



PORTOBELLO ASC MAD MARCH MEET 2010

Promoted by

portobello
amateur
swimming club

**Mercat Gait Pool, Prestonpans
East Lothian, EH32 9EN**

20th and 21st March 2010

Licence No. ED/LA2/332/0809

MEET INFORMATION

Invitation

Portobello Amateur Swimming Club invite you to the 2010 Mad March Meet at the Mercat Gait Pool, Prestonpans. The event will be run under FINA and SASA rules.

Meet Information

Date and Venue

The meet will be held over two days, Saturday 20th and Sunday 21st March 2010. The venue is the Mercat Gait Pool, Prestonpans, East Lothian, EH32 9EN.

Pool Facilities

This is a 6-lane, 25m venue with anti-turbulent lane ropes, full electronic timing, spectator area, café providing hot and cold drinks, snacks and meals plus vending machines and a club swim shop.

Age groups

Individual age groups are as follows;

- 8 years
- 9 years
- 10 years
- 11 years
- 12 years
- 13 years
- 14 years
- 15 & over years

Relay age groups are as follows;

- 8/9 years
- 10/11 years
- 12/13 years
- 14+ years

All ages are as at 21st March 2010.

Please note that swimmers may 'swim up' an age group in relays **only** if insufficient swimmers of that age group are unavailable.

Events

Saturday 20th March

8 years

- 50m Freestyle, 25m Breaststroke, 25m Backstroke, 25m Butterfly, 100m IM
- 4 x 50m Freestyle Relay, 4 x 50m Medley Relay (combined 8/9 years)

9 years

- 50m Freestyle, 50m Breaststroke, 50m Backstroke, 50m Butterfly, 100m IM
- 4 x 50m Freestyle Relay, 4 x 50m Medley Relay (combined 8/9 years)

10 and 11 years

- 50m Freestyle, 50m Breaststroke, 50m Backstroke, 50m Butterfly, 200m IM, 200m Freestyle
- 4 x 50m Freestyle Relay, 4 x 50m Medley Relay (combined 10/11 years)

Sunday 21st March

All other age groups

- 50m Freestyle
- 200m Freestyle, 200m Breaststroke, 200m Backstroke, 200m Butterfly, 200m IM
- 400m Freestyle
- 4 x 50m Freestyle Relay, 4 x 50m Medley Relay (12/13 and 14+ age groups)

Results will be declared in respective age groups.

Meet Format

All Saturday heats will be swum in age groups. All Sunday heats will be swum with all age groups combined and swimmers seeded by entry times. Where possible the accepted entries for each age group will be equal but if an age group is under-subscribed PASC reserve the right to include additional entries from other age groups. All swims will be HDW.

Entry Times

There are no consideration times but the organisers reserve the right to make appropriate cuts to ensure a balanced programme and the smooth running of the meet. Any entry not accepted will be refunded. Entry times will be short course times. PASC reserve the right to fill any vacant lanes with their swimmers where an event is under subscribed.

Prize Structure

- Medals will be awarded to the 1st, 2nd and 3rd place finishes in each age group/event
- There will be awards for best male and best female in each age group. Points will be awarded for the top 6 places in each age group as follows; 1st – 6 points, 2nd – 5 points, 3rd – 4 points, 4th – 3 points, 5th – 2 points, 6th – 1 points. Please note that for all Sunday 21st March swims (12, 13, 14 and 15+ age groups) a maximum of 5 swims will count toward the best male and best female awards

Appropriate club clothing will be worn for all presentations. Swimmers, or their appointed depute, should be available for presentations otherwise they may forfeit any award.

Competitor Cards and Starts

Start sheets will be supplied prior to the start of each session. Time cards will not be used.

Starts

Over the top starts will be used wherever practicable.

Session Times

Saturday 21st March – Sessions 1 and 2 (Doors open 09.00hrs)

Session 1: Warm-up 09.20hrs – 09.50hrs; Start 10.00hrs; Finish 13.00hrs

Session 2: Warm-up 13.50hrs – 14.20hrs; Start 14.30hrs; Finish 17.30hrs

Sunday 22nd March – Sessions 3 and 4 (Doors open 09.00hrs)

Session 3: Warm-up 09.20hrs – 09.50hrs; Start 10.00hrs; Finish 13.00hrs

Session 4: Warm-up 13.30hrs – 14.00hrs; Start 14.10hrs; Finish 17.10hrs

Accreditation

All entrants must have paid their membership fee to S.A.S.A. or equivalent governing body.

Closing Date for Entries

Midnight on Tuesday 23rd February 2010.

Event File Request

The event will be run using Hy Tek Meet Manager. Please send an e-mail, quoting your club, name, address and contact telephone number to **John Bruce** at jbruce2160@aol.com

Cheques and other paperwork should be posted to; Mr John Bruce, 50 Station Road, Roslin EH25 9LR.

It is the responsibility of all club entry secretaries to ensure that all competitor entry times, dates of birth, etc are correct. A draft programme will be made available to all club entry secretaries as soon as possible after the closing date. Corrections to entries that will displace a swimmer already accepted will not be allowed.

