#### **REN 96 SWIM TEAM**

(Affiliated to SASA)

Present their

### SHORT COURSE GRADED MEET

(under FINA Rules & SASA Regulations)

## 16th & 17th MARCH 2019

**VENUE:** Linwood Community Sports Hub

**Brediland Road** 

Linwood PA3 3RA

**POOL:** 6 lane x 25m

**ELECTRONIC TIMING:** OMEGA

MEET LICENCE: WD/L2/014/0319 ENTRY FEE: £ 5.50 per event

**COACHES PASSES:** £15.00 to include programme, result sheets, and meals, teas,

coffees for both days.

CLOSING DATE FOR ENTRY: Friday 15th February 2019

**REFRESHMENTS:** Snacks, Teas, Coffees will be available at the Cafeteria area,

however please note HOT drinks are NOT to be taken to the

spectator area.

**MEET ENQUIRIES:** John & Diane Kerr

Tel: 07789941756

Email: diane.kerr22@virginmedia.com

**AGE GROUPS:** 8 - 10 years: 50m & 100m all strokes, (Incl 100m IM)

Age is determined as at 17/03/2019

Swimmers may only enter in their own

Age group.

11-12 years: 50m,100m & 200m all strokes, (Incl 200

IM), 400m Free & 400m IM

13-14 years: 50m,100m & 200m all strokes, (Incl 200

IM), 400m Free & 400m IM

15 & over: 50m,100m & 200m all strokes, (Incl 200

IM), 400m Free & 400m IM

**WARM UP + START TIMES:** 8.50-9.55am for 10.00am start / 1.30-2.25pm for 2.30pm start

**SWIM SHOP:** Will be available during the meet

**PRIZES:** Age Group Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>,

events: 5<sup>th</sup>& 6<sup>th</sup>. There will be speeding tickets

for swimmers who swam to fast.

# REN 96 SHORT COURSE GRADED MEET SATURDAY 16<sup>th</sup> & SUNDAY 17<sup>th</sup> MARCH 2019 ON-X LINWOOD SWIMMING POOL

- 1. The meet is to be held under FINA Rules & SASA Regulations and has the License number **WD/L2/014/0319**
- 2. The pool is 25m long x 6 lanes, with anti-turbulence lane ropes and Omega electronic timing in operation. There is no swim down facility.
- 3. FOR WITHDRAWALS THE MEET HAS A SIGNING-IN PROCEDURE:
  - All swimmers must check in to the entry marshals in the foyer. Exceptionally, on the production of their pass, coaches will be allowed to sign in their swimmers. **Latest check in times will be 45 minutes prior to the session start time**. Swimmers who have not signed in will be considered as WITHDRAWN. Start sheets will then be handed out to the attending coaches / team managers poolside. Swimmers will be called for in whole events, at least one event prior to their swim and marshalled into heats in the designated marshalling areas. Swimmers will then be sent down in heat order to the starting blocks.
- 4. Warm ups will be split to accommodate the numbers and age range of competitors. Warm ups will be split as per the schedule of events.
- 5. Awards will be made to the top six swimmers in each event.
- 6. Over the top starts will be used during the meet at the discretion of the meet management.
- 7. Coaches Passes will be issued at £15.00 each. These will provide admission to all sessions, a programme, a set of result sheets, and morning teas/coffees, hot filled rolls and lunches on both days. Only pass holders, swimmers and officials will be allowed on the poolside.
- 8. Entries to events will be restricted and will be accepted on the basis of entry times. Any entry not accepted will be refunded. There will be reserve swims. However, where no swim is available on the day a full refund will be issued. A list of excluded entries will be sent to the contact stated on the meet entry form. It is the responsibility of the person receiving the entries to check the accuracy of the accepted swims and to inform all relevant swimmers of their accepted entries. REN 96 reserves the right to fill lanes with their swimmers where an event is under subscribed.
- 9. As the Meet will be run using Hy Tek Meet Manager the appropriate files for importing entries to Team Lite or Team Manager 4 will be available from: <a href="mailto:diane.kerr22@virginmedia.com">diane.kerr22@virginmedia.com</a>
- 10. All swimmers of Scottish clubs must have a current SASA registration number. All swimmers of non-Scottish clubs must be registered with their governing body.

