



Stirling Swimming

(Affiliated to SASA)



present their

Autumn Swim Meet

(Under FINA Rules & Scottish Swimming Regulations)

Scottish Swimming License – WD/L2/769/1011

On

Sunday 2 October 2011

At

**The Peak,
Stirling Sports Village**

Closing Date - 8pm Tuesday 30 August 2011



Stirling Swimming - Autumn Swim Meet
Meet Information

Dates: Sunday 2 October 2011.

Venue: The Peak, Stirling Sports Village
Forthside Way, Stirling. FK8 1QZ
(telephone 01786 273555)

Pool: 6 lane, 25 metre pool, anti-turbulent lane ropes and electronic timing.

Swim-Down Pool: A Swim down pool will be available during the meet.

Meet Status: Scottish Swimming, Level 2 License WD/L2/769/1011 granted.
Accreditation of results will be applied for after the meet.

Session Times: Session 1 - Sunday 02 October 2011 Warm up 9.00 am. Start 10.00 am.
Session 2 - Sunday 02 October 2011 Warm up 1.30 pm. Start 2.30 pm.
Sessions, including presentations, will be limited to 3 hours.

Warm Ups: If numbers permit there will be one warm up session for all swimmers.
Warm up Boys & Girls – all ages 9.00 am- 9.55 am & 1.30 pm - 2.25 pm
Otherwise warm ups will be split Boys then Girls – 25 minutes each with a 5 min break between.
Warm up 1 Boys – **all ages** 9.00 am - 9.25 am & 1.30 pm - 1.55 pm
Warm up 2 Girls – **all ages** 9.30 am - 9.55 am & 2.00 pm - 2.25 pm

Withdrawals: Any withdrawals must be notified to the recorders on the appropriate forms not later than 45 minutes before the session starts (9.15 am for morning and 1.45pm for afternoon).

Marshalling: Swimmers must marshal for their events 3 heats prior to their race (10 minutes before 1st event) along the window opposite the balcony.
Any swimmers who does not marshal will be deemed to have withdrawn.
Reserves, who have marshalled, will be allocated the place of swimmers who have not marshalled for heats.

Events: **Ages as at 2 October 2011 (last & only day of competition)**
10-12 years 200m Free, Fly, Back, Breast
200m Individual Medley
400m Free
13/14 years 200m Free, Fly, Back, Breast
200m Individual Medley
400m Free
10-14 years 50m Free, Fly, Back, Breast.
(The intention is to accept equal numbers of 10-12 yrs and 13/14 yrs).

Heats: All events are Heat Declared Winner events.
The intention is to have
- **four** heats for 400 metre F/S events (106 & 206) – approx 2 heats per age group
- **six** heats for 200 metre events (101-105 & 201 205) – approx 3 heats per age group
- **six** heats for 50 metre individual stroke events (107-110 & 207-210).
Once the entries are in Stirling Swimming will decide on the number of heats in each event.
Stirling Swimming reserves the right to add in additional entries outwith the consideration times if there are spare lanes.

Starts: “Over the Top Starts” will be used in all heats apart from backstroke events.

Diving: Please ensure that only swimmers who are competent to dive are allowed to dive.
No diving is allowed at the shallow end of the main pool. During warm ups, diving is only allowed from the deep end of the pool in sprint lanes designated as being “dive starts” and not “in the water” start lanes.

Fees: £4.50 per event – no refund of fees for times outwith consideration time
All cheques should be made payable to Stirling Swimming.
No entries will be accepted without the correct fee being paid or with the Entry Files incorrectly completed.

Entries: Entries will be by computer files which are obtainable from the Entry Secretary (see below).
Requests for meet entry files should be made **at least one week in advance** of the closing date.
Only official files are acceptable.
The closing date for receipt of entries files is **8pm, Tuesday 30 August 2011**.
The entries file should be emailed to Blair Prentice at prenticeblair@aol.com.

The appropriate entry fees and summary sheet must be sent to arrive **within 4 days of the Closing Date – i.e. by Saturday 3 September 2011**.

They should be sent to

Blair I Prentice (Meet Entry Secretary)
10 Abbeyview,
Logie Road
Stirling.
FK9 5JZ

telephone 01786 473760 (home)
07969 040955 (mobile)
email prenticeblair@aol.com

Coach's Pass: Coach's Passes at a cost of £5 are available to cover lunch.
There are café facilities available at the Sports Village.

Awards: **Medals**
50m events Medals will be awarded to 1st, 2nd & 3rd in each event (10-14 yrs).
200m events Medals will be awarded to 1st, 2nd & 3rds in each group (10-12yrs & 13/14yrs).
400m events Medals will be awarded to 1st, 2nd & 3rds in each group (10-12yrs & 13/14yrs).
Swam too fast
Swam to Fast awards will be made to swimmers who swim more than 5 seconds faster than the entry times for the 200m events or more than 10 seconds faster than the entry times for the 400m events.

Presentations: Swimmers should report for presentations to the marshalling area at the window side of the pool, opposite the changing village.
Presentation for events 102 & 104 will be during event 105.
Presentation for events 101, 103 & 105 will be during event 106.
Presentation for events 106 – 110 will be at the end of session 1.
Presentation for events 202 & 204 will be during event 205.
Presentation for events 201, 203 & 205 will be during event 206.
Presentation for events 206 – 210 will be at the end of session 2.

