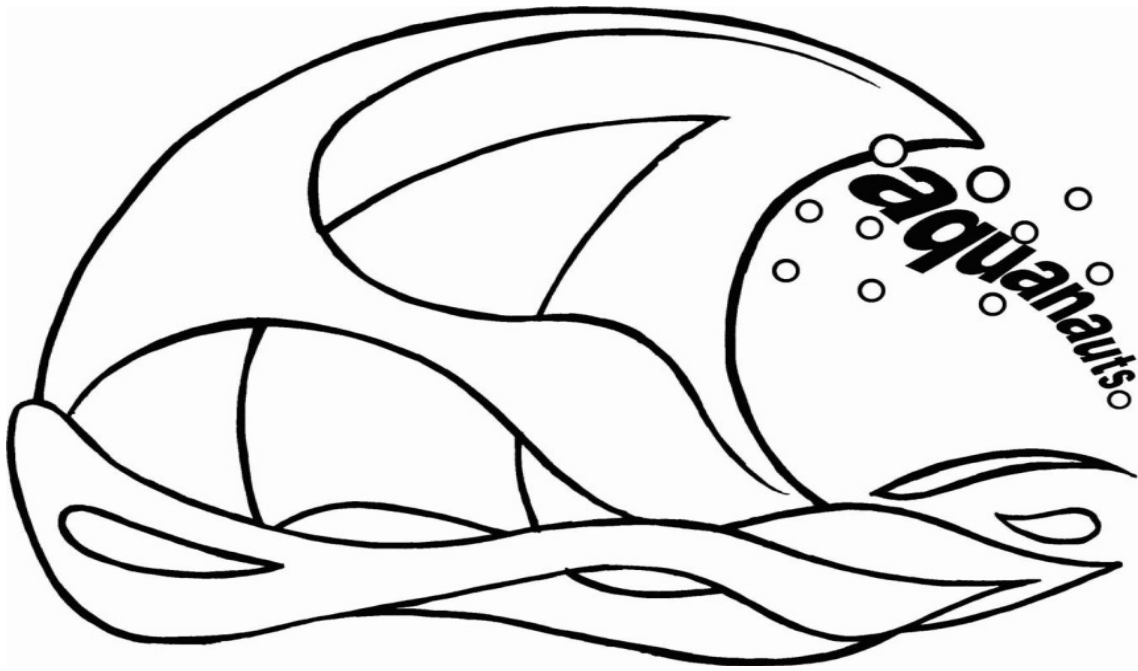


# **AQUANAUTS LIVINGSTON A.S.C.**

**11TH ANNUAL GRADED MEET**



**SATURDAY 23<sup>RD</sup> JUNE AND SUNDAY 24<sup>TH</sup> JUNE 2012**

**BATHGATE XCITE SWIMMING POOL**

**SESSIONS 1 AND 3 : WARM UP 09.00 HRS START 09.45 HRS**

**SESSION 2 AND 4: WARM UP 13.15 HRS START 14.00 HRS**

S.A.S.A. License number: ED/L2/498/1011

## **COMPETITION INFORMATION**

- Venue** Bathgate XCITE Swimming Pool
- Pool** 6 lane, 25 metre; full electronic timing, anti wave lane ropes; spectator area; swim shop
- Age** As at 31<sup>st</sup> December 2012.
- Age groups** 10 years + under; 11/12 years; 13/14 years; 15+ years
- Entry** £6.00 per individual event for 200 and 400 metre swims, £7 for 800 metre swims; £8.00 per relay
- Events** All events will be heat declared winner.  
800m Freestyle, 400m Freestyle, 200m Backstroke, 200m Breaststroke & 200m Butterfly. 200m Individual Medley, 400m Individual Medley. Chain relays (one swimmer from each age group); see attached rules on relay
- Format** 4 sessions (am/pm sessions each day running from 9.00 – 17.00)  
Session 1 09.00 warm- up 09.45 start  
Session 2 13.15 warm- up 14.00 start  
Session 3 09.00 warm- up 09.45 start  
Session 4 13.15 warm- up 14.00 start  
(note starts time may be subject to minor amendment)  
All competitors will swim their heats as per their entry time.
- Awards** Presentations will be made to fastest 6 swimmers in each age group. 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 License for this meet, no. ED/L2/498/1011

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

### **Closing date for entries Noon Wednesday 23<sup>rd</sup> May**

Entries to: John Bruce Phone: 0131 440 1752  
50 Station Road  
Roslin e-mail: jbruce2160@aol.com  
EH25 9LR

**STO's:** Clubs are respectfully asked to supply a minimum of two officials (one judge and one time-keeper) for each session you attend. Please complete details on the enclosed form and return to Aquanauts Livingston for the attention of David Aitchison

## PROGRAMME of EVENTS

<p><b>Saturday 23rd June</b> <b>Morning Sessions</b></p> <p>Event 101 - 400 IM – Boys Event 102 - 200 Breaststroke – Girls Event 103 - 200 Backstroke – Boys Event 104 - 800 Freestyle – Girls</p>	<p><b>Sunday 24th June</b> <b>Morning Sessions</b></p> <p>Event 301 - 400 IM – Girls Event 302 - 200 Breaststroke – Boys Event 303 - 200 Backstroke – Girls Event 304 - 800 Freestyle – Boys</p>
<p><b>Saturday 23rd June</b> <b>Afternoon Session</b></p> <p>Event 201 - 400 Freestyle – Girls Event 202 - 200 Fly – Boys Event 203 - 200 Individual Medley Girls Event 204 - 200 Freestyle – Boys Event 205 - Girls 200m Chain Relay</p>	<p><b>Sunday 24th June</b> <b>Afternoon Session</b></p> <p>Event 401 - 400 Freestyle – Boys Event 402 - 200 Fly – Girls Event 403 – 200 Individual Medley – Boys Event 404 - 200 Freestyle – Girls Event 405 - Boys 200m Chain Relay</p>

