

THE InCAS SWIMMING CLUB

Distance Gala

Fife Institute Glenrothes

Saturday 23rdth June & Sunday 24th June 2007



All clubs are invited to apply to participate in the above gala.

The gala will be held under S.A.S.A. rules, accreditation has been applied for.

Licence No: ED/LA2/053/0806

Venue Fife Institute, Glenrothes - 6 Lane, 25m pool with anti-turbulence lane ropes

The cafeteria will be open throughout the day

There will be a swimshop and ample spectator area

Date Saturday 23rd June & Sunday 24th June 2007

Age **Age on the Last Day of Gala**

Events 4 sessions - warm -up 09:00hrs and 13:30hrs

Age Groups **Age Groups: 10/u – 11/12yrs – 13/14yrs**

Age On Last Day of Gala

Fees £6.00 for 800m & 1500m swims, £5.00 for remainder

Coaches Passes are £7:50 per day

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Programme of Events

All Events will be HDW

Saturday Session (1)

Event	101	Men	200m Fly
	102	Women	800m F/C
	103	Men	200m Br
	104	Women	200m IM

Saturday Session (2)

Event	201	Women	200m Fly
	202	Men	1500mF/C
	203	Women	200m Br
	204	Men	200m IM

Presentations will take place during these events to allow swimmers to depart.

Sunday Session (3)

Event	301	Women	200m B/C
	302	Men	200m F/C
	303	Women	400m F/C
	304	Men	400m IM

Sunday Session (4)

Event	401	Women	200mF/C
	402	Men	200mB/C
	403	Women	400mIM
	404	Men	400mF/C

Presentations will take place during these events to allow swimmers to depart.

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- Cheques** Should be made payable to InCAS Swimming Club
- Closing Date** 24th May 2007
- Medals** Awards will be made to First through to Sixth places in each event, and in each age group. There will also be presentations to the top boy and girl in each age group.
- Entries** **All entries should be made via Hytek Team Manager, an events file for which can be obtained via email from the Meet Entry Secretary peterlee@swimscotland.org.uk. All entries should be returned by email.**

Entries Secretary: Peter Lee
2 Alves Drive
Glenrothes
Fife
KY6 2JZ
Tel : 01592 750115
Mobile : 07798 833877
peterlee@swimscotland.org.uk

Entries will be accepted on times only and the organisers reserve the right to restrict the number of heats in each event.

The organisers also reserve the right to balance the entry in each event with an equal number from each age group as far as is reasonably practical.

A draft programme detailing all acceptances, reserves and rejections will be circulated by email as soon as possible after the closing date for entries.

The meet will be fully computerised and no time cards will be used. Start sheets will be circulated as soon as possible after withdrawals have closed (45 minutes before the start of each session). Marshalling will ensure that swimmers go to the correct heats and lanes.

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Notes

There is ample space around the poolside for swimmers, coaches and poolside helpers.

Results will be available as soon as practical after the end of each session.

Timing will be electronic with a six lane score board.

We do hope that you will be able to join us for this gala and that your swimmers have a good competitive, friendly day.

Yours in swimming

Gala Convenor

InCAS Swimming Club

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Photographic Equipment Notice

Due to warnings issued by the SASA we are obliged to inform you that the use of photographic equipment (cameras, camcorders, mobile phones incorporating cameras, etc.) will be restricted as follows:

- No photographic equipment will be allowed either on poolside or the viewing gallery or any other area under the jurisdiction of the organising club without the written prior approval of that club.
- Application to use the above named equipment can be made on the day to the organising clubs' nominated official. Any person wishing to do this must be able to provide identification, and evidence that they have swimmer(s) competing in the gala.
- Application must be made on the official SASA form.

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**** This form must be completed and returned with your cheque ****

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, will start in the water and notify the referee that this will be the case.

Signed _____ Print _____

Club Position _____

On behalf of _____ (club)

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SUMMARY SHEET

**** This form must be completed and returned with your cheque ****

Club:

Contact Name:

Address:

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Post Code: Tel No.

e-mail address:

(important for distribution of information and updates pertaining to the meet).

Total Male Entries @ £ 5.00 £.....

@ £ 6.00 £

Total Female Entries @ £ 5.00 £.....

@ £ 6.00 £

Coach Passes @ £ 7.50 £.....

Total cheque enclosed £

Make cheques payable to InCAS Swimming Club

Form to be returned to: Peter Lee

**Meet Entry Secretary
2 Alves Drive
Glenrothes KY6 2JZ
Tel: 01592 750115
Mobile: 07798 833877
Email: pete@swimscotland.org.uk**

TO BE RETURNED BY Thursday 24th May 2007