

# **CUMBERNAULD Swimming Club**

## **Cumbernauld Autumn Graded Meet**

### **Meet Information**

**4<sup>th</sup>- 5<sup>th</sup> October 2025**

**Tryst Sports Centre  
Tryst Road  
Cumbernauld G67 1EW**

**Under SASA and FINA Rules**

**Licence No: WD/L2/1025/014**

invite entries to their

## **Autumn Graded Meet 2025**

### **General Meet Information**

Date:	Saturday 4 <sup>th</sup> and Sunday 5 <sup>th</sup> October 2025	
Venue:	Tryst Sports Centre, Cumbernauld, G67 1EW	
Pool:	6 Lane 25 metre; swim down pool; full electronic timing with 6 lane video scoreboard; anti-turbulence lane ropes; spectator area; cafeteria.	
Timings:	Warm Up	09.00 and 13.30
	Start	10.00 and 14.30
Ages:	As on last day of meet (05/10/25)	
Age Groups:	10/Un, 11/12, 13/14 & 15/Ov	
Events:	50/100m all strokes and 200 IM – 10 and Under	
	100/200m all strokes and 200 IM – 11 and Over	

### **All Events Heat Declared Winner**

Consideration Times:	<b><u>All Times must be Slower than/Equal to Consideration Times</u></b>
Entry Fees:	£8.00 per individual event
Coaches Passes:	£10 (Inc. Programme, Results and Meal)
Awards:	All Ages – Medals 1st, 2nd & 3rd
Officials:	Clubs are requested to supply at least 2 Technical Officials at least one of which should be a Judge.
Closing Date for Entries:	<b>Midday – Friday 12<sup>th</sup> September 2025</b>

All entries should be submitted using relevant electronic file by e-mail to:

Ronnie Girvan  
Meetsecretary.casc@outlook.com

Entry Summary: [Entry Summary Form](#)

## **Graded Meet – Specific Information**

### **Entry Times:**

Please see entry times page. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Any cuts will be made in as balanced a way as possible to ensure, where possible, an equal number of both male and female swimmers and of ages in each age group. All entries must be slower than the published entry time and No Times will not be accepted.

### **Entries:**

Must be submitted by the closing date using the supplied electronic file. This file can be requested by email from Ronnie Girvan at [meetsecretary.casc@outlook.com](mailto:meetsecretary.casc@outlook.com). Please ensure that the Full Name, Date of Birth and Registration Number is included for each swimmer. Entry fees are to be paid by BACS within 3 Days of the closing date. Details for payment are as follows

Sort Code: 80-13-13  
Account: 00227679

### **Withdrawals:**

Any withdrawal prior to the first day of the event should be notified by email to [meetsecretary.casc@outlook.com](mailto:meetsecretary.casc@outlook.com) by Sat 28th September. On the day withdrawals should be notified 45mins prior to the start of the session to the meet office.

### **Start Lists/Results:**

Start lists will be prepared in advance of the meet and be available for spectators. These start lists will be subject to change dependant upon any on the day withdrawals. Revised start lists will be posted on poolside and given to each club prior to the start of each session.

Results will be available on poolside following completion of each event and on Meet Mobile.

### **Events**

All Events will be Heat Declared Winners

Over the top starts may be used at the discretion of the promoter/referee in order to facilitate the smooth running of the meet.

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 marshalling area 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.

### **Prizes:**

Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all events. These can be collected from the medals table following publication of the official results of each event.

### **Refunds:**

No refunds will be given after the closing date. Refunds for any rejected swims will be refunded as soon as possible after the event.

**Technical Officials:**

To help with accreditation, clubs are invited to supply at least 2 Officials per session, one of which should be a Judge Level 1.

**Meet Rules**

Meet is being held under Scottish Swimming rules.

Swimmers may only enter their own age group.

No Swimmer under the age of 8yrs is permitted to swim in accordance with licence requirements

All swimmers of Scottish Clubs must have or have applied for a current SASA registration number.

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.

**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 North Lanarkshire Council 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

**Safeguarding:**

The primary safeguarding point of contact for this event in relation to any wellbeing and protection matters or accidents is the Meet Organisers.

**Spectating.**

Spectating is limited both on poolside and the balcony. This is outwith our control and we would ask for patience

No abuse of club volunteers or facility staff will be tolerated.

