



2012 'IM' TOUGH MEET
Friday 17th Saturday 18th & Sunday 19th May 2013
Bathgate Pool

Hosted by: Swim West Lothian

Licensed by: SASA East District **Number:** ED/L2/576/0612

Location: Bathgate Pool, Balbardie Park, Bathgate, EH48 4LA

Meet Entry: John Bruce JBruce2160@aol.com 0131 440 1752
Secretary

Course: Six lane, 25 Metre pool with non-turbulent lane dividers, OMEGA start and automatic timing system with touch-pads and 6-lane time display board will be used.

Age: Swimmer's age on last day of competition will govern for this meet.

Awards Presentation will be made at the conclusion of each session as follows:
Top 6 Boys and Girls in each age group 11yrs/ under, 12 yrs, 13 yrs 14 yrs and 15/over.
Based on the following points 7, 5, 4, 3, 2, 1 for the first 6 places in each event.

Skins The first 6 swimmers from the heats of the 50m Freestyle in the following age groups - Boys 13/under & 14/over – Girls 13/under & 14/over will be eligible to compete in the Skins event.

Winners of the Skins will each receive £20 prize money.

Entry Fees: Individual Events £5.00

Entries: All entries must be submitted by email as a Hy-Tek file. These files may be requested from the Meet Entry Secretary. Fees must accompany entries and are non-refundable. Entries without payment will not be accepted. At the discretion of the meet organisers, there may be a meet cap to control the size and timeline of the meet. Should this occur oversubscribed entries will be refunded.

Closing Date: Entries must be received by noon: Wednesday 1st May 2013.

Mail to: **John Bruce, 50 Station Road, Roslin, EH25 9LR**

Make cheques payable to: **West Lothian Swimming Management Committee**

Concessions: Hospitality will be provided for coaches, officials, and other meet workers.

Spectators: Entry to the spectator gallery: **£2 per session, £7 for all 5 sessions**

Officials: All clubs are asked to supply the STO organiser with named technical officials prior to the meet. Please contact:

Cameron Mackie at: family.mackie@talktalk.net

- Rules:**
1. The current FINA and SASA rules of competitive swimming will apply.
 2. All events will be **Heat Declared Winners**.
 3. Events will be **combined for seeding** but **scored separately** by age group 8-11, 12, 13, 14, 15&over for awards.
 4. All swimmers of Scottish Clubs must have a current SASA registration number.
 5. All swimmers of non-Scottish clubs must be registered with their governing body.
 6. Electronic timing will be in operation. In the event of electronic timing failure, back-up manual timing will be used.
 7. Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water. There will be **NO** diving at the shallow end of the pool.
 8. No photographic or video equipment (inc. mobile phones) will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved SASA form.
 9. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
 10. It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
 11. Start Sheets will be produced prior to the start of each session.
 12. The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Rejected entries will be refunded in full.
 13. Swimmers must report to the designated marshalling area at least three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

Warm-up: The warm-up will commence only when announced by the warm-up controller. There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.

Sprint lanes will be introduced during the last period of each warm-up. Marshalls may be used to control these lanes to avoid congestion and prevent accidents.

Miscellaneous: The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official. Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.

Swim West Lothian take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.

Swimmers outside the pool area must wear dry clothing and footwear at all times. Outdoor footwear must not be worn on poolside. Anything not covered above and not printed in the meet programme will be at the Meet Directors discretion.

Swim West Lothian 'IM' TOUGH Programme

SESSION 1 FRIDAY 17TH MAY 2013

Warm Up 6.30pm - Start 7pm

101 Girls/Boys	800m Freestyle	HDW
	Additional warm up	
102 Boys/Girls	1500m Freestyle	HDW

SESSION 2 Saturday 18th May 2013

Warm up 9.00am – Start 10.00am

201 Girls	400m I.M.	HDW
202 Boys	200m I.M.	HDW
203 Girls	100m Butterfly	HDW
204 Boys	200m Backstroke	HDW
205 Girls	100m Breaststroke	HDW
206 Boys	100m Freestyle	HDW
207 Girls	50m Butterfly	HDW
208 Boys	50m Backstroke	HDW

Presentations

SESSION 4 Sunday 19th May 2013

Warm up 9.00am – Start 10.00am

401 Boys	400m I.M.	HDW
402 Girls	200m I.M.	HDW
403 Boys	100m Butterfly	HDW
404 Girls	200m Backstroke	HDW
405 Boys	100m Breaststroke	HDW
406 Girls	100m Freestyle	HDW
407 Boys	50m Butterfly	HDW
408 Girls	50m Backstroke	HDW

Presentations

SESSION 3 Saturday 18th May 2013

Warm up 1.30pm – Start 2.30pm

301 Boys	400m Freestyle	HDW
302 Girls	200m Freestyle	HDW
303 Boys	200m Breaststroke	HDW
304 Girls	100m Backstroke	HDW
305 Boys	200m Butterfly	HDW
306 Girls	50m Freestyle	HDW
307 Boys	50m Breaststroke	HDW
308 Girls 13/U	50m Freestyle Skins	HDW
309 Girls 14/O	50m Freestyle Skins	HDW

Presentations

SESSION 6 Sunday 19th May 2013

Warm up 1.30pm – Start 2.30pm

501 Girls	400m Freestyle	HDW
502 Boys	200m Freestyle	HDW
503 Girls	200m Breaststroke	HDW
504 Boys	100m Backstroke	HDW
505 Girls	200m Butterfly	HDW
506 Boys	50m Freestyle	HDW
507 Girls	50m Breaststroke	HDW
508 Boys 14/U	50m Freestyle Skins	HDW
509 Boys 15/O	50m Freestyle Skins	HDW

Presentations

NB Skins: Age groups will be swum alternatively at one and a half minute intervals.

Swimmers in each age group event will start under the normal starting rules and swim 50metres of the pool, exit the pool and return to the starting position with the exception of the last swimmer who will be eliminated. On each subsequent start, swimmers will be given a 10 second warning after which the signal to start will follow without any verbal instructions. Starting before the signal is sounded will lead to disqualification; any such disqualification will exempt the last swimmer in that leg.

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Bathgate Pool

Entries Summary Sheet

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

Club Name:	
Contact Name:	
Address:	
Post Code:	
Telephone:	
e-mail-address:	

Double click anywhere in this grid then add totals to column B

Number of Female Entries		@ £5.00	=	£	-
Number of Male Entries		@ £5.00	=	£	-
				£	-

Hit <ENTER> & Click anywhere outside the grid to return to normal mode.

Please return this form and cheque (made payable to West Lothian Swimming Management Committee) to:

John Bruce
 50 Station Road
 Roslin
 Midlothian
 EH25 9LR
 Tel: 0131 440 1752

e-mail: JBruce2160@aol.com

Closing date for Entries: **Noon Wednesday 1st May 2013**