

## South Ayrshire Swim Team

### Xmas Sprints Meet

Sunday 17<sup>th</sup> December 2023

<b>Venue</b>	Citadel Leisure Centre, South Harbour Street, Ayr, KA7 1JB
<b>Pool</b>	6 Lane x 25m with separate swim-down pool
<b>Electronic Timing</b>	Omega
<b>Licence No.</b>	WD/L2/038/1223 Held under SASA Regulations and FINA Technical Rules for Swimming
<b>Meet Licence Level</b>	2
<b>Graded Meet Level</b>	N/A – there are no consideration or faster than times.
<b>Entry Fee</b>	£5.00 per individual event
<b>Closing Date</b>	<b>Thursday 30<sup>th</sup> November 2023 at 12noon.</b>
<b>Request for Officials</b>	We ask all clubs, when entering, to commit to supporting the requirement for technical officials across the meet. Technical Officials can sign up in advance of the meet here: <a href="https://www.signupgenius.com/go/9040C4DABAD22ABFD0-45253971-2023#/">https://www.signupgenius.com/go/9040C4DABAD22ABFD0-45253971-2023#/</a> Any questions please contact Mhairi Willis <a href="mailto:sto@sast.me">sto@sast.me</a>
<b>Individual Age Groups and Events</b>	12 years and under: 50m Butterfly, Backstroke, Breaststroke, Freestyle 13 – 14 years: 50m Butterfly, Backstroke, Breaststroke, Freestyle 15 years and over: 50m Butterfly, Backstroke, Breaststroke, Freestyle All individual events will have finals. <b>Age on 31<sup>st</sup> December 2023.</b>
<b>Relay Age Groups and Events</b>	14 years and under: Mixed 4x50m Medley, Mixed 4x50m Freestyle 15 years and over: Mixed 4x50m Medley, Mixed 4x50m Freestyle Mixed means two girls and two boys in any order. All relay events will be Heat Declared Winners (HDW). <b>Age on 31<sup>st</sup> December 2023.</b>
<b>Prizes</b>	1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> will be presented to each swimmer in each event. Medals can be collected from the Medals Table once the finals have been completed.
<b>Poolside Pass</b>	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 £10.00 each per coach/team manager/chaperone per weekend. Please note that some of the offering is to be confirmed and if we are unable to provide some of it, clubs will be entitled to a refund which will be processed as soon as possible after the meet.
<b>Spectating</b>	Spectating be available at the meet with a £3.00 per session charge for all spectators.
<b>Car Parking</b>	At the pool and at an overflow parking area adjacent to Horizon Hotel (5 min walk).
<b>Accommodation</b>	A list of hotels can be obtained from Ayr Tourist Office on 01292 678100. Craig Tara Caravan Park is also a source of accommodation.
<b>Local Amenities</b>	The Citadel Leisure Centre is a short walk from Ayr Town Centre where all local amenities are available. The nearest local café is a new café on South Harbour Street. The nearest local shop is Seafield Stores, 43-45 Blackburn Dr, Ayr KA7 2XW.
<b>Next SAST Meet</b>	<b>The next SAST meet will be our SAST Murdoch's Mini Meet 2024 on Sunday 21<sup>st</sup> January 2024. More information to follow in due course (the meet program is as 2023).</b>

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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 (or Spectators Desk in the gallery / Medal Table on poolside).
5	Swimmers, coaches, and team managers must ensure that all 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 based on entry times. Any entry that is 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 scratched 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	We will accept withdrawals (in writing via email to Karen Thomson <a href="mailto:sast.bubble@gmail.com">sast.bubble@gmail.com</a> ) up to Wednesday 13 <sup>th</sup> December at 8pm, to allow us to inform any reserves (if there are any) in advance of the meet.
11	Withdrawal slips will be available in Coaches' packs. Withdrawals will be allowed <u>up to 60 mins before the start of each session</u> . Start sheets will be available for Coaches and Team Managers. 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.
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 are insufficient entries.
13	Only poolside pass holders, swimmers, technical officials and meet personnel shall be allowed on to the poolside.
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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**Programme of Events**