**Entry times must not be faster than times noted in the following table.**  
**(Note - these are selected Bronze Squad times)**

Event	Age Group	Boys	Girls	Event	Age Group	Boys	Girls
200 Backstroke	10 years + Under	03:11.40	03:16.30	400 Freestyle	10 years + Under	06:11.50	06:14.50
	11/12 Years	02:55.90	03:02.80		11/12 Years	05:47.20	05:48.70
	13/14 Years	02:32.90	02:41.60		13/14 Years	05:02.00	05:08.00
	15+ Years	02:17.30	02:27.20		15+ Years	04:26.30	04:40.50
200 Breaststroke	10 years + Under	03:31.90	03:40.90	800 Freestyle	10 years + Under	12:46.00	12:47.30
	11/12 Years	03:14.60	03:25.70		11/12 Years	11:43.60	11:54.40
	13/14 Years	02:49.00	03:01.60		13/14 Years	10:11.50	10:31.10
	15+ Years	02:31.50	02:45.30		15+ Years	09:08.80	09:34.70
200 Butterfly	10 years + Under	03:08.30	03:13.80	200 IM	10 years + Under	03:13.70	03:20.50
	11/12 Years	02:53.00	03:00.50		11/12 Years	02:57.90	03:06.70
	13/14 Years	02:30.40	02:39.50		13/14 Years	02:34.50	02:44.90
	15+ Years	02:15.10	02:25.30		15+ Years	02:18.70	02:30.20
200 Freestyle	10 years + Under	02:52.80	02:58.00	400 IM	10 years + Under	06:52.00	07:01.90
	11/12 Years	02:38.70	02:45.70		11/12 Years	06:18.40	06:32.80
	13/14 Years	02:17.80	02:26.30		13/14 Years	05:28.80	05:47.00
	15+ Years	02:03.60	02:13.20		15+ Years	04:55.00	05:16.00

## **SPECIFIC INFORMATION**

### **MEET RULES**

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

Age on 31<sup>st</sup> Dec

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

No swimmer under the age of 8 years is permitted to swim in accordance with Licence requirements.

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

Swimmers, Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.

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 organizers 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 23<sup>rd</sup> May 2012**

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.

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 stop. 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 Bathgate 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.**

**11<sup>th</sup> ANNUAL GRADED MEET – 23<sup>rd</sup> and 24<sup>th</sup> June 2012**

**Health and Safety Announcement  
Controlling the Use of Photographic Equipment**

In the interests of child protection Scottish Swimming has decided that control of photographic equipment is required at all Meets. In view of this, the Meet will run under the following guidelines:

No photographic equipment (e.g., camera, camcorder, mobile phone with camera, etc.) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the Meet Organisers without prior approval of the Meet Director.

Application to use photographic equipment must be made on the approved Scottish Swimming Form available at the “door” during the weekend of the Meet.

Application can be made on the day to the Meet Director or to the Meet Directors appointed official.

Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

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In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their Governing Body (non-Scottish clubs).

I understand that any swimmer entered without a Membership Number (British clubs) or not affiliated to their Governing Body (non-British clubs) will be automatically rejected.

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

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: .....

Position in club: .....

On behalf of: ..... (Name of club)

Please return this form with the entries summaries sheet to:

John Bruce  
50 Station Road  
Roslin  
Midlothian  
EH25 9LR  
Telephone 0131 440 1752  
e-mail [JBruce2160@aol.com](mailto:JBruce2160@aol.com)

## AQUANAUTS LIVINGSTON A.S.C.

### 11<sup>th</sup> ANNUAL GRADED MEET – 23<sup>rd</sup> and 24<sup>th</sup> June 2012

#### Entries Summary Sheet

*\*\* Please completed this form electronically and return it with your entries. \*\**

<b>Clue Name</b>	
<b>Contact Name</b>	
<b>Address</b>	
<b>Post Code</b>	
<b>Telephone</b>	
<b>e-mail address</b>	

<b>Number of Female Entries</b>	<b>at £6</b>	<b>=</b>	<b>£</b>
<b>Number of Female Entries</b>	<b>at £7</b>	<b>=</b>	<b>£</b>
<b>Number of Male Entries</b>	<b>at £6</b>	<b>=</b>	<b>£</b>
<b>Number of Male Entries</b>	<b>at £7</b>	<b>=</b>	<b>£</b>
<b>Number of Relays</b>	<b>at £8</b>	<b>=</b>	<b>£</b>
<b>Number of Lunches</b>	<b>at £7</b>	<b>=</b>	<b>£</b>
<b>Total</b>			<b>£</b>

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

**John Bruce**  
**50 Station Road**  
**Roslin**  
**Midlothian**  
**EH25 9LR**  
**Telephone 0131 440 1752**  
**e-mail [JBruce2160@aol.com](mailto:JBruce2160@aol.com)**

**Closing date for Entries – Wednesday 23<sup>rd</sup> May 2012**

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

**11<sup>th</sup> ANNUAL GRADED MEET – 23<sup>rd</sup> and 24<sup>th</sup> June 2012**

**Named STO's and TimeKeepers**

<b>Name</b>	<b>Position</b>	<b>Sessions</b>	<b>Preferred Role</b>	<b>Contact Details</b>
	STO/TK	1		
	STO/TK	1		
	STO/TK	2		
	STO/TK	2		
	STO/TK	3		
	STO/TK	3		
	STO/TK	4		
	STO/TK	4		

**Please Complete and electronically return to: David Aitchison at 'theaitchisons@aol.com'**

**Thank you for your assistance**