11. The correct fee of £5.50 per event must accompany the completed paperwork and be sent by the closing date of **Friday 15<sup>th</sup> FEBRUARY 2019**. Cheques should be made payable to "REN 96 Swim Team" and sent with the relevant paperwork to

John Kerr 30 Balmoral Drive, Bishopton, Renfrewshire, PA7 5HR

- 12. Swimmers, Coaches and Team Managers must ensure that all of their swimmers can safely dive into deep <u>or</u> shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool. There will be a one-way system operating around the pool.
- 13. No photographic or video equipment will be allowed in any area under the jurisdiction of the Meet Organisers without prior approval of the Meet Manager. Application may be made on the day of Meet at the Meet Office on the provision of photographic evidence of the applicant and evidence that they have a swimmer (s) competing at the Meet. The application must be made on the approved SASA form which will be provided on the day.
- **14.** To ensure accreditation for each session we would appreciate support from participating Clubs by nominating Technical Officials qualified to Judge.
- 16. All mobile phones should be switched off on the poolside.

# **REN 96 2019 SHORT COURSE GRADED MEET**

Programme of Events

Saturday 16 <sup>th</sup> March 2019					Saturday	Saturday 16 <sup>th</sup> March 2019					
Sess	ion 1 – (	08:50 Warm 1	Up for 1	0.00 Start	Session 2	- 13:30 V	Warm Up for	14.30 \$	<u>Start</u>		
101	Boys	11 yrs & Over	400	Freestyle	201	Girls	11 yrs & Over	400	Freestyle		
102	Boys	8-10 yrs 11-12 yrs	100	Medley	202	Girls	8-10 yrs 11-12 yrs	100	Medley		
103	Girls	8 yrs & Over	100	Fly	203	Boys	8 yrs & Over	100	Fly		
104	Boys	11yrs & Over	200	Medley	204	Girls	11yrs & Over	200	Medley		
105	Girls	8 yrs & Over	100	Breaststroke	205	Boys	8 yrs & Over	100	Breaststroke		
106	Boys	11 yrs & Over	200	Breaststroke	206	Girls	11 yrs & Over	200	Breaststroke		
107	Girls	8 yrs & Over	100	Backstroke	207	Boys	8 yrs & Over	100	Backstroke		
108	Boys	8 yrs & Over	50	Butterfly	208	Girls	8 yrs & Over	50	Butterfly		
	-	March 2019 )8:50 Warm \	Up for 1	0.00 Start	Sunday 17 Session 2		Warm Up for	14.30 S	<u>Start</u>		
301	Boys	11 yrs & Over	400	Medley	401	Girls	11 yrs & Over	400	Medley		
302	Girls	11 yrs & Over	200	Fly	402	Boys	11 yrs & Over	200	Fly		
303	Boys	8 yrs & Over	100	Freestyle	403	Girls	8 yrs & Over	100	Freestyle		
304	Girls	11 yrs & Over	200	Backstroke	404	Boys	11 yrs & Over	200	Backstroke		
305	Boys	8 yrs & Over	50	Breaststroke	405	Girls	8 yrs & Over	50	Breaststroke		
306	Girls	8 yrs &	50	Backstroke	406	Boys	8 yrs &	50	Backstroke		
		Over					Over				
307	Boys	Over 11 yrs & Over	200	Freestyle	407	Girls	Over 11 yrs & Over	200	Freestyle		

# **REN 96 2019 SHORT COURSE GRADED MEET**

Entry Times & Events

Entry Times should be either converted or actual 25 m times and <u>MUST NOT BE FASTER</u> than the 25m times set out in the table below.

