

# **INVERLEITH ASC**

**ST ANDREWS 200 GALA**

**SATURDAY 24 NOVEMBER 2007**

## **MEET INFORMATION PACK**

**LICENSE NUMBER: ED/LA2/122/0307**

**[WWW.SWIMINVERLEITH.COM](http://WWW.SWIMINVERLEITH.COM)**

# INVERLEITH A.S.C.

ST ANDREW'S 200 GALA  
SATURDAY 24 NOVEMBER 2007  
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## GENERAL MEET INFORMATION

1. The Gala will be held under S.A.S.A. rules
2. All withdrawals must be notified to the Recorders 45 minutes before the start of each session. New style Withdrawal Forms will be provided.
3. Swimmers must act on the instructions given by Meet Officials.
4. Swimmers outwith the poolside must wear dry clothing and footwear at all times.
5. The warm-up may only commence when advised to do so by the chief marshall.
6. No diving is allowed, other than those controlled in the sprint lanes.
7. No eating at poolside or in the changing area.
8. Lockers are available in the changing area. The Club will not be held responsible for lost valuables.
9. The spectator area must be cleared between sessions.
10. There will be a swim shop and cafeteria open during the gala.
11. Lunch and Tea will be served to all Gala and Technical Officials who assist at two consecutive sessions and to all coaches who have purchased meal tickets.
12. Result sheets will be available as soon as possible after each session priced 50p.
13. No photographic equipment will be allowed on the poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.
14. Poolside seating is restricted to swimmers and coaches.

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## SPECIFIC MEET INFORMATION

VENUE	Carnegie Leisure Centre, Dunfermline.
POOL	6 Lane 25m pool with anti-turbulence ropes Electronic timing and full accreditation
SESSIONS	1. Warm up: Boys: 08.30-08.50 Girls: 08.55-09.15 Start: 09.30 2. Warm up: Boys: 12.30-12.50 Girls: 12.55-13.15 Start: 13.30 3. Warm up: Boys: 16.30-16.50 Girls: 16.55-17.15 Start: 17.30
AGE GROUPS	11/12, 13 & 14, 15 & over All aged are as at 31 December 2007
EVENTS	All age groups will swim 200's of Back, Breast, Free, I.M. The 200 Fly event will be an open age group.
ENTRIES	£4.50 per individual swim Hy Tek request form to be completed and forwarded to John Bruce. Please enclose a stamped addressed envelope
MEDALS / TROPHY	Fastest 3 swimmers on a heat declared winner basis for each event. Gala Trophy will be presented to the best all round club. Points will be awarded to the first 6 swimmers in each event (6 points for 1 <sup>st</sup> reducing to 1 point for 6 <sup>th</sup> )
FACILITIES	The pool has a cafeteria and a swim gear shop will be in attendance.
COACHES MEALS	Meals will be available for coaches at a cost of £5.00 per meal. Any coaches requiring a meal(s) should complete the enclosed "club entry" form.
ENTRY	This competition is for clubs only. Entries from composite teams will not be accepted. Entries will not be accepted without a S.A S. A. registration number and an entry time.
CLOSING DATE	Noon Tuesday 23 October 2007

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### EVENTS

#### Session 1

Warm Up - 8:30am

Start - 9:30am

Event	M/F	Age Group	Event	Consideration Times
101	M	15 & over	200m I.M	2min 40sec
102	F	15 & over	200m I.M	2min 55sec
103	M	13 & 14	200m Freestyle	2min 35sec
104	F	13 & 14	200m Freestyle	2min 40sec
105	M	11/12 years	200m Breaststroke	No consideration time but an entry time is required.
106	F	11/12 years	200m Breaststroke	
107	M	Open	200m Butterfly	
108	F	Open	200m Butterfly	

#### Session 2

Warm Up - 12:30p.m

Start - 1:30pm

Event	M/F	Age Group	Event	Consideration Times
201	M	11/12 years	200m Backcrawl	No consideration time but an entry time is required
202	F	11/12 years	200m Backcrawl	
203	M	13 & 14	200m Breaststroke	3min 15sec
204	F	13 & 14	200m Breaststroke	3min 30sec
205	M	15 & over	200m Backcrawl	2min 45sec
206	F	15 & over	200m Backcrawl	2min 55sec
207	M	11/12 years	200m Freestyle	No consideration time but an entry time is required
208	F	11/12 years	200m Freestyle	
209	M	13 & 14	200m I.M.	2min 55sec
210	F	13 & 14	200m I.M.	3mins

#### Session 3

Warm Up - 4:30pm

Start - 5:30pm

Event	M/F	Age Group	Event	Consideration Times
301	M	15 & over	200m Breaststroke	3mins
302	F	15 & over	200m Breaststroke	3min 25sec
303	M	11/12 years	200m I.M	No consideration time but an entry time is required
304	F	11/12 years	200m I.M	
305	M	13 & 14	200m Backcrawl	2min 55sec
306	F	13 & 14	200m Backcrawl	3min 05sec
307	M	15 & over	200m Freestyle	2min 20sec
308	F	15 & over	200m Freestyle	2min 30sec

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## HY TEK EVENTS FILE REQUEST

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

POST CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

Please send the above details by email to [jbruce2160@aol.com](mailto:jbruce2160@aol.com).

**John Bruce** | 50 Station Road | Roslin | EH25 9LR  
Tel: 0131 440 1752 | E-mail: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

*Secretary:* Kathy Pitcher | 58 Easter Hermitage | Edinburgh | EH6 8DR  
*Tel:* 0131-554 0914 | *Web:* [www.SwimInverleith.com](http://www.SwimInverleith.com) | *Email:* [kathypitcher@yahoo.co.uk](mailto:kathypitcher@yahoo.co.uk)

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PLEASE RETURN THIS SUMMARY SHEET WITH FEES TO:

John Bruce, 50 Station Road, Roslin, EH25 9LR

Tel: 0131 440 1752

E-mail: JBruce2160@aol.com

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

POST CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_

E-MAIL (Essential) \_\_\_\_\_  
Please Print for Eligibility

TOTAL GIRLS ENTRIES @ £4.50 per swim \_\_\_\_\_

TOTAL BOYS ENTRIES @ £4.50 per swim \_\_\_\_\_

COACHES MEALS @ £5.00 ea. \_\_\_\_\_ LUNCH \_\_\_\_\_

\_\_\_\_\_ TEA \_\_\_\_\_

GRAND TOTAL \_\_\_\_\_

Please make cheques payable to Inverleith ASC

**CLOSING DATE: Noon Tuesday 23 October 2007**

I confirm that all swimmers have paid their current S.A.S.A. membership fee.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Position in Club \_\_\_\_\_

Secretary: Kathy Pitcher | 58 Easter Hermitage | Edinburgh | EH6 8DR  
Tel: 0131 554 0914 | Web: www.SwimInverleith.com | Email: kathypitcher@yahoo.co.uk