



# **LONG COURSE OPEN AGE GROUP MEET**

**TOLLCROSS PARK LEISURE CENTRE**

**26<sup>th</sup> /27<sup>th</sup> MAY 2007**

**MEET INFORMATION**



## LONG COURSE OPEN AGE GROUP MEET

City of Glasgow Swim Team invites you to their open meet (*UNDER FINA & SASA RULES*) at Tollcross Park Leisure Centre on 26<sup>th</sup>/27<sup>th</sup> May 2007

### Meet Information

**Date** 26<sup>th</sup> & 27<sup>th</sup> May 2007

**Venue** Tollcross Park Leisure Centre

**Pool** 50 Metres, 10 lanes, anti-turbulent lane ropes, full electronic timing and scoreboard. 4 x 25m continuous warm up and swim down facilities will be available (However it is the responsibility of the coaches/team managers to ensure that their swimmers use the facility for the purpose intended. Any abuse of this will result in the facility being removed.)

**Age Groups** The following age groups are included based upon age on last day of meet (27<sup>th</sup> May 2007).

12 & under      15/16 years  
13/14 years      17 & over

**Events** The programme for each age group category will be as follows:  
12 & under – 100m, 200m of each stroke, 200 IM, 400 IM; 400, 800/1500m free  
13/14 years - 100m, 200m of each stroke, 200 IM, 400 IM; 400, 800/1500m free  
15/16 years - 100m, 200m of each stroke, 200 IM, 400 IM; 400, 800/1500m free  
17 & over - 100m, 200m of each stroke, 200 IM, 400 IM; 400, 800/1500m free  
There will be no relays or skins.

**A Full programme of events is attached.**

Age Group Events - heats will be swum with all age groups combined and swimmers seeded by entry times. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries from other age groups. All events will be HDW.

**There will be no time only swims and no spare lane swims.** It is the decision of the promoter not to carry reserves, however to avoid the unnecessary waste where empty lanes appear, reserves may be drawn from City of Glasgow Swim Team swimmers

**Starts** A one-start rule will be implemented throughout this competition.  
Over the top starts will be used where practicable.

**Competitor Cards:** Time cards will not be used. Start lists will be supplied.

**Session Times** Session 1 Start 10:00am (Warm-up 9:00 – 9:45am)  
Session 2 Start 2:30pm (Warm-up 1:30 – 2:15pm)  
Session 3 Start 10:00am (Warm-up 9:00 – 9:45am)  
Session 4 Start 2:30pm (Warm-up 1:30 – 2:15pm)  
(SUBJECT TO CHANGE IF NECESSARY)



**Accreditation** - Application for accreditation is being made under S.A.S.A. rules therefore all entrants must have paid their competitive fee to the S.A.S.A. or equivalent.

**Awards** Medals will be awarded to 1st, 2nd, 3<sup>rd</sup> places in each event. Appropriate club clothing must be worn for presentations. A swimmer or their representative must be available for presentation, otherwise they forfeit their medal.

**Closing Date** **28<sup>th</sup> April 2007**

**Entry Fees** £5.50 per event. Cheques made payable to "City of Glasgow Swim Team". Entries will not be accepted without a SASA Registration Number.

**Entries**

**Entry by e-mail only please, no paper entries will be accepted. Entries must be returned to the Meet Entries Secretary (see below) by 28th April 2007 (entries received after this date will not be considered). This meet will be run using the Hy-tek Meet Manager software. The Hy-tek entry files are available from**

**Jim O'Prey  
55 Meiklebin Brae  
Lennoxton  
Glasgow  
G66 7BU  
Tel: 01360 313 194  
Email: cogstmeets@btinternet.com**

**For convenience COGST will email the entry files to clubs. After entering your swimmers the files can be returned to the email address above. The paperwork can be sent to the entry secretary by post together with a cheque made payable to City of Glasgow Swim Team.**

**IMPORTANT!** Please *do not* send entries by recorded mail or registered delivery. If you wish to check that your entries have arrived please email the COGST entries secretary at: **cogstmeets@btinternet.com**

**IT IS THE RESPONSIBILITY OF ALL ENTRIES SECRETARIES TO ENSURE THAT ALL ENTRY TIMES AND DATES OF BIRTH ARE CORRECT. A DRAFT PROGRAMME WILL BE MADE AVAILABLE TO ENTRIES SECRETARIES AS SOON AS POSSIBLE AFTER THE CLOSING DATE AT WHICH TIME ANY CORRECTIONS TO ENTRIES ALREADY MADE WILL BE ACCEPTED.**

**Coaches Pass** Each club will receive one complimentary coaches poolside pass for each session, and one programme and a set of results sheets however this does not include a lunch. **EXTRA PASSES** are available for £5.00 per coach per day, which will provide a set of start sheets and poolside pass.

**Coaches Meal Passes** are available for £10.00 per person.

Please see attached form.

