

# Meet Information

## **SASA**

### **EAST DISTRICT ACCREDITED TIME TRIAL**

**2<sup>nd</sup> & 3<sup>rd</sup> October 2010**

**Venue  
Fife Institute, Glenrothes**

License No:  
L1/295/ED/OCT10

ACCREDITED TIME TRIAL

# SASA East District

## EAST DISTRICT ACCREDITED TIME TRIAL

2<sup>nd</sup> & 3<sup>rd</sup> October 2010

### MEET INFORMATION

Time Trials will be held as Heat Declared Winner events. The events will be 100m and 200m for all strokes plus 400m Freestyle, 400m Individual Medley, 800m Freestyle and 1500m. 100m and 200m events will be swum separately for boys and girls. 400m and longer events will be swum as mixed sex with results declared separately for Boys and Girls.

### RULES

- All competitors must have paid the annual membership fee for 2010/2011 to the Scottish Amateur Swimming Association. Only SASA Aquatic membership categories 2 & 3 may compete in this time trial.
- Only swimmers eligible to swim in the East District Age Group Championships may enter this time trial. Accordingly, swimmers should be aged 10 or over as at 6<sup>th</sup> March 2011.
- Cut off numbers for each event will be determined, if necessary, by the Organising Committee after entries have been received. There are no consideration times, although an entry time should be provided for seeding purposes. **If it is necessary to reject entries, this will be done at the sole discretion of the meet organizers. In making cuts, preference will be given to slower swimmers (by age) and those who require an accredited time for entry into the East District Age Group Championships. Accordingly, when making entries, clubs should indicate (by e-mail) those swimmers who do not have a time that can be used for entry into the East District Age Group Championships.**
- **In the event that entries are insufficient to justify 2 days of swimming, the organizers reserve the right to revise the programme down to 1 day (2<sup>nd</sup> October) only.**
- Only small bags containing essential equipment will be allowed on poolside, LARGE bags are NOT PERMITTED on the poolside, swimmers MUST utilise storage facilities within the changing area. The organising committee will review this as necessary during the meet.
- Football colours are not permitted to be worn on poolside

### POOL

- 25m, six lanes with anti-turbulence lane ropes.
- Electronic Timing will be in operation.
- A swim down area will be available throughout the competition. The meet organisers reserve the right to withdraw this facility in the event of repeated disruptive behavior.
- During competition, swimmers shall only be permitted on the far side of the pool when marshalling for races. Coaches are not permitted on the far side of the pool. Neither coaches nor swimmers may go onto the boom.

## ENTRIES

All entries should be submitted by computer files, which can be obtained by applying by email (giving full contact details – club, name, telephone number) to: **[jbruce2160@aol.com](mailto:jbruce2160@aol.com)**

Completed entry files are to be returned by email. The summary sheet and fees should be sent no later than three days following the closing date to the Entries Secretary:

**JOHN BRUCE**  
**50 STATION ROAD**  
**ROSLIN**  
**EH25 9LR**  
**Tel: 0131 440 1752**  
**E-mail: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)**

Closing date for entries will be Strictly Noon on **WENESDAY 7<sup>th</sup> September 2010**

## ENTRY FEES:

Entry fees are tiered as follows **100m events £4.50, 200m events £5.00, 400m events £5.50, the 800m event £6.00 and the 1500m event £6.50**. Fees for rejected entries will be returned to the Club Secretaries ASAP after the Time Trial. There will be no refund of entry fees for withdrawals made after the draft programme is published.

## TECHNICAL OFFICIALS

Clubs will be required to provide technical officials in line with the East District Rules. Lunch will be provided for officials who are officiating in both sessions.

## COACHES PASSES:

Using the highest number of accepted swimmers in any one session, clubs will be issued coaches poolside passes based on the following criteria;

Up to 5 swimmers 1 pass

6 to 20 swimmers 2 passes

21 swimmers & over 1 additional pass per 10 swimmers or part thereof, eg. 45 swimmers = 5 passes.

