



# East Lothian Swim Team

## Novice Gala

**Saturday 31<sup>st</sup> March 2012**

**Mercat Gait Centre, Prestonpans**



## **Meet Information:**

- Date: Saturday 31<sup>st</sup> March
- Venue: Mercat Gait Pool, Prestonpans, East Lothian, EH32 9EN
- Pool: 6 lane, 25m pool, electronic timing, anti-wave lane ropes, spectator facilities
- Events: Age 9 & Under 25 Fly, 50 Back, 50 Breast, 50 Free  
Age 10 & Over 50 Fly, 50 Back, 50 Breast, 50 Free
- Age groups: 8 & Under, 9, 10 and 11 & Over  
**Age as of 31<sup>st</sup> March.** Events will be run mixed age groups, with results sorted as age groups.
- Sessions: There will be two sessions as follows:  
Morning warm-up 09.00 Start 10.00  
Afternoon warm up 13.30 Start 14.30
- Entry Fees: £4.00 per event,  
Cheques should be made payable to **East Lothian Swim Team**  
Cheques should be received within 7 days of closing date
- Entries: Entries should be made on Hy-Tek entry files which can be obtained by e-mailing entries secretary quoting your club name. Entries should be received by midnight 3<sup>rd</sup> March. No time cards will be required. Withdrawals must be made to recorders no later than 45 mins prior to the start of each session. Entries will be accepted on a time basis. Clubs should ensure that entry times are accurate. A draft meet sheet will be made available to entry secretaries prior to meet date. It is the responsibility of entry secretaries to ensure all entry times and dates of birth are correct. In case of over subscription the **slowest** times will be accepted
- Entry file requests, entries and cheques to be returned to:  
Senga Restorick e-mail:- [senga@senga9.orangehome.co.uk](mailto:senga@senga9.orangehome.co.uk)  
78 Preston Crescent  
Prestonpans  
EH32 9RB **Closing date Midnight 3<sup>rd</sup> March.**
- Awards: Medals will be awarded to first three places in each age group
- Officials: Clubs entering this meet should provide a minimum of two officials in order that we can apply for accreditation. Please provide these and return with entries.
- Lunch: We will provide lunch for all officials attending AM and PM sessions. Coaches' lunch may be Booked at a cost of £7.
- Accreditation: SASA level 3 license e applied for

**MEET RULES:-**

The meet shall be held under FINA and SASA Rules.  
No photographic or video equipment will be allowed in any area within the centre  
The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries on this basis will be refunded in full.  
All competitors must have current S.A.S.A. or equivalent registration numbers  
Over the top starts may be used to help the smooth running of the meet

Warm up: Warm up may only commence when advised to do so  
No diving other than sprint lanes  
The meet stewards will determine sprint lanes  
No congregating allowed at either end of the lanes  
Swimmers must report to marshalling area **four** heats in advance

Miscellaneous: The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.  
Neither ELST nor the Mercat Gait Leisure Centre can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. Bags should not be taken onto poolside they should remain in lockers.  
Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.  
To avoid the unnecessary waste where empty lanes appear, reserves will be drawn from the reserve list and then filled by ELST and associated clubs  
No glassware may be taken into the showers or poolside. Anyone doing so will be liable to expulsion from the meet.  
Outdoor footwear must not be worn on the poolside area.  
Swimmers **MUST** wear dry clothing and footwear at all times when not in poolside area.  
The use of mobile phones is prohibited by the Mercat Gait Leisure Centre anywhere within the building.  
The ELST committee retains the right to amend any of the above conditions as necessary.  
Anything not covered in the above or in the event programme will be at the organisers' discretion.

Photographic Equipment: This venue does **NOT** allow photography within the centre.

## Events

Please do not submit times faster than

Event	8 & U	9	10	11 & O
25 Fly	26.00	25.00		
50 Fly			47.00	46.00
50 Back	52.00	50.00	48.00	45.00
50Breast	59.00	57.00	54.00	52.00
50 Free	43.00	42.00	39.00	37.00

Speeding tickets will be issued to swimmers achieving more than 2 seconds below the times above.

Morning Session 9am warm up 10am start

- 101 Girls 9 & Under 25 Metre Fly
- 102 Boys 9 & Under 25 Metre Fly
- 103 Girls 9 & Under 50 Metre Back
- 104 Boys 9 & Under 50 Metre Back
- 105 Girls 9 & Under 50 Metre Breast
- 106 Boys 9 & Under 50 Metre Breast
- 107 Girls 9 & Under 50 Metre Free
- 108 Boys 9 & Under 50 Metre Free

Afternoon Session 1:30pm Warm up 2:30 start

- 201 Girls 10 & Over 50 Metre Fly
- 202 Boys 10 & Over 50 Metre Fly
- 203 Girls 10 & Over 50 Metre Back
- 204 Boys 10 & Over 50 Metre Back
- 205 Girls 10 & Over 50 Metre Breast
- 206 Boys 10 & Over 50 Metre Breast
- 207 Girls 10 & Over 50 Metre Free
- 208 Boys 10 & Over 50 Metre Free

## HEALTH & SAFETY DECLARATION

**\* This form must be completed and returned with your cheque \*\***

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to so, will start in the water and notify the referee that this will be the case.

signed \_\_\_\_\_ Print \_\_\_\_\_

Club Position \_\_\_\_\_

On behalf of \_\_\_\_\_ (club)

Date \_\_\_/\_\_\_/2012.

**SUMMARY SHEET**

**\*\*This sheet must be completed and returned with cheque & filled in and returned with Entries via E-mail\*\***

<b>CLUB:</b>			
<b>Contact Name:</b>			
<b>Address:</b>			
<b>Town:</b>		<b>Postcode:</b>	
<b>Tel No:</b>			
<b>E-Mail:</b>	_____@_____		
	<b>(Helps us speed up the communication of accepted entries &amp; draft Programs)</b>		
<b>Breakdown of fees:</b>			
	<b>Total Male Entries: @£4.00</b>		<b>£</b>
	<b>Total Female: @£4.00</b>		<b>£</b>
	<b>Total Coaches Lunches: @£7.00</b>		<b>£</b>
		<b>Total</b>	<b>£</b>
<b>Please Make Cheques Payable to East Lothian Swim Team</b>			

**Return to:**  
**Senga Restorick**  
**78 Preston Crescent**  
**Prestonpans**  
**EH32 9RB**  
**Tel: 07736943777**  
**e-mail:- [senga@senga9.orangehome.co.uk](mailto:senga@senga9.orangehome.co.uk)**

**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 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		
	STO/TK	1 [ ] 2[ ]		

Please complete electronically and return to [senga@senga9.orangehome.co.uk](mailto:senga@senga9.orangehome.co.uk)

Thank you for your assistance