fly | 50 Back | 50 Free | 50 Breast | 100 IM |
| 10 | 41.05 | 42.28 | 36.26 | 48.56 | 1:34.55 |
| 11 | 37.54 | 38.89 | 33.48 | 43.77 | 1:25.91 |
| 12 | 34.88 | 36.14 | 31.55 | 40.49 | 1:19.11 |
| 13 | 33.32 | 34.29 | 30.53 | 38.85 | 1:15.81 |
| 14 | 31.95 | 33.07 | 29.40 | 37.42 | 1:13.11 |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| BOYS | 50 Fly | 50 Back | 50 Free | 50 Breast | 100 IM |
| 10 | 41.40 | 42.50 | 36.18 | 48.90 | 1:34.34 |
| 11 | 37.61 | 39.19 | 33.38 | 44.52 | 1:26.47 |
| 12 | 34.66 | 36.00 | 30.96 | 40.27 | 1:18.94 |
| 13 | 32.29 | 33.85 | 29.07 | 37.65 | 1:14.03 |
| 14 | 30.15 | 31.44 | 27.49 | 35.07 | 1:08.90 |

Should the event be over-subscribed, entries may be scratched to ensure the smooth and timely running of the meet. Scratches will be made proportionally across all age groups and from FASTEST down, to allow slower swimmers the opportunity to race.

Health & Safety Declaration

In order to comply with licence 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 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 the information regards the use of photographic requirement has been passed onto swimmers and parents intending to travel to the meet

|  |  |
| --- | --- |
| Signed |  |
| Print Name |  |
| Position in Club |  |
| Club |  |
| Date |  |

Return completed forms with entries to [programming@stirlingswimming.co.uk](mailto:programming@stirlingswimming.co.uk)

Stirling Winter Junior Meet

Entry Summary Sheet

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

|  |  |
| --- | --- |
| Club Name |  |
| Contact Name |  |
| Address |  |
| Position in Club |  |
| Mobile No |  |
| Email |  |

|  |  |  |  |
| --- | --- | --- | --- |
| Individual Female Entries |  | @ £7.00 each | £ |
| Individual Male Entries |  | @ £7.00 each | £ |
| Relay Entries |  | @ £10.00 each | £ |
| Total amount enclosed |  |  | £ |

Please email this form along with confirmation of payment to [invoices@stirlingswimming.co.uk](mailto:invoices@stirlingswimming.co.uk)

Stirling Swimming Club,

RBS account No 00829926, Sort Code 80-91-29

Ref: Your Club name, 2023 winter meet