## MEALS FOR COACHES

Lunches for coaches will be provided at a cost of £8.00 per day. Coaches wishing to avail themselves of this facility should apply and include the cost for the appropriate amount on the attached summary sheet.

## PROGRAMMES AND RESULTS SHEETS

Programmes and will be available. Results will be made available on the SwimScotland web site, [www.swimscotland.co.uk](http://www.swimscotland.co.uk)

## **PROPOSED PROGRAMME OF EVENTS**

### **Saturday**

**Session 1 – 9.00 warm-up, 9.45 start**

**Session 2 – 1.15 warm-up, 2.00 start**

<b>101</b>	<b>200m Backstroke</b>	<b>Boys</b>
<b>102</b>	<b>1500m Freestyle</b>	<b>Mixed</b>
<b>103</b>	<b>100m Butterfly</b>	<b>Girls</b>
<b>104</b>	<b>200m Breaststroke</b>	<b>Boys</b>
<b>105</b>	<b>100m Freestyle</b>	<b>Girls</b>

#### **Lunch break**

<b>201</b>	<b>100m Backstroke</b>	<b>Boys</b>
<b>202</b>	<b>400m Freestyle</b>	<b>Mixed</b>
<b>203</b>	<b>200m Butterfly</b>	<b>Girls</b>
<b>204</b>	<b>100m Breaststroke</b>	<b>Boys</b>
<b>205</b>	<b>200m Freestyle</b>	<b>Girls</b>
<b>206</b>	<b>200m Individual Medley</b>	<b>Boys</b>

### **Sunday**

**Session 3 – 9.00 warm-up, 9.45 start**

**Session 4 – 1.15 warm-up, 2.00 start**

<b>301</b>	<b>200m Backstroke</b>	<b>Girls</b>
<b>302</b>	<b>800m Freestyle</b>	<b>Mixed</b>
<b>303</b>	<b>100m Butterfly</b>	<b>Boys</b>
<b>304</b>	<b>200m Breaststroke</b>	<b>Girls</b>
<b>305</b>	<b>100m Freestyle</b>	<b>Boys</b>

#### **Lunch break**

<b>401</b>	<b>100m Backstroke</b>	<b>Girls</b>
<b>402</b>	<b>400m Individual Medley</b>	<b>Mixed</b>
<b>403</b>	<b>200m Butterfly</b>	<b>Boys</b>
<b>404</b>	<b>100m Breaststroke</b>	<b>Girls</b>
<b>405</b>	<b>200m Freestyle</b>	<b>Boys</b>
<b>406</b>	<b>200m Individual Medley</b>	<b>Girls</b>

**The actual number of heats will be determined by the level of entries.**

# SCOTTISH AMATEUR SWIMMING ASSOCIATION EAST DISTRICT

## Accredited Time Trial 2<sup>nd</sup> & 3<sup>rd</sup> October 2010

### Summary Sheet

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
e-mail-address:	

**Double click anywhere in grid below, add the number of entries, etc. in column B & [ENTER]**

Total Individual Entries		@ £ 4.50 each:	£ -
Total Individual Entries		@ £ 5.00 each:	£ -
Total Individual Entries		@ £ 5.50 each:	£ -
Total Individual Entries		@ £ 6.00 each:	£ -
Total Individual Entries		@ £ 6.50 each:	£ -
Coaches Meals - Saturday		@ £ 8.00 each:	£ -
Coaches Meals - Sunday		@ £ 8.00 each:	£ -
Total Remittance			£ -

**Click anywhere outside the grid to return to normal mode.**

***This form is to be completed electronically and returned by email with the entry file.  
A second signed copy must accompany the payment and posted to:-***

**JOHN BRUCE, 50 STATION ROAD, ROSLIN, MIDLOTHIAN, EH25 9LR**

Please make your cheque payable to "SASA East District"

I confirm that all swimmers entered have paid their SASA membership fee for 2010/2011.

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