



## KINGSTON SPRINTS 2019 GRADED MEET

Licence Number: WD/L3/056/1119

Date	<b>Sunday, 3<sup>rd</sup> November 2019</b>
	Session One : Warm up at 9.00 am - Start at 9.45 am Session Two : Warm up at 1.15 pm - Start at 2.00 pm
Venue	<b>Larkhall Leisure Centre, Broomhill Road, Larkhall ML9 1QP</b>
Pool	6 lane 25m pool, anti-wave lane ropes, spectator seating for over 200.
Age	As on <b>31<sup>st</sup> December 2019</b>
Age Groups / Events	9 years & under.            50m all strokes 10 years                        50m all strokes 11 years                        50m all strokes 12-13 years                    50m all strokes 14-15 years                    50m all strokes 16 years & over                50m all strokes
	Swimmers may only swim in their own age group. No faster times than the consideration times will be accepted. Number of heats will be limited to ensure the smooth running of the sprints. Heats will be swum slowest to fastest.
Closing Date	<b>Sunday, 20<sup>th</sup> October 2019</b>
Entry Details	All entries must be supplied as a Hy-Tek entry file, details available on request from <b>meet.secretary@kingstonasc.com</b> . All entry times must be short course or conversions to short course. Entries will not be accepted without a valid SASA Registration ID.
Entry Fee	<b>£5.00</b> per event.  The correct entry fees, including the coaches pass fees, should be paid directly into the Kingston ASC bank account using reference "Your Club Code/KS19" (Example: <i>WKNX/KS19</i> ):  Sort code: 82-64-07,            Account No: 60534556
Coaches Pass	<b>£6.00</b> , includes meal and refreshments.
Awards	Medals to 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> places with smaller medals for 4 <sup>th</sup> , 5 <sup>th</sup> and 6 <sup>th</sup> places. A memento will be awarded to swimmers who exceed the medal cut-off time.
Spare Lanes	Kingston ASC reserves the right to fill spare lanes if available where any event is undersubscribed.



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**Programme** Entry Lists with details of reserves and rejections will be sent out to your club's nominated representative as soon after the closing date as possible. Details for your swimmers must be checked and any errors or omissions reported immediately.

**Withdrawals** Withdrawals will be accepted by email to [meet.secretary@kingstonasc.com](mailto:meet.secretary@kingstonasc.com) up to 14:00pm on **Sunday 27<sup>th</sup> October** for exclusion from the Start Sheets and allocation of Reserves. No refunds will be granted for any withdrawals after this date. We aim to issue refunds for rejections/withdrawals within a week after the meet by bank transfer. On-day withdrawal forms **must** be completed and returned to the recorders' table **no less than 35 minutes before the start of each session**, after which Start Sheets will be issued.

**Starts / Diving** “**Over the top starts**” will be used in all heats apart from backstroke events. Please ensure that only swimmers who are competent to dive are allowed to dive. Any special needs must be reported to the referee in advance before each session.

- All swimmers must have a current S.A.S.A. annual competitive registration number.
- No swimmer should be faster than the consideration time set.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep water. There will be no diving at the shallow end of the pool.
- With child protection being uppermost in our minds it has been decided that **NO PHOTOGRAPHY WILL BE ALLOWED** at this meet. This includes cameras, camera phones, video and any other photographic equipment. Anyone found using such equipment will be immediately excluded from the remainder of the meet and the organising committee will take any further action required.
- No mobile phones are allowed on poolside.
- Meals, snacks and refreshments will be available in the Lesser Hall.
- Kingston A.S.C. reserves the right to exclude or refuse admission to any competitor, official, spectator or team official.
- Swimmers and officials must not take glassware or food onto poolside.
- Swimmers outside of the poolside must wear dry clothing and footwear at all times.
- An entry fee for spectators will be charged per adult (no charge for children). Would clubs please make sure anyone travelling to support their team is made aware of this. All fees are collected to cover the meet running cost.



