



# **CARNEGIE GRADED MEET**

**MICHAEL WOOD CENTRE, GLENROTHES**

**Saturday 19th and Sunday 20th of January 2019**

SESSIONS 1 and 3 : Warm-up 08:30 Start 09:30

SESSION 2 and 4 : Warm-up 13:00 Start 14:00

Licence number : L2/ED/XXX/JAN19

## CARNEGIE GRADED MEET

Please join us for our annual graded meet at the Michael Wood Centre in Glenrothes, KY6 2RD

Date: Saturday 19th and Sunday 20th of January 2019

Pool: 8 lane 25 metre; full electronic timing with 8 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria.

Time:	<u>Session</u>	<u>Warm-up</u>	<u>Start</u>
	1 and 3	8:30-9:25	9:30
	2 and 4	13:00-13:55	14:00

**Michael Woods Sports & Leisure Centre will not open until 8AM.**

Clubs will be allocated a warm up time for each session. Clubs from further afield should indicate if they prefer a later warm up time

Ages: As at 20th of January 2019

Age groups: 8-11 yrs, 12/13, 14 and over

Events: 50m and 100m each stroke, 200m IM, 200m freestyle (for 11 and under only), 400m freestyle. In the 50m events all ages will swim together, seeded by time. There are separate consideration times for each age group.

**This is a level 2 meet. Coaches must ensure that all their swimmers can comply with the technical requirements of each stroke.**

Entry fees: £6:00 per individual event.

Poolside pass: £4:00 includes weekend programme and start sheets ( per person ) **\*All poolside personnel must purchase and wear a poolside pass. The passes are person specific, not club specific.\***

Coaches meal: £10:00 per meal per day

Awards: Individual events: Medals will be presented to 1st-3rd in each event (except those disqualified or who swim faster than the time band). There are also awards for those breaking the time band.  
Best club based on overall points.

Officials: To help with accreditation clubs are respectfully asked to provide 2 technical officials per session, one of which should be qualified to a minimum of Judge Level 1. Details of officials should be submitted with the entry fee payment.

**Closing date for entries: 12:00 midday, Wednesday 12th December 2018**

**Return to: Sammy McKee**

**E-mail: entriescarnegiesc@gmail.com**

### Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as on the final day of the competition.
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- The pool is 25 metres long with 8 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event this fails, back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.
- The points system used to in all events to determine Best Club will be as follows: 1<sup>st</sup> = 9, 2<sup>nd</sup> = 7, 3<sup>rd</sup> = 6, 4<sup>th</sup> = 5, 5<sup>th</sup> = 4, 6<sup>th</sup> = 3, 7<sup>th</sup> = 2, 8<sup>th</sup> = 1.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval. Application must be made on the approved S.A.S.A. form.
- It is the responsibility of clubs to ensure their swimmers are aware of the meet rules.

### Entries

- Closing date for entries midday Wednesday 12th December 2018.
- **All entries should be made in a Hytek team manager event file, a copy of which can be obtained from the meet entry secretary at entriescarnegiesc@gmail.com**
- Withdrawals must be made on the sheets provided to the recorders no later than 45 minutes prior to the start of each session.
- The promoter reserves the right to restrict entries to facilitate the smooth running of the meet.
- **There are no entry time limits for the open events and swimmers may enter just these events. However, if these open events are oversubscribed, priority will be given to those swimming in other events on the programme. If swimmers are only swimming in open events, their swims will be treated as time only and will not affect the team points.**
- Entries will be accepted on a time basis. Entries without times will be rejected. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full. There are no refunds for entries withdrawn after the draft programme is prepared.
- Entries from composite teams and composite entries from groups of clubs will not be accepted.

### Events

- Over the top starts may be used at the discretion of the promoters.
- Swimmers must report to the marshalling area at least FIVE heats in advance.
- There will be a maximum of three reserves per event and age group.
- All events will be swum as heat declared winners.

### Miscellaneous

- Accreditation will be applied for.
- The centre has a cafeteria. There may be a raffle or other fundraising activities.
- The promoter reserve the right to exclude/refuse admission to any swimmer, spectator or official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Carnegie Swimming Club nor Michael Woods Leisure Centre can be held responsible for loss or damage to swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure property in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Anything not covered above or printed in the event programme is at the promoter's discretion.
- Carnegie Swimming Club reserves the right to vary the above conditions as necessary.
- Presentations will take place at a suitable point during each session.

