

**Bo'ness Amateur Swimming Club (WBSX)  
invites entries to their:  
26<sup>th</sup> (REVISED) ANNUAL MINI MEET**

on  
**Saturday 26th October 2024**

at  
**Grangemouth Sports Complex**



**Session 1: Warm-up 09:00, Start 10:00**

**Session 2: Warm-up 13:30, Start 14:30**

## Meet Information

**Venue:** Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 8JB.

**Pool:** 25m x 6 lanes, anti-wave lane ropes.

**Age Groups:** 9 & under, 10, 11 & 12 years (age on day of meet).

**Sessions:** There will be 2 sessions:

1. Morning: Warm-up 09:00, Start 10:00; and
2. Afternoon: Warm-up 13:30, Start 14:30.

**Events:** Events as per table below.

In addition to the table, there will be a 200m freestyle mixed relay event at the end of each session. Mixed relay teams will consist of two boys and two girls (one boy and one girl from each age group). Swimmers may swim up one age group and can only compete for one age group in the relays.

Entries will be accepted on a **SLOWER THAN** basis for all individual events. **QUALIFYING TIMES MUST BE SLOWER THAN THE TIMES TABLED BELOW.**

Age (Boys & Girls)	25m Fly	50m Fly	50m Back	50m Breast	50m Free	100m Individual Medley
9 & under	21.00		45.00	52.00	40.00	
10 years		44.00	43.00	49.00	38.00	01:28.00
11 years		40.00	39.00	47.00	35.00	01:25.00
12 years		37.00	36.00	44.00	32.00	01:23.00

A 10% allowance will be applied on the day to the times tabled above. No overall points or medal placings will be awarded to swimmers who swim faster than the 10%-time allowance. Swimmers who swim faster than the allowance will receive a too fast award in that event.

**Entry Fees:** £7 per individual event.  
£10 per relay team.  
*Please pay by bank transfer*  
*Please see the entry form for more details*

**Gala Convenor:** Ashleigh Ferrario  
BASC Gala Convenor

Email: [galas@bonessasc.org](mailto:galas@bonessasc.org)  
Phone: 07939 234137

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License No.: **WD/L3/042/1024**

[www.bonessasc.org](http://www.bonessasc.org)

**Entries:** **Requesting an entry file:** The meet will be run using Hytek Team Manager. Requests for entry files should be submitted by email to the Meet Manager ([meet-manager@bonessasc.org](mailto:meet-manager@bonessasc.org))

**Swimmers details:** Swimmers details and current times should be detailed on the Entry File (all should be 25m conversions).

**Submitting an entry file:** Completed entry files should be submitted by email to the Meet Manager ([meet-manager@bonessasc.org](mailto:meet-manager@bonessasc.org))

### How to submit entry forms

**Pay by bank transfer** and the Health & Safety Form and the Entry Form can be submitted by email to our Meet Manager ([meet-manager@bonessasc.org](mailto:meet-manager@bonessasc.org))

### Bank Details

Bank: Bank of Scotland

Account Number: 00408725

Sort Code: 80-17-37

Please note as per the process introduced in 2018, the details of Swimming Technical Officials which should be submitted after swims are confirmed.

**Closing Date:** Entries must be received no later than midnight on:

**Friday 4<sup>th</sup> October 2024**

Late entries will not be accepted.

**Officials:** Each club entering the meet is asked to supply at least **two** swimming technical officials for each session. The names of nominated officials and their requested role (including any mentoring requests) should be stated on the completed Technical Officials Form.

These should be submitted by email to the Bo'ness Swimming Technical Officer at [sto@bonessasc.org](mailto:sto@bonessasc.org) no later than **7<sup>th</sup> October 2024** This will be after your club has been notified of confirmed swims and should simplify the selection process.

**Awards:** **Individual Events:** Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> places. Too fast awards will be issued to swimmers who swim faster than the 10% allowance on the qualifying times set out in the table above.

**Relays:** Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places.

**Top Boy and Top Girl Trophies** will also be awarded in each age group.

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## **Meet Rules / General Information**

1. The meet will be held under S.A.S.A. Rules (Level 3 accreditation has been applied for and confirmed). License No: **WD/L3/042/1024**
2. Enclosed is a Health & Safety Form and Technical Officials Form which must be completed and, returned along with the Entry Form prior to the start of the meet.
3. Coaches are responsible for withdrawing swimmers who are not attending and advising the Meet Manager forty-five minutes before the start time.  

