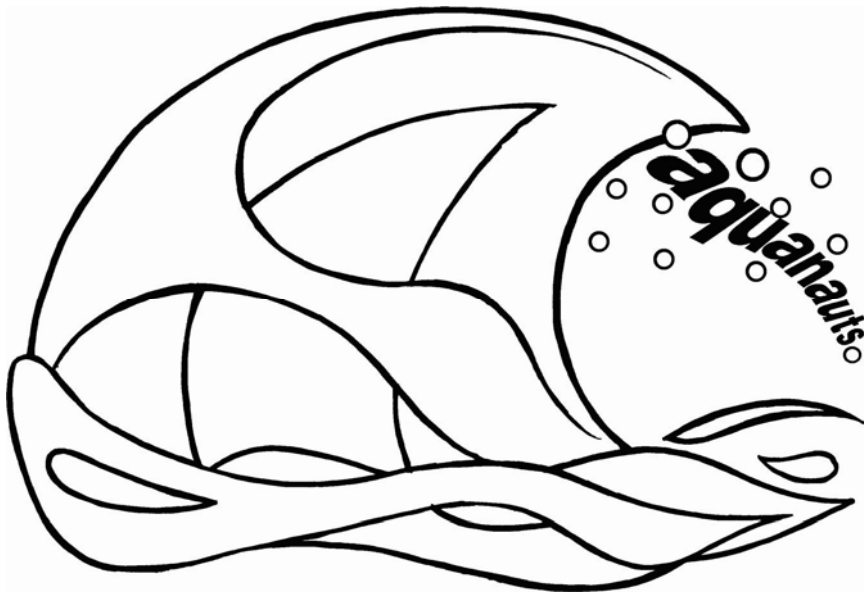


**AQUANAUTS LIVINGSTON A.S.C.**

**8<sup>TH</sup> ANNUAL  
GRADED MEET**



**SATURDAY 20TH JUNE, 2009**

**PRESTONPANS SWIMMING POOL**

**SESSION 1: WARM UP 08.30 HRS START 09.30 HRS**

**SESSION 2: WARM UP 13.30 HRS START 14.30 HRS**

S.A.S.A. Licence number: ED/LA2/274/0109

## COMPETITION INFORMATION

<b>Venue</b>	Prestonpans Swimming Pool
<b>Pool</b>	6 lane, 25 metre; full electronic timing, anti wave lane ropes; spectator area; swim shop
<b>Age</b>	On 20 <sup>th</sup> June 2009
<b>Age groups</b>	10 years + under; 11/12 years; 13/14 years; 15+ years
<b>Entry</b>	£5.00 per individual event; £7.00 per relay
<b>Events</b>	All events will be heat declared winner. 400m freestyle, 200m backstroke, 200m breaststroke & 200m butterfly. 200m individual medley. Chain relays (one swimmer from each age group); see attached rules on relay
<b>Format</b>	2 sessions running from 8.30 – 17.30 Session 1 08.30 warm-up 09.30 start Session 2 13.30 warm-up 14.30 start  All competitors will swim their heats as per their entry time.
<b>Awards</b>	Presentations will be made to fastest 6 swimmers in each age group who do not exceed the time band. Awards will be given to swimmers who exceed time limit. First 3 places in relays will receive medals. There will be a trophy for the Top Club (this will be worked out using the following point system: 1 <sup>st</sup> =7, 2 <sup>nd</sup> =5, 3 <sup>rd</sup> =4, 4 <sup>th</sup> =3, 5 <sup>th</sup> =2 and 6 <sup>th</sup> =1)

We have a SASA Level 2 Licence for this meet, no. ED/LA2/274/0109

Meals are available to coaches by prior booking on the entry forms at £7.00 each.

Two officials from each club should make themselves known on the day.

<b>Closing date for entries</b>	<b>Noon Wednesday 20<sup>th</sup> May 2009</b>
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Entries to: John Bruce  
50 Station Road  
Roslin  
EH25 9LR

Phone: 0131 440 1752

e-mail: jbruce2160@aol.com

## PROGRAMME OF EVENTS

### SESSION 1

- 101. MALE 400m FREESTYLE
- 102. FEMALE 200m BREASTSTROKE
- 103. MALE 200m BACKSTROKE
- 104. FEMALE 200m INDIVIDUAL MEDLEY
- 105. MALE 200m BUTTERFLY
- 106. FEMALE 200m FREESTYLE CHAIN RELAY

