

EDINBURGH SCHOOLS SWIMMING ASSOCIATION

Edinburgh and Midlothian Schools Championships



Ainslie Park Leisure Centre

Session 1	Warm up time 10am	Start 10:45am
Session 2	Warm up time 1pm	Start 1:45pm
Session 3	Warm up time 4pm	Start 4:30pm

Sunday 24th November 2013

General Information

- Age of swimmers:** As at 31st December 2013
- Events:** Events information below.
The organisers reserve the right to restrict entries and amend events as deemed necessary to ensure the smooth running of the meet.
- Age Groups:** Swimmers **MUST** only swim in their own Age Group
- Primary School:** 11 years and under – born 2002 or later
Secondary School: 12-13years – born 2000-2001
14-15years – born 1998-1999
16-18years – born 1995-1997
- Entries:** **Primary School:** swimmers can enter 2 individual 50metre events
Secondary School: swimmers can enter 2 individual events **BUT** can only compete in one 100m event (e.g. one 100metre event and any one 200metre or 400metre **OR** any two 200metre events, 400metre events or one from either)
- Relays:** **Swimmers can only swim in ONE relay** – either their OWN age group or the Open event.
- Consideration Times:** See attached information for times.
Swimmers **MUST** be faster than the times indicated.
- Entry Fee:** **Primary Schools** - £12.00 (for up to 10 swimmers)
Secondary Schools - £17.00 (for up to 10 swimmers)
Relay Teams - £2 per team (Schools guaranteed 1 relay team per age group/ gender but can request additional teams which will be considered if time allows)
Additional Swimmers over and above the 10 stated, £2 per swimmer per 2 individual swims
- Payment:** **Do NOT send payment with your entries** – you will be invoiced accordingly.
- Swimmers will only be permitted to take part if payment has been received for this meet and any outstanding balances from previous years have been cleared.**
- Closing Date:** Closing date for entries is 4th October 2013

ALL ENTRIES SHOULD BE E-MAILED TO THE ADDRESS BELOW

Regards

Nicki McGregor
Convenor: Edinburgh Schools Swimming Association

Email: convenor@edinschoolsswimassoc.co.uk

Tel: 07969 202816

License Number: ED/L3/670/0413

Edinburgh Schools Swimming Association

Programme of Events: Session 1

Swimmers MUST be faster than the Consideration Times below

Event	Gender	Age Group	Stroke/ Distance	Consideration Time
101	F	11yrs/ under	50m Freestyle	44:00
102	M	11yrs/ under	50m Freestyle	44:00
103	F	11yrs/ under	50m Breaststroke	54:00
104	M	11yrs/ under	50m Breaststroke	54:00
105	F	11yrs/ under	50m Butterfly	53:00
106	M	11yrs/ under	50m Butterfly	53:00
107	F	11yrs/ under	50m Backstroke	49:00
108	M	11yrs/ under	50m Backstroke	49:00
109	M or F	11yrs/ under	4x50m Freestyle Relay	No time

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Programme of Events: Session 2

Swimmers MUST be faster than the Consideration Times below

Event	Gender	Age Group	Stroke/ Distance	Consideration Time
201	F	12-13years 14-15years 16-18years	100m Freestyle	1:28.00 1:28.00 1:28.00
202	M	12-13years 14-15years 16-18years	100m Freestyle	1:28.00 1:28.00 1:28.00
203	F	12-13years 14-15years 16-18years	200m Breaststroke	3:25.00 3:12.00 3:12.00
204	M	12-13years 14-15years 16-18years	200m Breaststroke	3:25.00 3:12.00 3:12.00
205	F	12-13years 14-15years 16-18years	200m Butterfly	3:20.00 3:00.00 3:00.00
206	M	12-13years 14-15years 16-18years	200m Butterfly	3:20.00 3:00.00 3:00.00
207	F	12-13years 14-15years 16-18years	100m Backstroke	1:40.00 1:40.00 1:40.00
208	M	12-13years 14-15years 16-18years	100m Backstroke	1:40.00 1:40.00 1:40.00
209	F	Open	400m Freestyle (confirmation of time required)	5:20.00
210	M	Open	400m Freestyle (confirmation of time required)	5:20.00
211	F	12-13years 14-15years 16-18years	200m Individual Medley	3:15.00 3:00.00 3:00.00
212	M	12-13years 14-15years 16-18years	200m Individual Medley	3:15.00 3:00.00 3:00.00
213	M or F	12-13years	4x50m Freestyle Relay	No Time
214	M or F	14-15years	4x50m Freestyle Relay	No Time
215	M or F	OPEN	4x50m Freestyle Relay	No Time

