



East Lothian Swim Team

Distance Meet

22nd and 23rd June 2013

Mercat Gait Centre, Prestonpans



Meet Information:

Date: Saturday 22nd and Sunday 23rd June 2013

Venue: Mercat Gait Pool, Prestonpans, East Lothian, EH32 9EN

Pool: 6 lane, 25m pool, electronic timing, anti-wave lane ropes, spectator facilities

Events: 200m Backstroke, Breaststroke, Butterfly & Freestyle HDW
200m & 400m individual Medley – Heat Declared Winners
800m (female) & 1500m Freestyle (male)

Age groups: 12 & under, 13/14 years, 15 & over –
Age as of 23rd June. Events will be run mixed age groups, with results sorted as age groups.

Please note we will not accept entries from swimmers under the age of 10 on 23rd June 2013

Sessions: There will be two sessions per day as follows:
Morning warm-up 09.00 Start 10.00
Afternoon warm up 13.30 Start 14.30

Entry Fees: £6.50 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 **25th May 2013**. 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. Entry file requests, entries and cheques to be returned to:
Senga Restorick e-mail:- senga@senga9.orangehome.co.uk
78 Preston Crescent
Prestonpans
EH32 9RB **Closing date Midnight Saturday 25th May 2013**

Awards: Medals will be awarded to first three places in each age group
Best Boy and best girl in each age group
Best Club based on overall points

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' lunches may be Booked at a cost of £7.

Accreditation: SASA level 2 license and accreditation will be 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
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

Morning Session 9am warm up 10am start

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

101	200m Back Female	201	200m Free Male
102	200m Back Male	202	200m Free Female
103	400m Free Female	203	400m IM Male
104	400m Free Male	204	400m IM Female

Presentations will take place at an appropriate time during events to allow swimmers to depart.

Morning Session 9am warm up 10am start

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

301	200m Fly Female	401	200m IM Female
302	200m Fly Male	402	200m IM Male
303	800m Free Female	403	200m Breast Female
304	1500m Free Male	404	200m Breast Male

Presentations will take place at an appropriate time during events to allow swimmers to depart.

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 ___/___/2013.

SUMMARY SHEET

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

CLUB:			
Contact Name:			
Address:			
Town:		Postcode:	
Tel No:			
E-Mail:	_____@_____		
	(Helps us speed up the communication of accepted entries & draft Programs)		
Breakdown of fees:			
	Total Male Entries: @£6.50		£
	Total Female: @£6.50		£
	Total Coaches Lunches: @£7.00		£
		Total	£
Please Make Cheques Payable to East Lothian Swim Team			

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

Named STO's and Timekeepers

Name	Position	Sessions	Preferred Role	Contact Details
	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

Thank you for your assistance