

South Ayrshire Swim Team – Open Meet 2024

Saturday 15th and Sunday 16th June 2024

Venue	Citadel Leisure Centre, South Harbour Street, Ayr, KA7 1JB
Pool	6 Lane x 25m with separate swim-down pool
Electronic Timing	Omega
Licence No.	WD/L2/008/00624 Held under SASA Regulations and FINA Technical Rules for Swimming
Meet Licence Level	2
Graded Meet Level	N/A
Entry Fee	£6.00 per 50m event / £7.00 for all other events There will be no cost for relay entries
Closing Date	Wednesday 15th May 2024, at 8.00pm
Request for Officials	We ask all clubs, when entering, to commit to supporting the requirement for technical officials across the meet. Officials can sign up in advance of the meet: https://www.signupgenius.com/go/9040C4DABAD22ABFD0-48767876-2024/ Any questions please contact George McLeod sto@sast.me
Individual Age Groups and Events (Age as at 31 st December 2024)	<p>10&under: 50m all strokes – heats and finals 11/12 years: 50m all strokes – heats and finals</p> <p>12&under: 100m / 200m events all strokes (HDW)</p> <p>13/14 years: 50m all strokes – heats and finals 100m / 200m events all strokes (HDW)</p> <p>15 & over: 50m all strokes – heats and finals 100m / 200m events all strokes (HDW)</p> <p>Open (all ages): 400m Free and 400m IM (HDW)</p>
Relay Age Groups and Events	13 years & under: 4x50m Medley and 4x50m Freestyle Relays (HDW) 14 years & over: 4x50m Medley and 4x50m Freestyle Relays (HDW)
Prizes	1 st , 2 nd and 3 rd will be presented to each swimmer in each event. Medals can be collected from the Medals Table during the session.
Poolside Pass	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.
Spectating	Spectating be available at the meet, with a small charge per session/day.
Car Parking	At the pool and at an overflow parking area adjacent to Horizon Hotel (5 min walk).
Accommodation	A list of hotels can be obtained from Ayr Tourist Office on 01292 678100. Craig Tara Caravan Park is also a source of accommodation.
Local Amenities	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.
Next SAST Meet	The next SAST meet will be our SAST Graded Meet 2024 on Sunday 6th October 2024. More information to follow in due course.

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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 and Elaine Walker sast.bubble@gmail.com) up to Wednesday 12 th June 2024 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 45 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 misused it may have to be withdrawn.
16	Start Lists and Results will be available on the Meet Mobile app.

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Order of Events

Saturday 15th June 2024	
Session 1 Warm-up 0850-0950, Event Start 1000	Session 2 Warm-up 1320-1420, Event Start 1430
101 Female 50 Back Heats (10&u, 11-12, 13-14, 15&o) 102 Male/Open 50 Back Heats (10&u, 11-12, 13-14, 15&o) 103 Female 200 Breaststroke HDW (12&u, 13-14, 15&o) 104 Male/Open 200 Breaststroke HDW (12&u, 13-14, 15&o) 105 Female 100 Butterfly HDW (12&u, 13-14, 15&o) 106 Male/Open 100 Butterfly HDW (12&u, 13-14, 15&o) 107 Female 400 Freestyle HDW (Open – all ages) <i>FINALS:</i> 102 Male/Open 50 Backstroke (10&u, 11-12, 13-14, 15&o) 101 Female 50 Backstroke (10&u, 11-12, 13-14, 15&o) 108 Mixed 4x50 Freestyle Relay (13&u)	201 Male/Open 50 Breast Heats (10&u, 11-12, 13-14, 15&o) 202 Female 50 Breast Heats (10&u, 11-12, 13-14, 15&o) 203 Male/Open 200 Butterfly HDW (12&u, 13-14, 15&o) 204 Female 200 Butterfly HDW (12&u, 13-14, 15&o) 205 Male/Open 100 Freestyle HDW (12&u, 13-14, 15&o) 206 Female 100 Freestyle HDW (12&u, 13-14, 15&o) 207 Male/Open 400 Individual Medley HDW (Open – all ages) <i>FINALS:</i> 202 Female 50 Breaststroke (10&u, 11-12, 13-14, 15&o) 201 Male/Open 50 Breaststroke (10&u, 11-12, 13-14, 15&o) 208 Mixed 4x50 Freestyle Relay (14&o)
Sunday 16th June 2024	
Session 3 Warm-up 0850-0950, Event Start 1000	Session 4 Warm-up 1320-1420, Event Start 1430
301 Female 50 Fly Heats (10&u, 11-12, 13-14, 15&o) 302 Male/Open 50 Fly Heats (10&u, 11-12, 13-14, 15&o) 303 Female 200 Freestyle HDW (12&u, 13-14, 15&o) 304 Male/Open 200 Freestyle HDW (12&u, 13-14, 15&o) 305 Female 100 Backstroke HDW (12&u, 13-14, 15&o) 306 Male/Open 100 Backstroke HDW (12&u, 13-14, 15&o) 307 Female 400 Individual Medley HDW (Open – all ages) <i>FINALS:</i> 302 Male/Open 50 Butterfly (10&u, 11-12, 13-14, 15&o) 301 Female 50 Butterfly (10&u, 11-12, 13-14, 15&o) 308 Mixed 4x50 Medley Relay (13&u)	401 Male/Open 50 Free Heats (10&u, 11-12, 13-14, 15&o) 402 Female 50 Free Heats (10&u, 11-12, 13-14, 15&o) 403 Male/Open 200 Backstroke HDW (12&u, 13-14, 15&o) 404 Female 200 Backstroke HDW (12&u, 13-14, 15&o) 405 Male/Open 100 Breaststroke HDW (12&u, 13-14, 15&o) 406 Female 100 Breaststroke HDW (12&u, 13-14, 15&o) 407 Male/Open 400 Freestyle HDW (Open – all ages) <i>FINALS:</i> 402 Female 50 Freestyle (10&u, 11-12, 13-14, 15&o) 401 Male/Open 50 Freestyle (10&u, 11-12, 13-14, 15&o) 408 Mixed 4x50 Medley Relay (14&o)

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SUMMARY SHEET

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

Club:

Contact Name:

Address:

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Post Code: Tel No.

STO Contact Name:

STO Email Address:

Total Male Entries (50m events only) @ £ 6.00 £.....

Total Female Entries (50m events only) @ £ 6.00 £.....

Total Male Entries (all other events) @ £ 7.00 £.....

Total Female Entries (all other events) @ £ 7.00 £.....

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

Total Payment Required £ _____

Return form to: Karen Thomson / Elaine Walker 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 is Wednesday 15th May 2024, 8.00pm

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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.