

CUMBERNAULD
Swimming Club

SPRING OPEN
MEET 2024

TRYST SPORTS CENTRE
CUMBERNAULD

16/17 MARCH 2024

Held under licence from SASA WEST DISTRICT
Licence Number WD/L2/016/0124



Spring Open Meet 2024

General Meet Information

Date:	Saturday 16th – Sunday 17th March 2024
Venue:	Tryst Sports Centre, Cumbernauld
Pool:	6 Lane 25 metre; swim down pool; full electronic timing with 6 lane alphanumeric scoreboard; anti-wave lane ropes; spectator area; cafeteria.
Timings:	Warm Up 09.00 and 13.30 each day Start 10.00 and 14.30 each day
Ages:	As on last day of meet (17/03/24)
Age Groups:	Open, 11-13yrs, 14yrs, 15yrs, 16yrs, 17&Ov
Events:	100m & 200m Free, Back, Breast and Fly for all age groups Open 400m Free & 400m IM 50m Free 15 & Over, Top 6 invited to enter 50m Skins 11-13yrs, 14-16yrs & 17/Over 4 x 50m Freestyle Relay Squadron Relay 6 x 50m Freestyle Relay

Consideration times are listed at the end of this information. All times must be equal to or faster than the time stated. No NT times will be accepted.

All Other Events HDW except Skins

Entry Fees:	£7.50 per individual event - £10 per relay team
Coaches Passes:	£8 (Inc. Programme, Results and Meal) Per Day
Awards:	11-14 yrs and All Relays – Medals 1 st , 2 nd and 3 rd 15/Ov & Open - £15, £10, £5 - 50m Skins £50/£25
Officials:	Clubs are invited to supply Technical Officials to assist with the smooth running of the meet.
Closing Date for Entries:	21:00 Friday 1st March 2024

All entries should be submitted by e-mail to

Ronnie Girvan – meetsecretary.casc@outlook.com

Electronic Entry Summary to be submitted with entry file. This is available from link below:

[Entry Summary & Declaration](#)

Open Meet – Specific Information

Meet Rules

- Swimmers may only enter their own age group.
- All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.
- All swimmers of non-Scottish clubs must have or have applied for registration with their governing body.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water as per current/planned legislation. There will be **NO** diving at the shallow end of the pool.
- No photographic or video equipment (inc videophones) 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 SASA form.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

Entries & Start Lists

- All entries must be made on the relevant electronic files and submitted on disk or by e-mail to the address overleaf. Entry Files can be requested by returning the enclosed form or via e-mail.
- All entry times must be equal to or faster than the consideration times listed. No NT times to be entered.
- No Late entries will be accepted
- Start Lists will be prepared in advance of the meet. Any advanced withdrawals to be made to the Meet Entry Secretary by **Saturday 9th March**
- On the Day Withdrawals must be made to the Electronics suite no later than 45 minutes prior to the start of each session on the event withdrawal form.
- The promoters reserve 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 that entry times are accurate. Rejected entries will be refunded in full. Rejected Entries will be notified by e-mail as soon as possible after the closing date

Events

- All Events will be Heat Declared Winners except for the 50m Skins
The top 6 swimmers from the 15/Over 50m Free will be invited to enter the 50m Skins
- 6x50m Freestyle Relay to consist of 1 Boy and 1 Girl from each of the Relay age groups.
- In all Relays swimmers may swim up an age group but not down.
- Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.
- Any amendments to published Start Lists (inc Reserve swims) will be announced prior to the start of each session
- Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshals on time.

Warm-up and Session Times

- The warm-up will commence only when announced by the warm-up controller.
- There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.
- Swimmers should keep moving during the warm-up to avoid congestion in any part of the pool.
- Sprint lanes will be introduced during the last period of each warm-up. Stewards may be used to control these lanes to avoid congestion and prevent accidents.