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Programme of Events: Session 3

Swimmers MUST be faster than the Consideration Times below

Event	Gender	Age Group	Stroke/ Distance	Consideration Time
301	F	12-13years 14-15years 16-18years	200m Freestyle	2:50.00 2:45.00 2:45.00
302	M	12-13years 14-15years 16-18years	200m Freestyle	2:50.00 2:45.00 2:45.00
303	F	12-13years 14-15years 16-18years	100m Breaststroke	1:45.00 1:45.00 1:45.00
304	M	12-13years 14-15years 16-18years	100m Breaststroke	1:45.00 1:45.00 1:45.00
305	F	12-13years 14-15years 16-18years	200m Backstroke	3:20.00 3:00.00 3:00.00
306	M	12-13years 14-15years 16-18years	200m Backstroke	3:20.00 3:00.00 3:00.00
307	F	12-13years 14-15years 16-18years	100m Butterfly	1:42.00 1:42.00 1:42.00
308	M	12-13years 14-15years 16-18years	100m Butterfly	1:42.00 1:42.00 1:42.00
309	F	Open	400m Individual Medley (confirmation of time required)	5:55.00
310	M	Open	400m Individual Medley (confirmation of time required)	5:55.00

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ADDITIONAL INFORMATION

Please find below some additional information with regards to the running of the Meet.

- No swimming bags will be allowed onto poolside due to the limited space available.
- There will be ample lockers available.
- No food must be consumed at poolside; there is a designated area just outside the pool area.
- Marshalling will be 6 heats in advance.
- Only swimmers and the Schools' designated responsible adult/s will be allowed poolside.
- Swimmers outwith the poolside area **MUST** wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Swimmers must act on the instruction given by meet officials and behave in a reasonable manner at all times.
- **It is the responsibility of each School to ensure that the swimmers entered by them can dive from starting blocks using the standard procedures for swimming competitions.** The attached Health and Safety Declaration must be completed by all Schools.
- Consideration times are applied to ensure swimmers entered are not embarrassed by being much slower than other competitors in the race. PLEASE ensure times entered are correct.
- It is the responsibility of each School to ensure that their swimmers are aware of the meet rules and guidelines.
- It is the responsibility of the Schools' designated adults to ensure that swimmers are at marshalling well in advance of their heat as no alternative swims will be made available to them.
- **Warm-up/Events**
 - The warm-up may only commence when advised to do so.
 - No diving allowed other than in controlled sprint lanes
 - The meet stewards will designate sprint lanes
 - No congregating will be allowed at either end of the pool lanes.
 - The one start rule will be used.

Poolside and Poolside Access

- Swimmers and Designated Adults only, will be allowed poolside.
- Swimmers and Adults must not take glassware into the showers or onto poolside and are liable for expulsion from the meet if found to do so.

Miscellaneous

- Neither The Edinburgh Schools Swimming Association NOR Ainslie Park Leisure Centre can be held responsible for loss or damage to property belonging to swimmers, team staff or spectators.
- The Edinburgh Schools Swimming Association retains ALL rights to amend any of the above conditions as deemed necessary.

HEALTH AND SAFETY DECLARATION

**** This form must be completed after entries have been confirmed.****

In order to comply with Ainslie Park Leisure procedures and Health and Safety legislation, please complete and return the following declaration.

☐

I confirm that all entered swimmers have been trained and are competent to dive into the pool using starting blocks.

☐

The swimmers identified below are not properly trained and will either start in the water **or** attend training sessions as held by :

Edinburgh Schools Swimming Association

prior to the event.

Headteachers signature:

On behalf of (School):

Date: ____ / ____ / 2013

Form to be returned to: **Nicki McGregor**
 43 Grange Road
 Edinburgh
 EH9 1UG

TO BE RETURNED NO LATER THAN 15th November 2013