JUNIOR OPEN MEET

SATURDAY 14TH MAY 2016

MEET INFORMATION

Event Information

The Ards Junior Open Gala is an event for swimmers aged years and under. Competitors will have the opportunity to achieve qualification for Irish Division 1 and 2 Championships.

Date The Gala will be held on Saturday 14th May 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 four age groups, 9 and under, 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, 100IM and 4x25 Medley and Freestyle mixed relays (two girls, two boys).

100 IM and Relays will be Heat Declared Winner

10 – 12 Years 50m and 100m in all strokes, 100 IM, 200 IM and 4x25 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 1st May 2016. Entry fees, Individual events £5 per event, relays £15 per event. Entries received after Sunday 1st May 2016 will be charged £7-50 per event, relays £20.

NO ENTRIES WILL BE ACCEPTED AFTER FRIDAY 7th MAY.

The Club reserves the right to restrict entries to assist the smooth running of the Gala on a first come basis.

Withdrawals not notified by 6pm on 13th May will be charged.

Awards Medals will be awarded to the first three places in each event with certificates for the other finalists.

Special prizes will be awarded to swimmers breaking the meet records, in **25m** and **50m** heats or finals. One prize per event.

Trophies will be presented for Top Boy and Top Girl in each age group, based on points accumulated in,

9 & Under - All 25m finals, 10 – 12years - 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 14th May 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 dryed 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 9 & Under

Warm Up - 8:15 Start 9:00am

Mixed Warm Up

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 10 - 12 Years

Warm Up - 12:15 Start 1:00pm

Mixed Warm Up

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