

**Grangemouth Amateur Swimming Club**

(Affiliated to SASA)

**Present**

**The 21st Annual J.A.G.S Meet**

(Under FINA Rules & Scottish Swimming Regulations)

**Saturday 28th January 2023**

**At**

**Grangemouth Sports Complex**

**Abbots Road, Grangemouth, FK3 9JD**

**Telephone No. 01324 504560**

**SASA Meet Licence – WD/L3/013/0123**



**Please join us for our annual Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

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| --- | --- |
| **Pool** | 6 lane, 25 metre pool, anti-turbulent lane ropes and full electronic timing and scoreboard, spectator area, cafeteria |
| **Time** | Session 1 – Warm Up 9.00am Start 10.00am for 9 & under & 10 year olds  Session 2 – Warm Up 1.30pm Start 2.30pm for 11 & 12 year olds |
| **Events** | 50m Backstroke, Breaststroke, Butterfly, Freestyle  4x50 Freestyle relays  **Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group (morning 2 x 10 years/afternoon 2 x 12 years) for both the boys and girls relay. Swimmers can swim up an age group.** |
| **Age** | Age as at 28th January 2023 |
| **Age Groups** | 9 years and under, 10 years, 11 years, 12 years |
| **Entry Fees** | £7.00 per individual event, £9.00 per relay team |
| **Entries** | **All entries must be submitted by email as a Hy-Tek file.**  **These files may be requested from the Meet Entry as**  **below. Fees must accompany entries and are**  **non refundable. Entries without payment will not be**  **accepted**  **Payment preferably by BACS**  **GASC Sort Code 80 -22 -60 Account No 16332165**  **Reference Club Code/Name** |
| **Coaches Meals** | **£10.00 per meal** |
| **Awards** | **Medals will be awarded to 1st, 2nd,3rd, 4th,5th and 6th in each event,**  **which can be collected at a medal table on the day.**  **Best Club Trophy awarded based on overall points. Top boy and Top girl trophy for each age category.** |
| **Closing Date** | **23:00 Wednesday 11th January 2023** |
| **Meet Entry/Return Files** | **Entry file from and returned to**  [galaconvenor@grangemouthasc.org](mailto:galaconvenor@grangemouthasc.org) |

**Meet Rules**

• The meet will be held under S.A.S.A rules.

• Age as at 28th January 2023 and must be a minimum of 8 years old.

• All swimmers of Scottish clubs must have a current S.A.S.A registration

number or Non Scottish club equivalent.

• The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.

• Electronic timing will be in operation. In the event of electronic failure, back-

up manual timing will be used.

• Swimmers, coaches and team managers must ensure that all their swimmers

can safely dive into deep water as prescribed by current/planned legislation.

• No photographic or video equipment will be allowed in any area under the

jurisdiction of the meet organisers without prior approval of the meet

director.

• Application must be made on the approved S.A.S.A form

• It is the responsibility of each club to ensure that their swimmers are aware of

the meet rules and guidelines.

**Entries**

• Closing date for entries 23:00 Wednesday 11th January 2023.

• All entries should be made in a Hytek team manager event file, a copy of

which can be obtained from [galaconvenor@grangemouthasc.org](mailto:galaconvenor@grangemouthasc.org)

• The promoter 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. There are no refunds for

entries withdrawn after the draft programme is prepared.

**Events**

• Over the top starts may be used at the discretion of the promoters to facilitate

the smooth running of the meet.

• Swimmers must report to the competitor stewards in the designated

marshalling area at least FIVE heats in advance.

• All events will be swum as heat declared winners.

**Miscellaneous**

• Accreditation has been applied for under licence number

• The centre has a cafeteria. Swimmers are asked not to eat their own food in

the cafeteria area.

• The promoters reserve the right to exclude or refuse admission to any

competitor spectator or team official.

• Swimmers and coaches must not take glassware into the showers or on to

poolside and are liable for expulsion from the meet if found to do so.

• Neither Grangemouth ASC nor Grangemouth Sports complex can be

held responsible for loss or damage to swimmers, team staff or spectator’s

property. Swimmers are strongly advised to secure property in the changing

rooms and not to leave belongings lying around unattended.

• Swimmers outwith the poolside must wear dry clothing and footwear at all

times.

• Outdoor footwear must not be worn on the poolside.

• Anything not covered above and not printed in the event programme will be

at the promoter’s discretion.

• Grangemouth ASC reserves the right to vary the above conditions as

necessary.

• The updated Swim Scotland swimsuit policy for under 13 year old will be

implemented. For more information see https://scottishswimming.com/our-

sports/swimming/swimsuits

Each club will receive a welcome pack prior to the start of Session 1



**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Swimmers entry times must be slower than the Consideration Times**

**N.B. Ages as on the day**

**Boys & Girls**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Event** | **9 & under** | **10 years** | **11 years** | **12 years** |
| 50 Free | 42:00 | 40:00 | 38:00 | 35:00 |
| 50 Fly | 52:00 | 49:00 | 46:00 | 44:00 |
| 50 Back | 48:00 | 46:00 | 43:00 | 41:00 |
| 50 Breast | 55:00 | 52:00 | 49:00 | 47:00 |

Swimmers should only be entered for their own age group

Entries will be accepted on a time basis. Clubs should ensure that entry times for their swimmers are accurate

Clubs must ensure that their coaches, team staff and swimmers are aware of the regulations and dangers of entering the water with dive starts and must be aware of pool depth and all appropriate safety procedures



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**The 21st Annual J.A.G.S Meet**

**Saturday 28th January 2023**

**At**

**Grangemouth Sports Complex**

**Health & Safety Form**

In order to comply with accreditation and health and safety requirements, this form should be completed and returned along with the Entry Form prior to the start of the meet

* I confirm that all swimmers are current members of S.A.S.A. and have paid the appropriate membership fee
* I confirm that the regulations regarding the use of photographic equipment have been brought to the attention of all swimmers, parents and coaches who will be attending the competition
* I confirm that all swimmers have been trained and are competent to dive into the pool. Any swimmer unable to do so must start in the water and notify the referee beforehand

**Signed: .................................................................................................**

**Print: .................................................................................................**

**Position in Club: .................................................................................................**

**Club: .................................................................................................**

Please return this form with entries no later than Wednesday the 11th January 2023

**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Saturday 28th  January 2023**

**Grangemouth Sports Complex**

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| **Summary Sheet**  **\*\*This form must be completed and returned with the payment\*\*** |

|  |  |
| --- | --- |
| Club Name |  |
| Contact |  |
| Address |  |
| Post Code |  |
| Home Tel.No. |  |
| Mobile Tel.No. |  |
| e-mail | (important for distribution of information and updates pertaining to the meet) |

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| .......... Male Entries @£7.00 £..........  .......... Female Entries @£7.00 £..........  .......... Relay Teams @£9.00 £..........  .......... Coach’s passes (for lunch) @£10.00 £..........  Total cheque enclosed £..........  **Please make cheques payable to Grangemouth ASC**  **Or by Bacs Transfer to Bank of Scotland Sort Code 80 -22 -60 Account No 16332165** |

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| We request two officials per club per session. Please provide their details below:-  Official 1:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Official 2:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Role\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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| **Form to be returned by email to** [galaconvenor@grangemouthasc.org](mailto:galaconvenor@grangemouthasc.org) |



**Grangemouth Amateur Swimming Club – J.A.G.S. Meet**

**Saturday 28th January 2023**

**Programme of events**

**Morning – Session 1**

**Session 1 – 9.00am Warm Up for 10.00am Start**

101 Boys 9 and under 50m BUTTERFLY

102 Girls 9 and under 50m BUTTERFLY

103 Boys 10 YEARS 50m BUTTERFLY

104 Girls 10 YEARS 50m BUTTERFLY

105 Boys 9 and under 50m Backstroke

106 Girls 9 and under 50m Backstroke

107 BOYS 10 YEARS 50m Backstroke

108 GIRLS 10 YEARS 50m Backstroke

109 BOYS 9 AND UNDER 50M Breaststroke

110 GIRLS 9 AND UNDER 50M Breaststroke

111 BOYS 10 YEARS 50M Breaststroke

112 GIRLS 10 YEARS 50M Breaststroke

113 BOYS 9 AND UNDER 50M FREESTYLE

114 GIRLS 9 AND UNDER 50M FREESTYLE

115 BOYS 10 YEARS 50M FREESTYLE

116 GIRLS 10 YEARS 50M FREESTYLE

117 BOYS 9/10 YEARS 200M FREESTYLE RELAY

118 GIRLS 9/10 YEARS 200M FREESTYLE RELAY

**Afternoon – Session 2**

**Session 2 – 1.30pm Warm Up for 2.30pm Start**

201 BOYS 11 YEARS 50M Butterfly

202 GIRLS 11 YEARS 50M Butterfly

203 BOYS 12 YEARS 50M Butterfly

204 GIRLS 12 YEARS 50M Butterfly

205 BOYS 11 YEARS 50M BACKSTROKE

206 GIRLS 11 YEARS 50M BACKSTROKE

207 BOYS 12 YEARS 50M BACKSTROKE

208 GIRLS 12 YEARS 50M BACKSTROKE

209 BOYS 11 YEARS 50M BREASTSTROKE

210 GIRLS 11 YEARS 50M BREASTSTROKE

211 BOYS 12 YEARS 50M BREASTSTROKE

212 GIRLS 12 YEARS 50M BREASTSTROKE

213 BOYS 11 YEARS 50M FREESTYLE

214 GIRLS 11 YEARS 50M FREESTYLE

215 BOYS 12 YEARS 50M FREESTYLE

216 GIRLS 12 YEARS 50M FREESTYLE

217 BOYS 11/12 YEARS 200M FREESTYLE RELAY

218 GIRLS 11/12 YEARS 200M FREESTYLE RELAY

**Trophy Presentations will be made at the end of each session unless advised by Gala Convenor**

**Over the top starts will be used where possible**

**Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group (morning 2 x 10 years/afternoon 2 x 12 years) both the boys and girls relay. Swimmers can swim up an age group.**

**Trophies for Best Boy/Girl in each session and Best Club overall**