Please note that it is the responsibility of all clubs to draw this to the attention of swimmers and parents prior to the meet. Relay lines should be submitted to the Meet Manager forty-five minutes before the start time.
4. All Scottish swimmers must have paid their annual registration fee to S.A.S.A. and be in possession of a competitive number. All non-Scottish club swimmers must be similarly registered with their governing body.
5. Coach's passes will be issued at £8 each. Passes include: welcome pack, admission to both sessions, start sheets, morning tea/ coffee, poolside refreshments and lunch. Please add this cost to your Entry Form.
6. Prior to start-sheets being issued, Bo'ness A.S.C may offer clubs the opportunity to enter swimmers if empty lanes exist. This will be announced to coaches, and lanes first come basis. Payment will be upfront, at a cost of £7 per swim or deducted from any club refund.
7. Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
8. Once start sheets have been prepared no alterations to heats will be made.
9. All refunds will be returned to the club within 28 days of the meet via BACS.
10. It is the responsibility of the swimmers to report to the marshalling area five heats in advance of their race.
11. Coaches must ensure that all of their swimmers can safely dive into the deep water as prescribed by current legislation.
12. There will be no diving from the shallow end of the pool. During relays, starts from the shallow end will be in the pool.
13. Bo'ness A.S.C. reserves the right to enter swimmers for a 'time only' swim in unused lanes.
14. Under no circumstances should any swimmer other than those named on the start sheets go to the marshalling area.
15. The use of photographic or video equipment is prohibited unless the appropriate form has been signed and authorised by the Gala Convenor.
16. Flash photography is not permitted due to the risk of false starts.
17. It is the responsibility of each club to ensure that their swimmers are aware of the meet rules. Swimmers must act on the instructions given by meet officials and behave in a responsible manner at all times.
18. The Gala Convenor 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.
19. Entries will be accepted on a time basis. Clubs should ensure that entry times for their swimmers are accurate.
20. The Gala Convenor reserves the right to restrict entries in order to facilitate the smooth running of the meet.

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21. Swimmers and coaches must not take glassware into the changing village or onto poolside.
22. Neither Bo'ness A.S.C nor Falkirk Community Trust can be held responsible for loss or damage to property during the meet.
23. Swimmers out with the poolside must wear dry clothing and footwear at all times.
24. Outdoor footwear must not be worn on poolside.

## **Programme of Events**

### **Morning: Session 1**

101 – 102	Boys/ Girls	10 years	50m Butterfly
103 – 104	Boys/ Girls	9 and under	25m Butterfly
105 – 106	Boys/ Girls	10 years	50m Backstroke
107 – 108	Boys/ Girls	9 and under	50m Backstroke
109 – 110	Boys/ Girls	10 years	50m Freestyle
111 – 112	Boys/ Girls	9 and under	50m Freestyle
113 – 114	Boys/ Girls	10 years	50m Breaststroke
115 – 116	Boys/ Girls	9 and under	50m Breaststroke
117 – 118	Boys/ Girls	10 years	100m Individual Medley
119	Mixed	9 and under/ 10 years	200m Relay

### **Afternoon: Session 2**

201 – 202	Boys/ Girls	11 years	50m Butterfly
203 – 204	Boys/ Girls	12 years	50m Butterfly
205 – 206	Boys/ Girls	11 years	50m Backstroke
207 – 208	Boys/ Girls	12 years	50m Backstroke
209 – 210	Boys/ Girls	11 years	50m Freestyle
211 – 212	Boys/ Girls	12 years	50m Freestyle
213 – 214	Boys/ Girls	11 years	50m Breaststroke
215 – 216	Boys/ Girls	12 years	50m Breaststroke
217 – 218	Boys/ Girls	11 years	100m Individual Medley
219 – 220	Boys/ Girls	12 years	100m Individual Medley
221	Mixed	11 years/ 12 years	200m Relay

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## 26<sup>th</sup> (REVISED) ANNUAL MINI MEET

Saturday 26<sup>th</sup> October 2024

### Grangemouth Sports Complex

#### Health & Safety Form

**\*\* This form must be completed and returned with any entries \*\***

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:** .....

**On behalf of:** .....

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### Grangemouth Sports Complex

## Entry Form

**\*\* This form must be completed and returned with any entries \*\***

Club Name:			
Contact Name:			
Address:			
Post Code:			
Telephone:			
Email:			
Individual Female Entries		@ £7.00 each:	£
Individual Male Entries		@ £7.00 each:	£
Relay Entries		@ £10.00 each:	£
Coach's Pass		@ £8.00 each:	£
Total Amount Enclosed			£

### **Entry Submission & Payment**

Email & Bank Transfer	
Please email this form to:	
<a href="mailto:meet-manager@bonessasc.org">meet-manager@bonessasc.org</a>	
Bank:	Bank of Scotland
Account	00408725
Sort:	80-17-37

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## 26<sup>th</sup> (REVISED) ANNUAL MINI MEET Saturday 26<sup>th</sup> October 2024

### Grangemouth Sports Complex Technical Officials Form

Club Name:	
Contact Name:	
Email:	

#### Session 1

Name of STO attending	Qualification	Mentoring Requirements

#### Session 2

Name of STO attending	Qualification	Mentoring Requirements

#### Submission of the Technical Officials Form

All clubs are asked to submit the names of a minimum of **two swimming technical officials per session**. These should be submitted by email to the Bo'ness Swimming Technical Officer at [sto@bonessasc.org](mailto:sto@bonessasc.org) no later than **7<sup>th</sup> October 2024**. This will be after your club has been notified of confirmed swims and should simplify the selection process.

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