First Aid: The pool staff are providing qualified First Aid cover.

Fire Alarms: In the case of fire alarms being activated please comply with the pool staff's instructions.

Lockers: A locker system operates in the changing rooms and swimmers are advised to use them.
Please do not leave clothes in the changing areas or in unlocked lockers.
The changing rooms are not supervised and are open to members of the public as well those competing in the event.

Officials: As we are applying for accreditation we will require the minimum number of Judges for each session. We will require the support of Clubs who enter the gala to supply officials.

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Programme of events

Sunday 2 October 2011

Session 1 – 9.00 am Warm Up for 10.00 am Start

101	Girls	10-12	200m	Individual Medley
&	Girls	13-14	200m	Individual Medley
102	Boys	10-12	200m	Backstroke
&	Boys	13-14	200m	Backstroke
103	Girls	10-12	200m	Freestyle
&	Girls	13-14	200m	Freestyle
104	Boys	10-12	200m	Butterfly
&	Boys	13-14	200m	Butterfly
105	Girls	10-12	200m	Breaststroke
&	Girls	13-14	200m	Breaststroke

Presentation of events 102, 104 during 105

106	Boys	10-12	400m	Freestyle
&	Boys	13-14	400m	Freestyle

Presentation of events 101, 103 & 105 during 106

107	Girls	10-14	50m	Backstroke
108	Boys	10-14	50m	Breaststroke
109	Girls	10-14	50m	Butterfly
110	Boys	10-14	50m	Freestyle

Presentations of finals 106-110

Session 2 - 1.30 pm Warm Up for 2.30 pm Start

201	Boys	10-12	200m	Individual Medley
&	Boys	13-14	200m	Individual Medley
202	Girls	10-12	200m	Backstroke
&	Girls	13-14	200m	Backstroke
203	Boys	10-12	200m	Freestyle
&	Boys	13-14	200m	Freestyle
204	Girls	10-12	200m	Butterfly
&	Girls	13-14	200m	Butterfly
205	Boys	10-12	200m	Breaststroke
&	Boys	13-14	200m	Breaststroke

Presentation of events 202, 204 during 205

206	Girls	10-12	400m	Freestyle
&	Girls	13-14	400m	Freestyle

Presentation of events 201, 203 & 205 during 206

207	Boys	10-14	50m	Backstroke
208	Girls	10-14	50m	Breaststroke
209	Boys	10-14	50m	Butterfly
210	Girls	10-14	50m	Freestyle

Presentations of finals 206-210

Consideration Times.

Swimmers entry times must be equal to or slower than the Consideration Times

N.B. Ages as at 2 October 2011 last & only day of competition.

Entry Times 200m & 400m Events

Entry times should be either actual or converted short course times.
 They must not be faster than the short course times set out in the table below.

Boys		Event	Girls	
10-12	13-14		10-12	13-14
02:40.00	02:19.00	200 Free	02:47.00	02:28.00
02:54.00	02:31.00	200 Fly	03:02.00	02:41.00
02:58.00	02:34.00	200 Back	03:05.00	02:44.00
03:17.00	02:51.00	200 Breast	03:27.00	03:03.00
02:59.00	02:36.00	200 IM	03:09.00	02:47.00
05:47.00	05:02.00	400 Free	05:51.00	05:10.00

50m Events There are no entry times for the 50m events, however, swimmers can only enter the 50m events if they are entering one or more of the 200m or 400m events.

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Entry File Requests

Event Files will be produced using the Hy-Tek Meet management System and will be sent by email. Hy-Tek's "Team Manager" or "Team Manager Lite" is needed in order to complete entries

"Team Manager Lite" can be downloaded free of charge by going to www.hy-tek ltd.com

Please make application by email providing the following details.

Club Name:	
Contact	
Address	
Post Code:	
Home Tel no:	
Mobile Tel no:	
e-mail:	

Email: **prenticeblair@aol.com**

Blair Prentice, Meet Entry Secretary
10 Abbeyview
Logie Road
Stirling
FK9 5JZ
Telephone home 01786 473760,
mobile 07969 040955

Requests for Meet Entry File should be made at least 1 week before the closing date for entries.

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Summary Sheet

**** This form must be completed and returned with the appropriate payment. ****

Club Name:	
Contact	
Address	
Post Code:	
Home Tel no:	
Mobile Tel no:	
e-mail:	(important for distribution of information and updates pertaining to the meet)

.....	Male Entries	@ £4.50	£.....
.....	Female Entries	@ £4.50	£.....
.....	Coach's passes (for lunch)	@ £5.00	£.....
	Total cheque enclosed		<u>£.....</u>
Please make cheques payable to Stirling Swimming			

Form to be returned to Meet Entry Secretary	
	Blair Prentice 10 Abbeyview Logie Road Stirling FK9 5JZ
Tel	home 01786 473760, mobile 07969 040955
e-mail	prenticeblair@aol.com

**Entry form and fees to be returned within 4 days of the closing date of
8pm Tuesday 30 August 2011 – i.e. by Saturday 3 September 2011.**