Entry Fees

Cheques should be made payable to Portobello ASC. Entries will not be accepted without a SASA registration number or equivalent.

Coaches Pass

Clubs will receive two complimentary passes that allow them, on presentation, poolside access and start sheets. Additional coach passes can be purchased for £7. Only pass holders, swimmers and officials will be allowed on poolside.

Meals for Coaches

Tea, coffee and lunches for coaches will be provided at a cost of £8 per day. Coaches wishing to avail themselves of this facility should complete the attached form and send a cheque for the appropriate amount along with entry forms.

Technical Officials

Each club attending should provide at least one timekeeper and one judge **or** two timekeepers per session. Such Swimming Technical Officials (STO) are asked to make themselves available at least half an hour prior to the start of each session for registration and briefing. STO's must wear whites.

Programmes and Results

Programmes will be available for each session. Provisional results will be posted on poolside and on the glazed screen behind the spectator area. Final results will be available on the Swim Scotland website, www.swimscotland.org.uk

Additional Relevant Information

- The main pool will be available for warm-up purposes prior to the start of each session. The time may be split to allow suitable water time and space to all age groupings
- All swimmers must check in with marshals in the allocated poolside area. Swimmers should report to the marshalling area 4 heats in advance of their race
- Spectator tickets and programmes will be available in the reception lobby
- Award presentations will take place during each session with the exception of the overall overall individual and club prizes. These will be presented as soon as possible after the completion of sessions 2 and 4
- Result sheets will be posted on the spectator gallery glazed wall as early as possible after each event. Final results will be e-mailed to the appropriate contact at each participating club and will be posted at www.swimscotland.co.uk
- The venue management permits no photography of any kind. This includes mobile telephones with camera capability. Anyone found taking images **would** be asked to leave the premises.
- Portobello ASC will run a swim shop during the meet
- Please note that only swimmers named on the start sheets should report to marshalling.
- The right to alter the programme and warm-up timings is reserved
- Please refer to the Event Regulations section for further information
- All mobile telephones should be switched off within the swim centre
- Football colours are not permitted to be worn on poolside

Should you wish any further information or clarification of any item please contact the undersigned.

Mike Johnston, PASC Gala Convenor

Tel. 0131 661 4540, Mob. 07715 762081

E-mail. mjohnston@heery.co.uk

Saturday 20th March

Session 1: Warm-up 09.20hrs – 09.50hrs; Start 10.00hrs; Finish 13.00hrs

EVENT	TYPE	AGE GROUP	GENDER	DISTANCE	STROKE
101	HDW	8 years	Boys	25m	Breaststroke
102	HDW	8 years	Girls	25m	Breaststroke
103	HDW	9 years	Boys	50m	Freestyle
104	HDW	9 years	Girls	50m	Freestyle
105	HDW	10 years	Boys	50m	Backstroke
106	HDW	10 years	Girls	50m	Backstroke
107	HDW	11 years	Boys	50m	Butterfly
108	HDW	11 years	Girls	50m	Butterfly
109	HDW	8 years	Boys	50m	Freestyle
110	HDW	8 years	Girls	50m	Freestyle
111	HDW	9 years	Boys	50m	Breaststroke
112	HDW	9 years	Girls	50m	Breaststroke
113	HDW	10 years	Boys	50m	Butterfly
114	HDW	10 years	Girls	50m	Butterfly
115	HDW	11 years	Boys	50m	Backstroke
116	HDW	11 years	Girls	50m	Backstroke
117	HDW	8/9 years	Boys	4 x 50m	Freestyle Relay
118	HDW	8/9 years	Girls	4 x 50m	Freestyle Relay
119	HDW	10/11	Boys	4 x 50m	Medley Relay
120	HDW	10/11	Girls	4 x 50m	Medley Relay
121	HDW	8/9 years	Boys	100m	IM
122	HDW	8/9 years	Girls	100m	IM
123	HDW	10/11	Boys	200m	Freestyle

Session 2: Warm-up 13.50hrs – 14.20hrs; Start 14.30hrs; Finish 17.30hrs

EVENT	TYPE	AGE GROUP	GENDER	DISTANCE	STROKE
201	HDW	10/11	Girls	200m	Freestyle
202	HDW	8 years	Boys	25m	Backstroke
203	HDW	8 years	Girls	25m	Backstroke
204	HDW	9 years	Boys	50m	Butterfly
205	HDW	9 years	Girls	50m	Butterfly
206	HDW	10 years	Boys	50m	Breaststroke
207	HDW	10 years	Girls	50m	Breaststroke
208	HDW	11 years	Boys	50m	Freestyle
209	HDW	11 years	Girls	50m	Freestyle
210	HDW	8 years	Boys	25m	Butterfly
211	HDW	8 years	Girls	25m	Butterfly
212	HDW	9 years	Boys	50m	Backstroke
213	HDW	9 years	Girls	50m	Backstroke
214	HDW	10 years	Boys	50m	Freestyle
215	HDW	10 years	Girls	50m	Freestyle
216	HDW	11 years	Boys	50m	Breaststroke
217	HDW	11 years	Girls	50m	Breaststroke
218	HDW	8/9 years	Boys	4 x 50m	Medley Relay
219	HDW	8/9 years	Girls	4 x 50m	Medley Relay
220	HDW	10/11	Boys	4 x 50m	Freestyle Relay
221	HDW	10/11	Girls	4 x 50m	Freestyle Relay
222	HDW	10/11	Boys	200m	IM
223	HDW	10/11	Girls	200m	IM

