



FALKIRK OTTER AGE GROUP MEET 2023

to be held at
Grangemouth Sports Complex
on
Sunday 19th March 2023

Licence Number: **WD/L2/021/0323**

Falkirk Otter ASC invites you to their Annual Age Group Swim Meet to be held at Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 8JB, under SASA Licence no: WD/L2/021/0323.

The meet will target 11 - 18 years age groups with 100m events for all strokes plus 200m IM & 400m Freestyle events.

MEET INFORMATION

VENUE Grangemouth Swimming Pool, Abbots Road, Grangemouth, FK3 8JB

POOL 25m x 6 lanes, anti-wave lane ropes

EVENTS 100m all strokes, 200m IM & 400m Free

Session 2 has an 8 x 50m mixed freestyle relay consisting of 4 girls & 4 boys (1 girl and 1 boy from each age group in that order and ascending age)

Swimmers can swim up an age group but can only be entered into one relay. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.

AGE GROUPS 11-12 years, 13-14 years, 15-16 years, 17-18 years.
Age on day of the meet.

SESSIONS Session 1: warm-ups: 9.00am session starts 10.00am
Session 2: warm-ups: 1.30pm session starts 2.30pm

ENTRY FEES £7.00 per 100m individual event
£9 per relay event
Cheques should be made payable to **Falkirk Otter ASC**.
Bank Transfer: Bank of Scotland
80-05-56
10115668

Any rejected entries will be refunded in full.

ENTRIES Swimmers details and current times should be detailed on the relevant entry file. Hitek Team Manager event files can be downloaded from the [West Districts](#) or [Swim Scotland](#) websites.

Or requested via e-mail from:
Graham Crawford
Email: falkirkottergalaconvener@gmail.com

Closing date for entries is **Friday 24th February 2023**
NO LATE ENTRIES WILL BE ACCEPTED.

OFFICIALS

Can each club supply at least 2 swimming technical official for each Session of which we request 1 is a Judge, to ensure accreditation. A SignupGenius form for STO's will be provided after the entry closing date.

AWARDS

Medals will be awarded to 1st to 3rd places for all events.

Medal winners will be announced throughout the sessions and be available for collection at the medal desk.

There will be awards for the top boy and girl in each age Group.

The '**Otter Trophy**' for the **TOP CLUB** will be presented to the club with the most combined points at the end of the 2 meets over the weekend (Falkirk Otter Development Meet & Falkirk Otter Age Group Meet). Trophy to be returned after 1 year. Small trophy to be retained.

GENERAL INFORMATION

1. Meet to be held under SASA rules. Enclosed is a health and safety form to be completed (mandatory).
2. All Swimmers must have a S.A.S.A. or A.S.A. registration number.
3. Start sheets will be available to clubs prior to the start of each session.
4. Electronic Timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
5. Withdrawals must be notified to the recorders no later than 40 minutes prior to the start of each session.
6. Once start sheets have been prepared no alterations shall be made.
7. It is the swimmer's responsibility to check with the marshalls in the allocated area. Swimmers should report to the marshalls FIVE heats in advance of their race.
8. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.
9. There will be a maximum of 2 no reserve swimmers for each event. 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.
10. No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet convenor. Application must be made on the approved SASA form.
11. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
12. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.
13. 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 convenor's discretion.
14. 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.

MISCELLANEOUS

- There will be a Raffle stall.
- Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
- Falkirk Otter ASC nor Grangemouth Sports Complex can be held responsible for loss or damage to swimmer's, 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.
- Swimmers out with the pool side must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn at poolside.

SCHEDULE OF EVENTS

Session 1	
301	Girls 11-18 years 400m Freestyle
302	Boys 11-18 years 400m Freestyle
303	Girls 11-18 years 100m Butterfly
304	Boys 11-18 years 100m Butterfly
305	Girls 11-18 years 100m Backstroke
306	Boys 11-18 years 100m Backstroke

Session 2	
401	Girls 11-18 years 200m Individual Medley
402	Boys 11-18 years 200m Individual Medley
403	Girls 11-18 years 100m Breaststroke
404	Boys 11-18 years 100m Breaststroke
405	Girls 11-18 years 100m Freestyle
406	Boys 11-18 years 100m Freestyle
407	Mixed 8 x 50m Freestyle Relay

HEALTH AND SAFETY ANNOUNCEMENT

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, camera phones, Ipads or similar 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 at the entrance desk.
- Application can be made on the day to the meet convenor or to the meet convenors appointed official. Applicant must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.
- Also a reminder that photos and video clips can only be uploaded to secure club websites.

FALKIRK OTTER ASC

ANNUAL AGE GROUP MEET – 19th March 2023

this form must be completed and returned with any entries

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

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

I understand that any swimmer entered without an SASA, ASA etc 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 **24th February 2023**

FALKIRK OTTER ASC

ANNUAL AGE GROUP MEET – 19th March 2023

SUMMARY ENTRY FORM

this form must be completed and returned with any entries

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

	No.	Total
Total Male Entries @£7.00 each		£
Total Female Entries @ £7.00 each		£
Total Relay Entries @ £9.00 each		£
Coaches meals @ £8.00 each		£
	Total	£

Total amount enclosed	£
Signed	
Position in Club	

Please make cheques payable to: **Falkirk Otter ASC**

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Return this form along with entries no later than **24th February 2023**