



F.I.R.S.T. GRADED MEET 2024

Grangemouth Sports Complex, Grangemouth

Sunday 29th September 2024

SESSIONS 1 & 3:	Warm-up 09.00	Start 10.00
SESSIONS 2 & 4:	Warm-up 13.30	Start 14.30

Held under licence from SASA West District
Licence Number: **WD/L2/033/0924**



F.I.R.S.T. Graded Meet 2024

BO'NESS, FALKIRK OTTER & GRANGEMOUTH ASC

Invite you to the

F.I.R.S.T. GRADED MEET 29th September 2024

To be held at Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB
Under SASA Licence no: **WD/L2/033/0924**

MEET INFORMATION

VENUE Grangemouth Sports Complex, Abbots Road, Grangemouth, FK3 9JB

POOL 25m x 6 lanes, anti-wave lane ropes

EVENTS 100m Butterfly, Backstroke, Breaststroke & Freestyle
200m IM

Swimmers must swim in their own age group for all events. All events are heat declared winners. It may be necessary to limit the number of heats in certain events.

AGE GROUPS **11 years & under, 12/13 years, 14/15 years**
Minimum age for entering the meet is 8 years.
Age as on day of meet - 29th September 2024.

SESSIONS There will be 2 sessions as follows:
Morning: warm-up - 09.00 start - 10.00
Afternoon: warm-up - 13.30 start - 14.30

ENTRIES All entries & current times should be made on the relevant electronic file.
Hytek Team Manager Event File can be obtained from the [West District](#) and [Swim Scotland](#) websites

Or requested via e-mail from:
Graham Crawford
Email: firstswimming.galaconvener@gmail.com

Closing date for entries is **midnight on Friday 30th August 2024**
NO LATE ENTRIES WILL BE ACCEPTED.



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- ENTRY FEES** £7.50 per individual event
Cheques should be made payable to **FIRST Swimming Team**
Bank transfer: **Bank of Scotland**
Sort Code: 80-17-37
A/C No: 06011806
Any over-subscribed entries or reserve swims that are not offered a swim will be refunded in full.

Any withdrawals after the confirmed swims have been circulated to the clubs will not be eligible for a refund.
- OFFICIALS** Each club should supply at least 2 swimming technical officials, at least one of which, should ideally be a judge for each session to assist with accreditation of meet. A SignupGenius form for STO's will be provided after the entry closing date.
- AWARDS** Medals will be awarded to 1st, 2nd and 3rd places in all events.



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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 marshals 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 two 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.
18. Swimmers and Coaches must not take glassware into the showers or onto poolside otherwise they will be liable for expulsion from the meet.
19. FIRST Committee, nor Grangemouth Sports Complex cannot 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.
20. Swimmers out with the pool side must wear dry clothing and footwear at all times.
21. Outdoor footwear must not be worn at poolside.



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SCHEDULE OF EVENTS

Session 1		Session 2	
Warm Up 9am - Start 10am		Warm up 1:30pm - Start 2:30pm	
101	Female 200m IM	201	Male/Open 200m IM
102	Male/Open 50m Butterfly	202	Male/Open 100m Butterfly
103	Female 50m Butterfly	203	Female 100m Butterfly
104	Male/Open 100m Backstroke	204	Male/Open 50m Backstroke
105	Female 100m Backstroke	205	Female 50m Backstroke
106	Male/Open 50m Breaststroke	206	Male/Open 100m Breaststroke
106	Female 50m Breaststroke	207	Female 100m Breaststroke
108	Male/Open 100m Freestyle	208	Male/Open 50m Freestyle
109	Female 100m Freestyle	209	Female 50m Freestyle

CONSIDERATION TIMES

Consideration Times						
Female			Event	Male/Open		
14/15	12/13	11&U		11&U	12/13	14/15
30.75	32.97	36.49	50m Freestyle	36.39	31.39	28.25
01:05.92	01:10.86	01:20.32	100m Freestyle	01:20.02	01:07.08	01:01.03
34.47	37.03	42.40	50m Backstroke	42.72	36.55	32.15
01:13.40	01:19.30	01:30.57	100m Backstroke	01:31.57	01:17.19	01:08.68
39.13	41.96	47.71	50m Breaststroke	48.53	40.66	36.04
01:24.35	01:30.50	01:44.26	100m Breaststroke	01:45.99	01:27.49	01:17.73
33.27	35.98	40.91	50m Butterfly	41.00	34.87	30.74
01:13.55	01:19.76	01:32.62	100m Butterfly	01:31.97	01:16.45	01:07.54
02:41.21	02:53.21	03:16.32	200m IM	03:16.30	02:47.90	02:30.40



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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 (e.g. 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.
- Under no circumstances is photographic equipment (e.g. camera, camcorder, inc mobile phones) allowed to be used in the shower or changing areas of the facility.
- 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.
- In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

HEALTH AND SAFETY ANNOUNCEMENT

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 (Club):

Return this form with entry payment no later than midnight **Friday 30th August 2024**



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SUMMARY ENTRY FORM

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

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

Total number of male/open entries		x £7.50 each	£
Total number of female entries		x £7.50 each	£
Coach meals		x £9 each	£
		TOTAL =	£

Total amount enclosed	£
Signed	313
Position in Club	

Payments:

Please make cheques payable to:

FIRST Swimming Team

Bank transfer:

Bank of Scotland

Sort Code: **80-17-37**

A/c No: **06011806**

Ref: **FGM24/[club code]**

Return this form along with entries, no later than **Friday 30th August 2024** to:

Graham Crawford

Address: Loganhill, Station Road, Polmont, Falkirk, FK2 0UE

Email: firstswimming.galaconvener@gmail.com

