

**FALKIRK INTEGRATED REGIONAL SWIM  
TEAM**

**ANNUAL OPEN MEET  
2016**



**Xcite Leisure Centre, Bathgate.**

**9<sup>th</sup> and 10<sup>th</sup> January 2016**

SESSION 1 & 3: Warm-up 09.00hrs Start 10.00hrs

SESSION 2 & 4: Warm-up 13.30hrs Start 14.30hrs

Held under licence from SASA East District

Licence Number: ED/2016/001/02

# BO'NESS, FALKIRK OTTER & GRANGEMOUTH ASC

*Invites you to their*  
**F.I.R.S.T. ANNUAL OPEN MEET**  
**9<sup>th</sup> & 10<sup>th</sup> January 2016**

Bo'ness, Falkirk Otter & Grangemouth ASC invites you to their Annual F.I.R.S.T. OPEN Meet to be held at Xcite Leisure Centre, Balbardie Park, Torphicen Road, Bathgate, EH48 4LA.

Under SASA Licence no ED/2016/001/02

## MEET INFORMATION

<b>VENUE</b>	Xcite Leisure Centre, Bathgate
<b>POOL</b>	25m x 6 lanes, anti-wave lane ropes
<b>EVENTS</b>	50m, 100m & 200m all strokes 100m, 200m & 400m IM and 400m Free  4x50m Open Freestyle relay, 4x50m Open Medley relay, 4 x 100m Open freestyle relay & 4 x 100m Open Medley relay.  Swimmers must swim in their own age group with exception of Open Relays. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.
<b>AGE GROUPS</b>	11/Under years, 12/13 years, 14/15 years & 16 years & over Age is on last day of meet.
<b>SESSIONS</b>	There will be 4 sessions as follows: Morning – warm up            9.00am    session starts 10.00am Afternoon – warm up        1.30pm    session starts 2.30pm
<b>ENTRY FEES</b>	£5.75p per individual event    £10 per relay event Cheques should be made payable to <b>FIRST Swimming Team</b> .
<b>ENTRIES</b>	All entries & current times should be made on the relevant electronic file. Hytek Team Manager Event File can be obtained from <b><u>Swim Scotland Web site</u></b> or requested via e-mail from:
	<b>Garvie Murray</b> <b>64B Easton Drive, Shieldhill, Falkirk, FK1 2TA</b> <b>Tel– 07736057759</b> <b>Email: <a href="mailto:garvie@bluevonder.co.uk">garvie@bluevonder.co.uk</a></b>
	Closing date for entries is <b>midnight on Friday 27<sup>th</sup> November 2015</b> <b>NO LATE ENTRIES WILL BE ACCEPTED.</b> Rejected entries will be refunded in full.
<b>OFFICIALS</b>	Can each club supply at least 2 swimming technical official at least one of which should be a judge for each Session to assist with accreditation of meet. Please advise names on gala entry form.
<b>AWARDS</b>	Medals will be presented to 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> places in individual events. Trophy will be presented to Winning Relay Teams for retention. The FIRST OPEN Meet Shield will be presented to the <b>TOP TEAM</b> with the most points at the end of the meet. Trophy to be returned after 1 year. £80 to the team who breaks & retains a Scottish Record in the OPEN Relay Events.

## **GENERAL INFORMATION**

1. Meet to be held under SASA rules. Enclosed is a health and safety form to be completed (mandatory).
2. All Swimmers of Scottish Clubs must have a S.A.S.A. number.
3. All swimmers of Non Scottish clubs must have registration with their governing body.
4. Composite Squads are allowed and are eligible for Top club/team Trophy
5. No swimmer under the age of 8 years is permitted to swim in accordance with Licence requirements.
6. Start sheets will be available to clubs prior to the start of each session.
7. Electronic Timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
8. Withdrawals must be notified to the recorders no later than 40 minutes prior to the start of each session.
9. Once start sheets have been prepared no alterations shall be made.
10. It is the swimmers responsibility to check with the marshalls in the allocated area. Swimmers should report to the Marshalls Four heats in advance of their race.
11. Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into the deep water as prescribed by current legislation.
12. There will be a maximum of 2 no reserve swimmers for each event and no time only swims on the day. Would clubs also note that under no circumstances should any swimmer other than the one named on the start sheet go to the marshalling area.
13. No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet director. Application must be made on the approved SASA form.
14. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
15. It is the responsibility of each club to ensure that their swimmers are aware of meet rules.
16. The Meet Management 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.
17. The convenor 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.

## **MISCELLANEOUS**

- Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
- FIRST Committee, nor Xcite Leisure Centre can not be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the pool side must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn at poolside.

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## **HEALTH AND SAFETY ANNOUNCEMENT**

### **Controlling the Use of Photographic Equipment**

- Scottish Amateur Swimming Association has decided that control of photographic equipment is required at all meets.

In view of this, the meet will run under the following guidelines:

- No photographic equipment (eg, Camera, Camcorder, etc) is to be allowed on poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.
- Application to use photographic equipment must be made on the approved SASA form.
- Application can be made on the day to the meet director or to the meet directors appointed official. Applicant must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

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In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current SASA Annual Competitive Fee.

I understand that any swimmer entered without an SASA number will be automatically rejected.

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/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: .....

Position in Club: .....

On behalf of: .....(Name of Club)

Return this form with entry payment no later than midnight Friday 27<sup>th</sup> November 2015

# Events

## Order Of Events-

Session 1:	101 Girls 50Fly 102 Boys 50Fly	Session 2:	201 Girls 50Back 202 Boys 50Back
	103 Girls 200Back 104 Boys 200Back		203 Girls 200Breast 204 Boys 200Breast
	105 Girls 100Breast 106 Boys 100Breast		205 Girls 100Free 206 Boys 100Free
	107 Girls 400Free 108 Boys 400Free		207 Girls 200IM 208 Boys 200IM
	109 Girls 4 x 50m Medley open relay 110 Boys 4 x 50m Medley open relay		209 Girls 4 x 100m Free open Relay 210 Boys 4 x 100m Free open Relay
Session 3:	301 Girls 50Breast 302 Boys 50Breast	Session 4:	401 Girls 50Free 402 Boys 50Free
	303 Girls 200Free 304 Boys 200Free		403 Girls 200Fly 404 Boys 200Fly
	305 Girls 100Fly 306 Boys 100Fly		405 Girls 100Back 406 Boys 100Back
	307 Girls 400IM 308 Boys 400IM		407 Girls 100IM 408 Boys 100IM
	309 Girls 4 x 50m Free open relay 310 Boys 4 x 50m Free open relay		409 Girls 4 x 100m medley Open Relay 410 Boys 4 x 100m medley Open Relay

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## Summary Entry Form

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

Club Name.....	Contact Name:	.....
Club Code.....	Address:	.....
		.....
		.....
	Telephone:	.....
	E Mail:	.....

Total Male Entries @£5.75 each		£.....
Total Female Entries @ £5.75 each		£.....
Total Relay Entries @ £10.00 each		£.....
	Total	£.....

Total amount enclosed	£.....	Signed	.....
		Position in Club	.....

Please make cheques payable to : **FIRST Swimming Team**

**Officials names** .....

.....

Return this form along with entries no later than **Midnight Friday 27<sup>th</sup> November 2015**

**Garvie Murray**

**64B Easton Drive**

**Sheildhill**

**Falkirk**

**FK1 2TA**

**07736057759**