## KINGSTON SPRINTS 2019 GRADED MEET

**Main contact for all correspondence:**

Mr Cantekin Tuzcu  
22 Strathallan Wynd  
Glasgow  
G75 8GU

Tel: 077 9979 0973

E-mail: [meet.secretary@kingstonasc.com](mailto:meet.secretary@kingstonasc.com)



**KINGSTON SPRINTS 2019 GRADED MEET  
CONSIDERATION TIMES**

Event No.		SESSION 1			
GIRLS	BOYS			GIRLS	BOYS
101	102	9 & Under	50M Butterfly	51.00	51.00
103	104	10 Years	50M Butterfly	42.00	48.00
105	106	11 Years	50M Butterfly	44.00	46.00
107	108	9 & Under	50M Backstroke	52.00	52.00
109	110	10 Years	50M Backstroke	45.00	49.00
111	112	11 Years	50M Backstroke	47.00	52.00
113	114	9 & Under	50M Front Crawl	39.00	40.00
115	116	10 Years	50M Front Crawl	37.00	37.00
117	118	11 Years	50M Front Crawl	35.00	42.00
119	120	9 & Under	50M Breaststroke	50.00	56.00
121	122	10 Years	50M Breaststroke	49.00	51.00
123	124	11 Years	50M Breaststroke	47.00	55.00

Event No.		SESSION 2			
GIRLS	BOYS			GIRLS	BOYS
201	202	12-13 Years	50M Butterfly	40.00	38.50
203	204	14-15 Years	50M Butterfly	35.50	40.00
205	206	16 & Over	50M Butterfly	32.00	30.00
207	208	12-13 Years	50M Backstroke	42.00	42.00
209	210	14-15 Years	50M Backstroke	37.50	38.50
211	212	16 & Over	50M Backstroke	35.50	37.00
213	214	12-13 Years	50M Front Crawl	35.00	35.00
215	216	14-15 Years	50M Front Crawl	32.00	31.00
217	218	16 & Over	50M Front Crawl	31.00	28.00
219	220	12-13 Years	50M Breaststroke	44.00	45.00
221	222	14-15 Years	50M Breaststroke	41.00	40.00
223	224	16 & Over	50M Breaststroke	38.00	35.00

No faster times than the consideration times will be considered.

For all age groups, the fastest eligible swimmer in each event will be declared the winner.

Medals to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places. Smaller awards for 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> places.

\*A memento will be issued for swims that are faster than these times by 5% or more.

Session One: warm up at 9.00 am - start at 9.45 am

Session Two: warm up at 1.15 pm - start at 2.00 pm



## KINGSTON SPRINTS 2019 GRADED MEET

# Health and Safety Form

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

- I confirm that all the entered swimmers have paid their current S.A.S.A annual competitive fee.
- I understand that any swimmer entered without a valid S.A.S.A. id number will be automatically rejected.
- I confirm that all entered swimmers have been trained and are competent to dive into deep water in a safe manner as prescribed by current/planned legislation.
- I confirm that the information regarding the use of photographic equipment has been passed on to swimmers and parents who intend to travel to the meet.

Signed

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Position in club

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Name of club

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Please return this form along with entry details to:

**Mr Cantekin Tuzcu**  
**22 Strathallan Wynd,**  
**Glasgow, G75 8GU**

**Tel: 077 99 790973**

**E-mail: [meet.secretary@kingstonasc.com](mailto:meet.secretary@kingstonasc.com)**

*Please Return by 23<sup>rd</sup> October 2016*



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Name of Club: .....

Coaches Pass: \_\_\_\_\_ @ **£6.00** = £ \_\_\_\_\_

Total = £ \_\_\_\_\_

No. of Boys Entries: \_\_\_\_\_ @ **£5.00** = £ \_\_\_\_\_

No. of Girls Entries: \_\_\_\_\_ @ **£5.00** = £ \_\_\_\_\_

Total = £ \_\_\_\_\_

Total Bank Transfer = £ \_\_\_\_\_

Please fill in and return form to [meet.secretary@kingstonasc.com](mailto:meet.secretary@kingstonasc.com)

### **BACS details for refunds, if any:**

Name :

Bank :

Account No :

Sort Code :

### **Your contact for any return correspondence:**

Name .....

Position in club .....

Postal Address .....