### SESSION 2

- 201. FEMALE 400m FREESTYLE
- 202. MALE 200m BREASTSTROKE
- 203. FEMALE 200m BACKSTROKE
- 204. MALE 200m INDIVIDUAL MEDLEY
- 205. FEMALE 200m BUTTERFLY
- 206. MALE 200m FREESTYLE CHAIN RELAY

Male/Female	10 years + U	11/12 years	13/14 years	15+ years
400m Freestyle	5.50 – 5.33	5.20 – 5.04	5.00 – 4.45	4.45 – 4.31
200m Breaststroke	3.40 – 3.29	3.20 – 3.10	3.10 – 3.00	3.00 – 2.51
200m Backstroke	3.30 – 3.19	3.15 – 3.05	2.55 – 2.46	2.40 – 2.32
200m Butterfly	3.40 – 3.29	3.20 – 3.10	3.10 – 3.00	2.50 – 2.42
200m I.M.	3.20 – 3.10	3.05 – 2.56	2.50 – 2.42	2.35 – 2.28

No swimmer may be entered with or swim faster than the above times.

# **SPECIFIC INFORMATION**

## **MEET RULES**

The meet shall be held under S.A.S.A. Rules.

Age on 20<sup>th</sup> June 2009

All competitors of Scottish clubs must have a current S.A.S.A. Registration No.

The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.

Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.

No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved S.A.S.A. form.

It is the responsibility of each club to ensure that their swimmers are aware of the meet rules.

## **ENTRIES**

Closing date for entries is: **Noon Wednesday 20<sup>th</sup> May 2009**

All entries must be by an easy to use meet entry file system. File applications should be made by email to [jbruce2160@aol.com](mailto:jbruce2160@aol.com) - No cards required.

The organisers reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on a time basis. Clubs should ensure entry details are accurate, as no amendments will be made on the day. A draft programme will be issued prior to the event. Rejected entries will be refunded in full. Aquanauts reserve the right to fill empty lanes with Aquanauts swimmers.

Notification of withdrawals and reserve swimmers must be made to the recorders no later than 30 minutes prior to the start of each session.

## **EVENTS**

Over the top starts may be used at the discretion of the promoters to ensure the smooth running of the meet.

Swimmers must report to the designated marshalling area at least three heats in advance.

There will be a maximum of three reserves per event.

Chain Relays will consist of 1 swimmer per age group\*, all swimmers will start in the water together and swim in a chain (one behind the other – parallel swimming will disqualify a team), in age order, youngest swimmer first. The first swimmer will go on the gun with the others following in a chain behind. There will be no overtaking. The first swimmer will swim 50m and stop. The second swimmer will take the lead and continue swimming a further 50m and then stopping. The third swimmer will now take the lead and continue swimming a further 50m and then stopping. The last swimmer will swim a further 50m to complete the 200m race. *\*It is permissible to swim up an age.*

## **MISCELLANEOUS**

Accreditation will be applied for.

The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.

Neither Aquanauts nor Prestonpans Swimming Pool can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended.

No glassware may be taken into the showers or poolside. Anyone doing so is liable to expulsion from the meet.

Swimmers outwith the poolside must wear dry clothing and footwear at all times.

Anything not covered above or in the event programme will be at the organiser's discretion.

Aquanauts Livingston Swimming Club reserves the right to vary the above conditions as necessary.

**AQUANAUTS LIVINGSTON A.S.C.**

**8<sup>th</sup> ANNUAL GRADED MEET – 20<sup>th</sup> June 2009**

**Entry Form Summary**

Name of Club \_\_\_\_\_

District & Code \_\_\_\_\_

Contact Name \_\_\_\_\_

Return Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Post Code \_\_\_\_\_

Tel \_\_\_\_\_

Email \_\_\_\_\_

No. of entries      Girls                      \_\_\_\_\_ @ £5.00 = £ \_\_\_\_\_

Boys                      \_\_\_\_\_ @ £5.00 = £ \_\_\_\_\_

Relay                      \_\_\_\_\_ @ £7.00 = £ \_\_\_\_\_

Coaches passes      \_\_\_\_\_ @ £7.00 = £ \_\_\_\_\_

Total                      = £ \_\_\_\_\_

**Please return this form and cheque (made payable to Aquanauts Livingston) to:**

**Mr John Bruce  
50 Station Road  
Roslin  
EH25 9LR**

**Closing date for Entries: Noon Wednesday 20<sup>th</sup> May 2009**