## Order of Events

Session 1 Sat AM					Session 2 Sat PM			
101	Male	10/Un	100 Free		201	Male	11/12	200 Fly
102	Female	10/Un	100 Free		202	Female	11/12	200 Fly
103	Male	11/12	200 Back		203	Male	13/14	100 Free
104	Female	11/12	200 Back		204	Female	13/14	100 Free
105	Male	13/14	100 Br		205	Male	15/Ov	200 Br
106	Female	13/14	100 Br		206	Female	15/Ov	200 Br
107	Male	15/Ov	200 Fly		207	Male	10/Un	100 Back
108	Female	15/Ov	200 Fly		208	Female	10/Un	100 Back
109	Male	10/Un	200 IM		209	Male	11/12	200 IM
110	Female	10/Un	200 IM		210	Female	11/12	200 IM
111	Male	11/12	100 Br		211	Male	13/14	200 Back
112	Female	11/12	100 Br		212	Female	13/14	200 Back
113	Male	13/14	200 Free		213	Male	15/Ov	100 Free
114	Female	13/14	200 Free		214	Female	15/Ov	100 Free
115	Male	15/Ov	100 Back		215	Male	10/Un	50 Br
116	Female	15/Ov	100 Back		216	Female	10/Un	50 Br
117	Male	10/Un	50 Fly		217	Male	11/12	100 Free
118	Female	10/Un	50 Fly		218	Female	11/12	100 Free

Session 3 Sun AM					Session 4 Sun PM			
301	Male	13/14	100 Fly		401	Male	15/Ov	200 Back
302	Female	13/14	100 Fly		402	Female	15/Ov	200 Back
303	Male	15/Ov	200 Free		403	Male	10/Un	100 Fly
304	Female	15/Ov	200 Free		404	Female	10/Un	100 Fly
305	Male	10/Un	100 Br		405	Male	11/12	200 Free
306	Female	10/Un	100 Br		406	Female	11/12	200 Free
307	Male	11/12	200 Br		407	Male	13/14	100 Back
308	Female	11/12	200 Br		408	Female	13/14	100 Back
309	Male	13/14	200 IM		409	Male	15/Ov	200 IM
310	Female	13/14	200 IM		410	Female	15/Ov	200 IM
311	Male	15/Ov	100 Br		411	Male	10/Un	50 Back
312	Female	15/Ov	100 Br		412	Female	10/Un	50 Back
313	Male	10/Un	50 Fr		413	Male	11/12	100 Back
314	Female	10/Un	50 Fr		414	Female	11/12	100 Back
315	Male	11/12	100 Fly		415	Male	13/14	200 Fly
316	Female	11/12	100 Fly		416	Female	13/14	200 Fly
317	Male	13/14	200 Br		417	Male	15/Ov	100 Fly
318	Female	13/14	200 Br		418	Female	15/Ov	100 Fly

## Consideration Times

Female					Male			
15/Ov	13/14	11/12	10/Un		10/Un	11/12	13/14	15/Ov
			43.87	50 Fr	43.77			
			51.15	50 Bk	51.42			
			58.75	50 Br	59.16			
			49.66	50 Fly	50.09			
1.08.29	1.11.05	1.20.54	1.38.78	100 Fr	1.38.89	1.19.44	1.07.00	1.02.01
1.15.82	1.19.20	1.30.68	1.52.46	100 Bk	2.08.38	1.30.49	1.15.40	1.09.69
1.27.12	1.30.93	1.43.68	2.09.60	100 Br	2.11.80	1.43.22	1.25.43	1.18.90
1.15.89	1.19.16	1.31.45	2.01.16	100 Fly	2.01.29	1.30.74	1.14.94	1.08.84
2.26.95	2.32.97	2.50.05		200 Fr		2.47.17	2.25.10	2.15.20
2.42.11	2.48.86	3.08.74		200 Bk		3.07.62	2.41.84	2.30.86
3.07.11	3.15.42	3.37.08		200 Br		3.37.13	3.04.47	2.52.63
2.48.48	2.55.67	3.18.72		200 Fly		3.16.88	2.46.41	2.33.67
2.46.54	2.52.96	3.13.21	4.01.13	200 IM	4.04.02	3.10.33	2.45.11	2.33.52

**ALL ENTRY TIMES MUST BE SLOWER THAN OR EQUAL TO THE ABOVE TIMES. THESE TIMES ARE BASED ON THE LATEST GRADED TABLES FROM SCOTTISH SWIMMING.**