<b>Session 1 Warm up 0850-0950</b>					
<b>Start 1000 Finish 1200 (approx.) Finals 1200-1230 Relays 1230-1300</b>					
<b>Event</b>	<b>H/F</b>	<b>Gender</b>	<b>Age group</b>	<b>Distance</b>	<b>Stroke</b>
101	Heats	Girls	All	50m	Butterfly
102	Heats	Boys	All	50m	Butterfly
103	Heats	Girls	All	50m	Backstroke
104	Heats	Boys	All	50m	Backstroke
105	Final	Girls	12 and under	50m	Butterfly
106	Final	Boys	12 and under	50m	Butterfly
107	Final	Girls	13 – 14	50m	Butterfly
108	Final	Boys	13 – 14	50m	Butterfly
109	Final	Girls	15 and over	50m	Butterfly
110	Final	Boys	15 and over	50m	Butterfly
111	Final	Girls	12 and under	50m	Backstroke
112	Final	Boys	12 and under	50m	Backstroke
113	Final	Girls	13 – 14	50m	Backstroke
114	Final	Boys	13 – 14	50m	Backstroke
115	Final	Girls	15 and over	50m	Backstroke
116	Final	Boys	15 and over	50m	Backstroke
117	Relays	Mixed	14 & under	4 x 50m	Medley Relay
118	Relays	Mixed	15 & over	4 x 50m	Medley Relay

<b>Session 2 Warm up 1320-1420</b>					
<b>Start 1430 Finish 1630 (approx.) Finals 1630-1700 Relays 1700-1730</b>					
<b>Event</b>	<b>H/F</b>	<b>Gender</b>	<b>Age group</b>	<b>Distance</b>	<b>Stroke</b>
201	Heats	Girls	All	50m	Breaststroke
202	Heats	Boys	All	50m	Breaststroke
203	Heats	Girls	All	50m	Freestyle
204	Heats	Boys	All	50m	Freestyle
205	Final	Girls	12 and under	50m	Breaststroke
206	Final	Boys	12 and under	50m	Breaststroke
207	Final	Girls	13 – 14	50m	Breaststroke
208	Final	Boys	13 – 14	50m	Breaststroke
209	Final	Girls	15 and over	50m	Breaststroke
210	Final	Boys	15 and over	50m	Breaststroke
211	Final	Girls	12 and under	50m	Freestyle
212	Final	Boys	12 and under	50m	Freestyle
213	Final	Girls	13 – 14	50m	Freestyle
214	Final	Boys	13 – 14	50m	Freestyle
215	Final	Girls	15 and over	50m	Freestyle
216	Final	Boys	15 and over	50m	Freestyle
217	Relays	Mixed	14 & under	4 x 50m	Freestyle Relay
218	Relays	Mixed	15 & over	4 x 50m	Freestyle Relay

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**SUMMARY SHEET**

**Please return this form along with meet entry files and payment.**

Club: .....

Contact Name: .....

Address: .....

.....

Post Code: ..... Tel No. ....

STO Contact Name: .....

STO Email Address: .....

Total Male Entries @ £ 5.00 ..... £.....

Total Female Entries @ £ 5.00 ..... £.....

Total for Poolside Passes @ £10.00 ..... £ .....  
(See separate sheet)

**Total Payment Required** £ \_\_\_\_\_

Return form to: Karen Thomson  
email: [sast.bubble@gmail.com](mailto:sast.bubble@gmail.com)

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

Make cheques payable to: South Ayrshire Swim Team

Send cheques to: South Ayrshire Swim Team  
c/o Prestwick Swimming Pool  
Bellevue Road, Prestwick, KA9 1NW

**Closing date 12 noon on Thursday 30<sup>th</sup> November 2023.**



Scottish Swimming

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**POOLSIDE PASS APPLICATION & HEALTH AND SAFETY DECLARATION**

**CLUB NAME** .....

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 £10.00 each per coach/team manager/chaperone per weekend.

Additional passes may be purchased on the day if required at a cost of £10.00 per weekend and include all the above.

Names of coaches / team managers:

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.....

Total number of Passes @ £10.00 required as follows:

\_\_\_\_\_ @ £10.00 per weekend = £.....

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

To comply with accreditation and health and safety requirements, please confirm the following:

- I confirm that all the entered swimmers have paid their current SASA Registration Fee.
- I understand that any swimmer entered without a Registration Number will not be allowed to take part.
- 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 guidelines.

Signed.....

Name (please print) .....

Position in Club.....

Thank you for your co-operation.