Sunday 21st March

Session 3: Warm-up 09.20hrs – 09.50hrs; Start 10.00hrs; Finish 13.00hrs

EVENT	TYPE	AGE GROUP	GENDER	DISTANCE	STROKE
301	HDW	12 & over	Girls	50m	Freestyle
302	HDW	12 & over	Boys	200m	IM
303	HDW	12 & over	Girls	200m	IM
304	HDW	14 & over years	Boys	4 x 50m	Freestyle Relay
305	HDW	14 & over years	Girls	4 x 50m	Freestyle Relay
306	HDW	12 & over	Boys	200m	Butterfly
307	HDW	12 & over	Girls	200m	Butterfly
308	HDW	12/13 years	Boys	4 x 50m	Medley Relay
309	HDW	12/13 years	Girls	4 x 50m	Medley Relay
310	HDW	12 & over	Boys	200m	Freestyle
311	HDW	12 & over	Girls	200m	Freestyle

Session 4: Warm-up 13.50hrs – 14.20hrs; Start 14.30hrs; Finish 17.30hrs

EVENT	TYPE	AGE GROUP	GENDER	DISTANCE	STROKE
401	HDW	12 & over	Boys	50m	Freestyle
402	HDW	12 & over	Girls	200m	Breaststroke
403	HDW	12 & over	Boys	200m	Breaststroke
404	HDW	14 & over years	Girls	4 x 50m	Medley Relay
405	HDW	14 & over years	Boys	4 x 50m	Medley Relay
406	HDW	12 & over	Girls	200m	Backstroke
407	HDW	12 & over	Boys	200m	Backstroke
408	HDW	12/13 years	Girls	4 x 50m	Freestyle Relay
409	HDW	12/13 years	Boys	4 x 50m	Freestyle Relay
410	HDW	12 & over	Girls	400m	Freestyle
411	HDW	12 & over	Boys	400m	Freestyle

Event Regulations

Entry and Entries to all events is expressly subject to each and all of these regulations and may, where appropriate, also require compliance with the facility provider's regulations:

- Permission for any person to enter or to remain within the venue notwithstanding possession of any ticket by that person is at the absolute discretion of the stewards and officers of Portobello ASC and/or any police officer.
- No guarantee can be given by Portobello ASC that the event will take place at a particular time or any particular date and Portobello ASC reserves the right to reschedule the event without notice and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Portobello ASC. Portobello ASC will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of Portobello ASC and/or police officer.
- Spectators within the venue may throw no object.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may take photographs or use any video recording equipment.
- Mobile phones may not be used anywhere within the building.
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only Portobello ASC within events without the express written permission of Portobello ASC.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of Portobello ASC and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- No tickets may be offered for resale within events. Any steward or officer of Portobello ASC or any police officer may confiscate any such tickets offered for sale.
- Portobello ASC reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

ENTRY SUMMARY SHEET

Please forward this summary along with your fees within 3 days of the closing date to:

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

e-mail address: jbruce2160@aol.com

Club:			
Contact:			
Address:			
Post Code:		Telephone No:	
e-mail address:			

[Double click anywhere in grid below then add the number of entries, etc. in column B](#)

No. of 25m Entries		@ £ 3.00 each:	£	-
No. of 50m Entries		@ £ 3.50 each:	£	-
No. of 100m Entries		@ £ 4.00 each:	£	-
No. of 200m Entries		@ £ 5.00 each:	£	-
No. of 400m Entries		@ £ 6.00 each:	£	-
No. of Relay Entries		@ £ 7.00 each:	£	-
No. of Additional Coaches Passes		@ £ 7.00 each:	£	-
No. of Coaches Meals		@ £ 8.00 each:	£	-
Total Remittance			£	-

Click anywhere outside the grid to return to normal mode.

Please make cheque payable to "Portobello ASC"

I confirm that all swimmers entered have paid the correct level of SASA membership fee for 2009/2010 and all entry times have been achieved since **31st October 2008** as laid out on the attached sheets. Results sheets can be provided if requested by the meet organizers.

Signed:

Position:

Date:

HEALTH & SAFETY UNDERTAKING

In order to comply with accreditation and health and safety requirements, this form must be completed and returned to the Entry Secretary with entries.

I confirm that all the entered swimmers have paid their current S.A.S.A Registration fee (Scottish Clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a Registration Number (Scottish Clubs) or not affiliated to their governing body (non-Scottish Clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to give into deep or shallow water in a safe manner as prescribed by current guidelines.

I hereby confirm all swimmers have agreed to submit to drug testing if selected to do so.

Signed:

Name (Print):

Position in Club:

Name of Club: