



JUNIOR OPEN CHRISTMAS MEET

SATURDAY 10TH DECEMBER 2016

MEET INFORMATION

Event Information

The Ards Junior Open Gala is an event for swimmers aged 12 years and under.

Date The Gala will be held on Saturday 10th December 2016.

Venue Newtownards Leisure Centre, William Street, Newtownards. The pool is 25m, 6 lane, electronic timing will be in use.

Age Groups There will be five age groups, 8 and under, 9, 10, 11 and 12 year olds, the age up date will be the date of the meet.

Events Individuals may compete in the following scheduled events:

9 & Under 25m in all strokes, 100m IM and 4x25m Medley and Freestyle mixed relays (two girls, two boys)

10 – 12 Years 50m and 100m in all strokes, 100m IM, 200m IM and 4x25m Medley and Freestyle mixed relays (two girls, two boys)

All events will be Heat Declared Winner

Entries

Hy-tek entry file should be emailed to ardscompsec@gmail.com and the appropriate fees forwarded to **Gillian Scott, 7 Aldergrange Park, Newtownards BT23 4FZ** by **Sunday 27th November 2016**.

Entry fees: Individual events £5 per event, relays £15 per event. Entries received after Sunday 27th November 2016 will be charged at £7-50 per event, and £20 for relays.

NO ENTRIES WILL BE ACCEPTED AFTER FRIDAY 2nd December.

- Withdrawals not notified by 6pm on 9th December will be charged.
- The Club reserves the right to restrict entries to assist the smooth running of the Gala on a first come basis.
- Clubs are responsible for checking their own entries and changes will not be made on the day.

Awards

Medals will be awarded to the first three places in each event in:

Session 1: 8 & under and 9 years (*100m IM and Relays will be 9 & Under only*)

Session 2: 10 years, 11 years and 12 years (*Relays will be 12 & Under only*)

Trophies will be presented for Top Boy and Top Girl in each age group, based on points accumulated in, 8 & under and 9 years - All 25m events, 10 – 12 years - All 50m events.

Meet Results

The Gala results will be posted on the notice board during the gala and on the Ards ASC website within 72 hours of the gala's conclusion. A full list of results will be forwarded to Swim Ulster and Swim Ireland to allow updating of relevant databases.

General Rules

The Gala will be run under Fina/Swim Ireland rules. Discretion will be used with regard to the "One Start Rule" for 9 & under only.

Swimmers age is defined as, on the day of the meet ie 10th December 2016.

Starts will be over the top where possible.

An electronic timing system will be in use.

The Club reserves the right to alter the programme to assist the smooth running of the Gala.

Appeals shall be submitted in accordance with Fina/Swim Ireland procedures and will be handled by the Meet Managers and Referees.

Meet Safety

All accidents, however minor must be reported, in writing, to the Leisure Centre and Ards ASC. A copy of the Accident Report Form can be found at reception.

We would ask the co-operation of swimmers, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

General; (a) Everyone attending the Meet must familiarise themselves with the locations and operation of emergency exits.

(b) Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.

(c) All persons attending the Meet must take all steps to ensure their own safety and the safety of others.

(d) All walkways must be kept clear of bags, equipment, etc. it is your responsibility to do so.

Starting; (a) It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are sufficiently competent to dive start from competition starting blocks. Alternatively, swimmers are reminded they may start in the pool.

(b) In the event of a false start, swimmers should perform a safe entry and not fall into the water.

- Warm Up;*
- (a) Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
 - (b) The instructions of those in authority must be obeyed immediately.
 - (c) Swimmers are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
 - (d) Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
 - (e) On finishing a sprint immediately clear the way for the following swimmer(s).

Around The Pool; (e.g. spectator area)

- (a) Swimmers are not permitted to enter dry areas without first having changed and put on footwear.
- (b) Swimmers will not be allowed in the spectator gallery unless they are dried and have appropriate footwear. Swimmers are also reminded, changing is not permitted in the spectator gallery, please use changing areas provided.
- (c) Swimmers are not permitted to climb over the rail.
- (d) Glass bottles are not permitted outside designated refreshment areas.
(i.e. Café)

Thank you for your co-operation in making our Meet a safe experience for all.

Cameras/Mobile Phones

The use of all photographic equipment is strictly controlled. All photographic equipment must first be registered with Ards Leisure Centre.

Mobile phone usage is strictly forbidden within Ards Leisure Centre and this policy is actively enforced inside the Centre.

Miscellaneous

Any point not covered by the above will be at the discretion of the organizers. As appropriate, the Meet Manager's or Gala Referee's decision will be final.

Refreshments

Café facilities are available within Ards Leisure Centre

Programme of Events

Session 1 9am - Ages 9 & Under

Warmup: Girls 8:15am, Boys 08:35am

- 1 Girls 25m Back
- 2 Boys 25m Back
- 3 Girls 25m Breast
- 4 Boys 25m Breast
- 5 Girls 25m Butterfly
- 6 Boys 25m Butterfly
- 7 Girls 25m Freestyle
- 8 Boys 25m Freestyle
- 9 Girls 100m IM
- 10 Boys 100m IM
- 11 Mixed 4 x 25m Med Relay
- 12 Mixed 4 x 25m Free Relay

Session 2 1pm - Ages 10 – 12

Warmup: Boys 12:15pm, Girls 12:35pm

- 13 Boys 100 IM
- 14 Girls 100 IM
- 15 Boys 50m Freestyle
- 16 Girls 50m Freestyle
- 17 Boys 100m Breast
- 18 Girls 100m Breast
- 19 Boys 50m Butterfly
- 20 Girls 50m Butterfly
- 21 Boys 100m Back
- 22 Girls 100m Back
- 23 Boys 50m Breast
- 24 Girls 50m Breast
- 25 Boys 100m Butterfly
- 26 Girls 100m Butterfly
- 27 Boys 50m Back
- 28 Girls 50m Back
- 29 Boys 100m Freestyle
- 30 Girls 100m Freestyle
- 31 Boys 200m IM
- 32 Girls 200m IM
- 33 Mixed 4x25m Med Relay
- 34 Mixed 4x25m Free Relay