



EAST LOTHIAN NOVICE GRADED MEET

Sunday 7th October

MERCAT GAIT POOL, PRESTONPANS

Licence no. ED/LA3/083/1106

East Lothian Graded Meet

Sunday 7th October at Prestonpans

Meet Information

Session 1: Warm up 8.30am to 9.10am. Start 9.15am.
8 & under, 9 years, boys and girls.

Session 2: Warm up 1.00 to 1.40pm. Start 1.45pm.
10 years, 11 & over, boys and girls.

Age as at 7th October.

Lunch will be provided for all officials. Coaches lunch tickets may be booked - £5.00 each.
The meet will be held under S.A.S.A. rules.

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Events

8 & under, 9 years: 25m butterfly, 50m backstroke/breaststroke/freestyle.
10 years, 11 & over: 50m butterfly/backstroke/breaststroke/freestyle.

Awards

There will be medals for 1st, 2nd and 3rd in each age group. Certificates will be awarded to swimmers who swim too fast.

Entries

All entries should be submitted by computer files, which can be obtained by applying by e-mail to: a.l.mcleod@bigfoot.com

Entries must be **slower than** the consideration times (see below). Faster times will be rejected.

Entry fees: £3.00 for each swim.

Cheques to be made payable to East Lothian Swim Team.

Closing date for entries is 21st September.

Cheques to be returned to: Allan McLeod Tel. 01875 811536
38 Cedar Drive
Port Seton
EH32 0SW

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Consideration Times

Entries must be **slower than** consideration times.

Age Group	Event	Consideration Time
8 & under	25m butterfly	23.00
8 & under	50m backstroke	49.00
8 & under	50m breaststroke	55.00
8 & under	50m freestyle	43.00
9 years	25m butterfly	23.00
9 years	50m backstroke	49.00
9 years	50m breaststroke	55.00
9 years	50m freestyle	43.00
10 years	50m butterfly	48.00
10 years	50m backstroke	46.00
10 years	50m breaststroke	52.00
10 years	50m freestyle	41.00
11 & over	50m butterfly	45.00
11 & over	50m backstroke	43.00
11 & over	50m breaststroke	49.00
11 & over	50m freestyle	38.00

Programme of events

Session 1 Warm up 8.30am. Start 9.15am.

101. Girls 8/under, 9 years 25m butterfly
102. Boys 8/under, 9 years 25m butterfly
103. Girls 8/under, 9 years 50m backstroke
104. Boys 8/under, 9 years 50m backstroke
105. Girls 8/under, 9 years 50m breaststroke
106. Boys 8/under, 9 years 50m breaststroke
107. Girls 8/under, 9 years 50m freestyle
108. Boys 8/under, 9 years 50m freestyle

Session 2 Warm up 1.00pm. Start 1.45pm.

201. Girls 10 years, 11 & over 50m butterfly
202. Boys 10 years, 11 & over 50m butterfly
203. Girls 10 years, 11 & over 50m backstroke
204. Boys 10 years, 11 & over 50m backstroke
205. Girls 10 years, 11 & over 50m breaststroke
206. Boys 10 years, 11 & over 50m breaststroke
207. Girls 10 years, 11 & over 50m freestyle
208. Boys 10 years, 11 & over 50m freestyle

Entry Summary Sheet

Club:

Competition Secretary

Name:

Address:

Post Code:

Telephone:

E-mail

Total Male entries @ £3.00 £.....

Total Female entries @ £3.00 £.....

Total Coaches lunches @ £5.00 £.....

Total cheque enclosed payable to East Lothian Swim Team £.....

This form must be completed and returned with the cheque to: Allan McLeod
38 Cedar Drive
Port Seton
EH32 0SN

Telephone: 01875 811536
e-mail: a.l.mcleod@bigfoot.com