**Facilities -** Snacks and beverages will be on sale for swimmers and spectators.

**Travel -** A map will be provided with the return of entry forms if requested.



### General Information

1. Meet to be held under S.A.S.A. rules. Enclosed is a health and safety form for all swimmers (mandatory). Age as on last day of competition (27<sup>th</sup> May 2007)
2. Over the top starts will be used at the discretion of the meet organisers.
3. No cards are required for this meet. Start sheets will be available to clubs prior to the start of each session. **Withdrawals must be notified to the Entries secretary before 5 pm on Thursday 24th May 2007. (Refunds will only be made for withdrawals notified before completion of the draft programme, 5<sup>th</sup> May 2007).**
4. It is the swimmer's responsibility to check in with the marshals in the allocated area. Swimmers should report to the marshals three heats in advance of their race.
5. Spectator tickets and programmes will be available at the ticket table in the foyer.
6. Presentations of medals will be made as soon as possible after the event.
7. Results sheets will be on sale for spectators as soon as possible following each session.
8. No photographic or video equipment will be allowed in any area under the control of the meet organisers without prior approval of the meet manager. Please note this also included mobile phones with internal camera. Anyone found with one of these phones will (under the Child Protection Procedures) be asked to leave poolside and the police will be called. Applications for permission to use photographic equipment must be made on the approved SASA form obtainable from the Meet Desk in the foyer.
9. A swim shop will be open during the meet.
10. It is the decision of the promoter not to carry reserves, however to avoid the unnecessary waste where empty lanes appear, reserves will be drawn from City of Glasgow Swim Team swimmers. 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.
12. The Meet Management reserves the right to alter the programme and warm-up times if necessary. Anything not covered above and not printed in the event programme will be at the promoter's discretion.
13. To ensure the smooth running of this meet, clubs bringing a significant number of swimmers are obliged to provide 1-2 officials per club, travelling expenses will be paid. Please complete the enclosed officials form nominating 1-2 officials and return it to the event secretary by 28<sup>th</sup> April 2007.

Donnie MacLean  
Meet Director  
Tel No: 0141 576 1539  
Email: [D.Maclean@ntlworld.com](mailto:D.Maclean@ntlworld.com)



**Session Information**

<b>Saturday 26<sup>th</sup> May 2007</b>				
<b>Event</b>	<b>Session</b>	<b>Distance</b>	<b>Stroke</b>	<b>Gender</b>
101	1	200m	Back	F
102	1	200m	Back	M
103	1	100m	Fly	F
104	1	100m	Fly	M
105	1	400m	Free	F
106	1	400m	Free	M
201	2	200m	Free	F
202	2	200m	Free	M
203	2	100m	Breast	F
204	2	100m	Breast	M
205	2	400m	IM	F
206	2	400m	IM	M
<b>Sunday 27<sup>th</sup> May 2007</b>				
<b>Event</b>	<b>Session</b>	<b>Distance</b>	<b>Stroke</b>	<b>Gender</b>
301	3	200m	Fly	M
302	3	200m	Fly	F
303	3	100m	Free	M
304	3	100m	Free	F
305	3	200m	IM	M
306	3	800m	Free	F
401	4	1500m	Free	M
402	4	200m	Breast	F
403	4	200m	Breast	M
404	4	100m	Back	F
405	4	100m	Back	M
406	4	200m	IM	F

**Closing Date: 28<sup>th</sup> April 2007**





**SUMMARY SHEET**

**\*\* This form must be completed and returned to the Entry Secretary. \*\***

Club: .....

Contact Name: .....

Address: .....

.....

Post Code: ..... Tel No. ....

**e-mail address:** .....

(Important for urgent distribution of information and updates pertaining to the meet)

Total Male Entries @ £ 5.50 = £.....

Total Female Entries @ £ 5.50 = £.....

Total Coaches Pass @ £5.00 = £.....

Coaches Lunch Passes @ £10.00 = £.....

**Total cheque enclosed £.....**

Make cheques payable to “City of Glasgow Swim Team”

**Form to be returned to:**    **Name:**            **Jim O’Prey**  
   **Address:**        **55 Meiklebin Brae**  
                                  **Lennoxtown**  
                                  **Glasgow G66 7BU**  
   **Tel no:**            **01360 313 194**  
   **Email:**            **cogstmeets@btinternet.com**

**TO BE RETURNED BY SATURDAY 28<sup>th</sup> April 2007**





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26<sup>th</sup> & 27<sup>th</sup> May 2007**

**In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the meet secretary with entries.**

I confirm that all the entered swimmers have paid their current S.A.S.A. Registration fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a Registration Number (Scottish clubs) or not affiliated to their governing body (non-Scottish Clubs) 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 guidelines.

I hereby confirm all swimmers have agreed to submit to drug testing if selected to do so

**Signed:**

**Name (print)**

**Position in Club:**

**On Behalf of:**

**Name of Club**