



# ANNUAL OPEN MEET 2023

**Grangemouth Sports Complex, Grangemouth**

**Saturday 4<sup>th</sup> & Sunday 5<sup>th</sup> March 2023**

SESSIONS 1 & 3:	Warm-up 09.00	Start 10.00
SESSIONS 2 & 4:	Warm-up 13.30	Start 14.30

Held under licence from SASA West District  
Licence Number: **WD/L2/023/0323**



# F.I.R.S.T. Annual Open Meet 2023

BO'NESS, FALKIRK OTTER & GRANGEMOUTH ASC

*Invite you to the*

## F.I.R.S.T. ANNUAL OPEN MEET 4<sup>th</sup> & 5<sup>th</sup> March 2023

To be held at Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB

Under SASA Licence no: **WD/L2/023/0323**

### 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  
200m & 400m IM  
400m Freestyle  
50m Skins

Swimmers must swim in their own age group for all events. 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, 16 years & over**  
**Skins: 14 years & under, 15 years & over**  
Minimum age for entering the meet is 8 years  
Age as on last day of meet - 5<sup>th</sup> March 2023.

**SESSIONS** There will be 4 sessions as follows:  
Morning: warm-up - 09.00 start - 10.00  
Afternoon: warm-up - 13.30 start - 14.30

**ENTRIES** All entries & current times should be made on the relevant electronic file. Hytek Team Manager Event File can be obtained from the [West District](#) and [Swim Scotland](#) websites

Or requested via e-mail from:

**Graham Crawford**

**Email: [firstswimming.galaconvener@gmail.com](mailto:firstswimming.galaconvener@gmail.com)**

Closing date for entries is **midnight on Friday 10<sup>th</sup> February 2023**

**NO LATE ENTRIES WILL BE ACCEPTED.**



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- ENTRY FEES** £7.00 per individual event  
Cheques should be made payable to **FIRST Swimming Team**  
Bank transfer: **Bank of Scotland**  
**Sort Code: 80-17-37**  
**A/C No: 06011806**  
Any over-subscribed entries or reserve swims that are not offered a swim will be refunded in full.
- SKINS** Entry into the skins event will be offered to the top 6 placed swimmers from the 200m IM event held in the morning session. The stroke for each heat will be drawn by the eliminated swimmer from the previous heat. The stroke for the first heat will be drawn by the referee.
- 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. A SignupGenius form for STO's will be provided after the entry closing date.
- AWARDS** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in all events.  
£50 cash prize to the winners of the skins 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.



# F.I.R.S.T. Annual Open Meet 2023

## 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 marshals 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.



# F.I.R.S.T. Annual Open Meet 2023

## SCHEDULE OF EVENTS

<b>Saturday 4<sup>h</sup> March 2023</b>			
<b>Session 1</b>		<b>Session 2</b>	
<b>Warm Up 9am - Start 10am</b>		<b>Warm up 1:30pm - Start 2:30pm</b>	
101	Boys 200m IM	201	Boys 14 & Under 50m Skins
102	Girls 50m Butterfly	202	Boys 15 & Over Skins
103	Boys 50m Butterfly	203	Girls 400m Freestyle
104	Girls 200m Backstroke	204	Boys 50m Backstroke
105	Boys 200m Backstroke	205	Girls 50m Backstroke
106	Girls 100m Breaststroke	206	Boys 200m Breaststroke
107	Boys 100m Breaststroke	207	Girls 200m Breaststroke
108	Girls 400m IM	208	Boys 100m Freestyle
		209	Girls 100m Freestyle
<b>Sunday 5<sup>th</sup> March 2023</b>			
<b>Session 3</b>		<b>Session 4</b>	
<b>Warm Up 9:00am – Start 10:00am</b>		<b>Warm Up 1:30pm – Start 2:30pm</b>	
301	Girls 200m IM	401	Girls 14 & Under 50m Skins
302	Boys 50m Breaststroke	402	Girls 15 & Over Skins
303	Girls 50m Breaststroke	403	Boys 400 m Freestyle
304	Boys 200m Freestyle	404	Girls 50m Freestyle
305	Girls 200m Freestyle	405	Boys 50m Freestyle
306	Boys 100m Butterfly	406	Girls 200m Butterfly
307	Girls 100m Butterfly	407	Boys 200m Butterfly
308	Boys 400m IM	408	Girls 100m Backstroke
		409	Boys 100m Backstroke

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## 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 (e.g. 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.

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## 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 10<sup>th</sup> February 2023**



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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 £7.00 each	£
Total number of female entries		x £7.00 each	£
Coaches meals – Saturday		x £8 each	£
Coaches meals – Sunday		x £8 each	£
		<b>TOTAL =</b>	<b>£</b>

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**

Return this form along with entries, no later than **Midnight Friday 10<sup>th</sup> February 2023** to:

**Graham Crawford**

**Address: Loganhill, Station Road, Polmont, Falkirk, FK2 0UE**

**Email: firstswimming.galaconvener@gmail.com**

