****

**Grangemouth Amateur Swimming Club**

(Affiliated to SASA)

**Present**

**The 42nd Annual M.A.G.S Meet**

(Under FINA Rules & Scottish Swimming Regulations)

**Sunday 28th January 2024**

**At**

**Grangemouth Sports Complex**

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

**Telephone No. 01324 504560**

**SASA Meet Licence – WD/L2/015/0124**

****

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

|  |  |
| --- | --- |
| **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  Session 2 – Warm Up 1.30pm Start 2.30pm |
| **Events** | 100m Backstroke, Breaststroke, Butterfly, Freestyle  200 Freestyle  200IM  8x50 Mixed squadron relay  **Relays – all swimmers must have swam in the meet and must comprise of maximum of 2 of the older age group both boys and girls. Swimmers can swim up an age group.** |
| **Age** | Age as at 28th January 2024 |
| **Age Groups** | 10-11 years 12/13 years 14/15 years |
| **Entry Fees** | £8.00 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 and 3rd 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 presented at end of day.** |
| **Closing Date** | **23:00 Wednesday 10th January 2024** |
| **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 2024 and must be a minimum of 10 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 10th January 2024.

• 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

* As we are applying for accreditation we will be required to have the minimum number of Judges for each session. Each competing club is requested to provide **two** Swimming Technical Officials per session on the day. We would request that clubs provide the names and roles of the STO’s prior to the meet and preferably at the time of entry. Travelling expenses will only be paid to officials with no participating swimmers
* 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/

****

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

**Consideration Times**

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

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

**Boys Girls**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **10-11** | **12/13** | **14/15** | **Event** | **8-11** | **12/13** | **14/15** |
| 1:37:00 | 1:25:00 | 1:19:00 | 100 Free | 1:37:00 | 1:25:00 | 1:19:00 |
| 1:52:00 | 1:43:00 | 1:37:00 | 100 Fly | 1:52:00 | 1:43:00 | 1:37:00 |
| 1:50:00 | 1:36:00 | 1:30:00 | 100 Back | 1:50:00 | 1:36:00 | 1:30:00 |
| 2:03:00 | 1:46:00 | 1:40:00 | 100 Breast | 2:03:00 | 1:46:00 | 1:40:00 |
| 3:25:00 | 3:05:00 | 2:50:00 | 200 IM | 3:35:00 | 3:15:00 | 3:00:00 |
| 3:10:00 | 2:50:00 | 2:30:00 | 200 Free | 3:20:00 | 3:00:00 | 2:40:00 |

**Closing Date – Wednesday 10th January 2024**

**No late entries will be considered**

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



**Grangemouth Amateur Swimming Club**

**The 42nd Annual M.A.G.S Meet**

**On**

**Sunday 28th January 2024**

**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 23:00 Wednesday 11th January 2024

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

**Sunday 28th January 2024**

**Grangemouth Sports Complex**

|  |
| --- |
| **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) |

|  |
| --- |
| .......... Male Entries @£8.00 £..........  .......... Female Entries @£8.00 £..........  .......... Relay Teams @£9.00 £..........  .......... Coach’s passes @£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** |

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

|  |
| --- |
| **Form to be returned to GalaConvenor@grangemouthasc.org** |

|  |
| --- |
| **Entry Forms and fees to be returned by 11th January 2024** |

****

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

**Sunday 28th January 2024**

**Programme of events**

**Morning – Session 1**

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

101 Boys 15 and under 200m FREESTYLE

102 Girls 15 and under 100m Butterfly

103 Boys 15 and under 100m Breaststroke

104 Girls 15 and under 100m Backstroke

105 Boys 15 and under 100m Freestyle

106 Girls 15 and under 200m Individual Medley

**Afternoon – Session 2**

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

201 GIRLS 15 AND UNDER 200m FREESTYLE

202 bOYS 15 AND UNDER 100m Butterfly

203 GIRLS 15 AND UNDER 100m Breaststroke

204 BOYS 15 AND UNDER 100m Backstroke

205 GIRLS 15 AND UNDER 100m Freestyle

206 BOYS 15 AND UNDER 200m Individual Medley

207 MIXED 15 AND UNDER 400M FREESTYLE RELAY

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

**8x50 Squadron Relay – all swimmers must have swam in the meet and must comprise of a minimum of 4 x 11 year olds and under (2 boys, 2 girls); 2 x 12/13 (1 boy; 1 girl); 2 x 14/15 (I boy; 1 girl) in any order. Relays must be submitted before the meet. Relays submitted on the day will be time only.**

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