**Saturday**

<b>Session 1</b>		<b>Warm - up 08:30 : Start 09:30</b>			
Event	Entry time slower than				
101	11 and under	Girls	200M	IM	Open
102	12/13	Boys	200M	IM	Open
103	14 and over	Girls	200M	IM	Open
104	11 and under	Boys	100M	FREESTYLE	1:14.50
105	11 and under	Girls	100M	FREESTYLE	1:14.50
106	12/13	Boys	100M	BACKSTROKE	1:14.50
107	12/13	Girls	100M	BACKSTROKE	1:18.50
108	14 and over	Boys	100M	BUTTERFLY	1:09.50
109	14 and over	Girls	100M	BUTTERFLY	1:13.50
110	11 and under	Boys	50M	BREASTSTROKE	47.00
	12/13				46.00
	14 and over				44.00
111	11 and under	Girls	50M	BREASTSTROKE	46.00
	12/13				44.00
	14 and over				43.00
<b>Session 2</b>		<b>Warm - up 13:00 : Start 14:00</b>			
201	11 and under	Girls	200m	FREESTYLE	Open
202	11 and under	Boys	200M	IM	Open
203	12/13	Girls	200M	IM	Open
204	14 and over	Boys	200M	IM	Open
205	11 and under	Girls	100M	BUTTERFLY	1:27.00
206	11 and under	Boys	100M	BUTTERFLY	1:27.00
207	12/13	Girls	100M	FREESTYLE	1:06.50
208	12/13	Boys	100M	FREESTYLE	1:03.50
209	14 and over	Girls	100M	BREASTSTROKE	1:24.50
210	14 and over	Boys	100M	BREASTSTROKE	1:20.50
211	11 and under	Girls	50M	BACKSTROKE	39.50
	12/13				38.00
	14 and over				37.00
212	11 and under	Boys	50M	BACKSTROKE	40.50
	12/13				39.50
	14 and over				38.50

**Sunday**

<b>Session 3</b>		<b>Warm - up 08:30 : Start 09:30</b>			
Event	Entry time slower than				
301	11 and under	Boys	200m	FREESTYLE	Open
302	13 and under	Girls	400m	FREESTYLE	Open
303	14 and over	Boys	400m	FREESTYLE	Open
304	11 and under	Girls	100M	BACKSTROKE	1:23.50
305	11 and under	Boys	100M	BACKSTROKE	1:23.50
306	12/13	Girls	100M	BREASTSTROKE	1:26.00
307	12/13	Boys	100M	BREASTSTROKE	1:23.50
308	14 and over	Girls	100M	FREESTYLE	1:03.50
309	14 and over	Boys	100M	FREESTYLE	1:01.00
310	11 and under	Girls	50M	BUTTERFLY	40.50
	12/13				39.00
	14 and over				36.50
311	11 and under	Boys	50M	BUTTERFLY	42.00
	12/13				41.00
	14 and over				38.00
<b>Session 4</b>		<b>Warm - up 13:00 : Start 14:00</b>			
401	13 and under	Boys	400m	FREESTYLE	Open
402	14 and over	Girls	400m	FREESTYLE	Open
403	11 and under	Boys	100M	BREASTSTROKE	1:38.00
404	11 and under	Girls	100M	BREASTSTROKE	1:38.00
405	12/13	Boys	100M	BUTTERFLY	1:13.50
406	12/13	Girls	100M	BUTTERFLY	1:17.50
407	14 and over	Boys	100M	BACKSTROKE	1:11.50
408	14 and over	Girls	100M	BACKSTROKE	1:15.50
409	11 and under	Boys	50M	FREESTYLE	33.50
	12/13				32.50
	14 and over				31.00
410	11 and under	Girls	50M	FREESTYLE	34.00
	12/13				33.00
	14 and over				32.00

Speeding tickets will be issued for swims that are 2% faster than the times in the table above.

## CARNEGIE GRADED MEET 19th & 20th of January 2019

This form must be completed and returned (with a cheque made payable to Carnegie Swimming Club) to **Mr Sammy McKee, 41 Kettil'stoun Grove, Linlithgow, EH49 6PP** or email the completed form and pay online to Bank of Scotland Sort Code: 800655 Account Number 00205200, quoting your club name as the Reference)

Club name ..... Contact Name .....  
 Address .....  
 Telephone No ..... Email address.....

All entries to be emailed to [entriescarnegiesc@gmail.com](mailto:entriescarnegiesc@gmail.com). *Please attach an electronic copy of this form to the Hytec Entry return.*

Total number of individual entries.....@ £6.00	£.....
Poolside Passes ..... @ £4.00	£.....
Coaches lunch Saturday.....@ £10:00	£.....
Coaches lunch Sunday.....@ £10:00	£.....
<b>TOTAL ENCLOSED</b>	£.....

Preferred warm up slot

Please tick here (  ) if you would prefer a late warm up time for session 1 or 3. Clubs travelling from further afield will be given preference.

**CARNEGIE GRADED MEET OFFICIALS SHEET Please write in names under each session.**

Preferred duty	Saturday		Sunday	
	S1	S2	3	S4
<b>Judges</b>				
<b>Timekeepers</b>				