Events	BOYS			GIRLS				
	8-10	11-12	13-14	15 +Over	8-10	11-12	13-14	15+ Over
50 Free	34.0	32.0	30.0	28.0	36.0	34.0	32.0	30.0
100 Free	1:14.0	1:08.0	1:02.0	59.0	1:20.0	1:13.0	1:08.0	1:04.0
200 Free	n/a	2:45.0	2:29.0	2:18.0	n/a	2:44.0	2:31.0	2:24.0
400 Free	n/a	5:28.0	5:15.0	5:01.0	n/a	5:30.0	5:20.0	5:10.0
50 Breast	48.0	44.0	40.0	36.0	50.0	46.0	42.0	38.0
100 Breast	1:44.0	1:37.0	1:25.0	1:17.0	1:44.0	1:35.0	1:28.0	1:23.0
200 Breast	n/a	3:30.0	3:14.0	2:51.0	n/a	3:26.0	3:17.0	2:58.0
50 Back	40.0	38.0	36.0	34.0	40.0	38.0	36.0	34.0
100 Back	1:34.0	1:21.0	1:16.0	1:12.0	1:30.0	1:26.0	1:19.0	1:16.0
200 Back	n/a	3:01.0	2:49.0	2:37.0	n/a	3:04.0	2:57.0	2:42.0
50 Fly	44.0	40.0	36.0	32.0	44.0	42.0	38.0	34.0
100 Fly	1:40.0	1:31.0	1:21.0	1:14.0	1:40.0	1:30.0	1:25.0	1:18.0
200 Fly	n/a	3:26.0	3:08.0	2:48.0	n/a	3:26.0	3:09.0	2:55.0
100 I/M	1:30.0	1:25.0	n/a	n/a	1:30.0	1:25.0	n/a	n/a
200 I/M	n/a	2:58.0	2:41.0	2:38.0	n/a	2:52.0	2:48.0	2:44.0
400 I/M	n/a	6:30.0	6:00.0	5:30.00	n/a	6:40.0	6:20.0	5:45.0

#### **REN 96 SWIM TEAM**

### **SUMMARY SHEET**

### SHORT COURSE GRADED MEET

# 16<sup>th</sup> & 17<sup>th</sup> MARCH 2019

Closing date: Friday 15th Fel	bruary, to be i	returned to:	John Kerr REN 96 Swim Team 30 Balmoral Drive Bishopton Renfrewshire PA7 5HR	
CLUB				
CONTACT NAME			<u></u>	
CONTACT TELEPHO ADDRESS				
EMAIL:				
Entries:				
Boys entries	@ £ 5.50	=		
Girls entries	@ £ 5.50	=		
Coaches Passes	@ £15.00	=		
TOTAL RETURNS		_		

(Cheques payable to REN 96 Swim Team)

# **REN 96 SWIM TEAM**

# SHORT COURSE GRADED MEET

# 16th & 17th March 2019

Please complete this form – to apply with accreditation requirements.

On behalf of	(Name of Club)
<ul> <li>I confirm that all entered swimmers have paid Membership Fee.</li> <li>I confirm that the notice of use of photographic brought to the attention of the swimmers, parer attending the meet.</li> <li>I confirm that all swimmers have trained and a the pool.</li> </ul>	c equipment has been nts and coaches who will be
Signed	
Position Held	

#### **REN 96 Swim Team**

## Short Course Graded Meet 16th & 17th March 2019

Club	••••••
Club Contact	••••••
Tel No	Email

#### **OFFICIALS SHEET**

Name	Duty	Session 1	Session 2	Session 3	Session 4
	Judge				

Due to licensing and accreditation conditions, we would ask any Technical Official travelling with Clubs to make themselves available on the day. It would be appreciated if each Club attending could provide one Judge per session, to ensure the meet is accredited

Thank you.