Miscellaneous

- Accreditation has been sought via West District Licence.
- 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 shower or poolside area and are liable for expulsion from the meet if found to do so.
- Cumbernauld Swimming Club, Tryst Sports Centre and NL Leisure take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.
- Swimmers out-with the pool area must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on poolside.
- Anything not covered above and not printed in the meet programme will be at the promoters' discretion.
- Cumbernauld Swimming Club reserve the right to vary the above conditions as required.

Order of Events

SESSION 1

Warm up: 9.00 am.

Start: 10.00 am.

101	Male	15/Ov	50m Free	HDW
102	Female	Open	400m Medley	HDW
103	Male		100m Free	HDW
104	Female		100m Free	HDW
105	Male		200m Fly	HDW
106	Female		200m Fly	HDW
107	Male	14-16	4x50m Free	HDW
108	Female	14-16	4x50m Free	HDW

SESSION 2

Warm up: 1.30 pm.

Start: 2.30 pm.

201	Female	15/Ov	400m Free	HDW
202	Male		100m Back	HDW
203	Female		100m Back	HDW
204	Male		200m Breast	HDW
205	Female		200m Breast	HDW
206	Male	15/Ov	50m. Free	Skins
207	Female	11-13	4x50m. Free	HDW
208	Male	11-13	4x50m Free	HDW

SESSION 3

Warm up: 9.00 am.

Start: 10.00 am.

301	Female	15/Ov	50m. Free	HDW
302	Male	Open	400m Free	HDW
303	Female		200m Back	HDW
304	Male		200m Back	HDW
305	Female		100m Fly	HDW
306	Male		100m Fly	HDW
307	Female	17/Ov	4x50m. Free	HDW
308	Male	17/Ov	4x50m. Back	HDW

SESSION 4

Warm up: 1.30 pm.

Start: 2.30 pm.

401	Male	Open	400m Medley	HDW
402	Female		200m Free	HDW
403	Male		200m Free	HDW
404	Female		100m Breast	HDW
405	Male		100m Breast	HDW
406	Female	15/Ov	50m Free	Skins
407	Male	Squadron	6x50m Free	HDW
408	Female	Squadron	6x50m Free	HDW

CONSIDERATION TIMES

MALE						FEMALE				
17/OV	16	15	14	11-13		11-13	14	15	16	17/OV
					50 Free					
59.61	1.02.01	1.05.30	1.07.00	1.28.52	100 Free	1.29.16	1.11.05	1.10.54	1.08.29	1.06.36
2.10.18	2.15.20	2.21.97	2.25.10	3.11.00	200 Free	3.11.22	2.32.97	2.32.04	2.26.95	2.22.78
					400 Free					
1.07.21	1.09.69	1.13.49	1.15.40	1.41.64	100 Back	1.40.54	1.19.20	1.18.54	1.15.82	1.13.84
2.25.61	2.30.86	2.37.99	2.41.84	3.35.17	200 Back	3.32.78	2.48.86	2.48.28	2.42.11	2.39.10
1.15.62	1.18.90	1.23.17	1.25.43	1.57.65	100 Breast	1.55.72	1.30.93	1.30.26	1.27.12	1.24.95
2.45.98	2.52.63	3.00.76	3.04.47	4.08.81	200 Breast	4.06.39	3.15.42	3.14.71	3.07.11	3.04.48
1.06.13	1.08.84	1.12.26	1.14.94	1.43.19.	100 Butterfly	1.42.80	1.19.16	1.18.70	1.15.89	1.13.89
2.28.81	2.33.67	2.41.93	2.43.41	3.53.80	200 Butterfly	3.51.43	2.55.67	2.54.16	2.48.48	2.46.13
					400 Ind Med					

1. There is no consideration time for the 50 Free, 400 Free or 400 Ind Med.
2. All consideration times are based on the Scottish Swimming B Graded Tables Issue June 2023
3. The consideration times for the 11-13 age group are based on the times for the 11yr age group as per the table.