

TROJAN SWIMMING CLUB

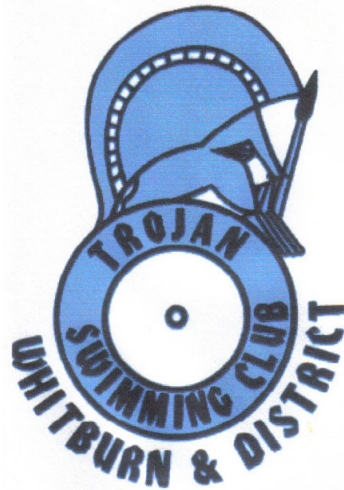
WHITBURN & DISTRICT

OPEN TIME BANDED GALA

Saturday 25th May 2013



**Xcite Bathgate
Balbardie Park, Torphichen Road
Bathgate, EH48 4LA**



MORNING SESSION: WARM-UP 9.00 AM - START 9.45 AM

AFTERNOON SESSION: WARM-UP 1.30 PM - START 2.15 PM

SASA Licence Number: ED/L3/609/1212

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VENUE

Xcite Bathgate Swimming Pool

6 lane - 25m pool, spectator area

(please note that the refurbished pool is due to be open in April but if this is delayed then the gala will take place at Xcite Bathgate)

SESSIONS: There will be two sessions:-

Morning: Warm-up 9.00am - Start 9.45am

Afternoon: Warm-up 1.30pm - Start 2.15pm

AWARDS: Heat declared winners with awards to the first six in each time band.

A Trophy will be awarded to the best Overall Club.

Swimmers who swim faster than the 5% permitted tolerance in their allocated Time Band will lose their place but shall receive a token.

ENTRY FEES: Individual Entries: £4.00
Relay: £7.00

RELAYS: 1 boy and 1 girl, in that order, slowest to fastest from each of the 4 freestyle bands.

Where there is no swimmer in a particular band a slower swimmer may occupy the place.

Relay teams must be made up of swimmers who have been accepted for a swim in the freestyle bands.

ENTRIES: The closing date for entries is Sunday 28th April 2013 at 12 noon.
Applications by e-mail susan@dwliddle.co.uk

COACHES PASS: £6.00 includes lunch, refreshments and start sheets.

MEET RULES: The meet shall be held under SASA rules.

Scottish swimmers must have paid their annual competitive fee to SASA, and be in possession of a current competitive number. Non-Scottish Club swimmers must be similarly registered with their Governing Body.

Coaches and Team Managers must ensure that all their swimmers can safely dive into the water in accordance with current legislation.

There will be no diving at the shallow end of the pool. Photographic or video equipment will not be allowed in any area of the pool or spectator area without the prior approval of the Meet Director. Application to use such equipment must be made on the appropriate form and handed to the Meet Director for signature before such use will be permitted.

WITHDRAWALS: Withdrawals must be made to the recorders table no later than 45 minutes prior to the start of each session.

MARSHALLING: Swimmers should marshal in the designated area at least two events in advance of their own.

GENERAL: Trojan Swimming Club or Whitburn Swimming Pool will not accept responsibility for loss or damage to swimmers, coaches or spectators property.

DISABLED SWIMMERS: Trojan SC would appreciate pre notification of the participation of disabled swimmers, who will be required to provide certification to the referee.

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Requests for entry files should be sent by email to: susan@dwliddle.co.uk

And contain the following information

Name of Club

Contact Name

Address

Tel. No.

E-mail address

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PROGRAMME OF EVENTS

SESSION 1:		9.00am warm-up	9.45am start	
Event 101	Boys	50m Butterfly	BAND D	50.00 seconds and over
Event 102	Girls	50m Butterfly	BAND D	50.00 seconds and over
Event 103	Boys	50m Butterfly	BAND C	45.00 - 49.99 seconds
Event 104	Girls	50m Butterfly	BAND C	45.00 - 49.99 seconds
Event 105	Boys	50m Butterfly	BAND B	40.00 - 44.99 seconds
Event 106	Girls	50m Butterfly	BAND B	40.00 - 44.99 seconds
Event 107	Boys	50m Butterfly	BAND A	35.00 - 39.99 seconds
Event 108	Girls	50m Butterfly	BAND A	35.00 - 39.99 seconds
Event 109	Boys	50m Backstroke	BAND D	50.00 seconds and over
Event 110	Girls	50m Backstroke	BAND D	50.00 seconds and over
Event 111	Boys	50m Backstroke	BAND C	45.00 - 49.99 seconds
Event 112	Girls	50m Backstroke	BAND C	45.00 - 49.99 seconds
Event 113	Boys	50m Backstroke	BAND B	40.00 - 44.99 seconds
Event 114	Girls	50m Backstroke	BAND B	40.00 - 44.99 seconds
Event 115	Boys	50m Backstroke	BAND A	35.00 - 39.99 seconds
Event 116	Girls	50m Backstroke	BAND A	35.00 - 39.99 seconds

Presentation of Awards for Events 101 - 116

SESSION 2:		1.30pm warm-up	2.15pm start	
Event 201	Boys	50m Breaststroke	BAND D	55.00 seconds and over
Event 202	Girls	50m Breaststroke	BAND D	55.00 seconds and over
Event 203	Boys	50m Breaststroke	BAND C	50.00 - 54.99 seconds
Event 204	Girls	50m Breaststroke	BAND C	50.00 - 54.99 seconds
Event 205	Boys	50m Breaststroke	BAND B	45.00 - 49.99 seconds
Event 206	Girls	50m Breaststroke	BAND B	45.00 - 49.99 seconds
Event 207	Boys	50m Breaststroke	BAND A	40.00 - 44.99 seconds
Event 208	Girls	50m Breaststroke	BAND A	40.00 - 44.99 seconds
Event 209	Boys	50m Freestyle	BAND D	45.00 seconds and over
Event 210	Girls	50m Freestyle	BAND D	45.00 seconds and over
Event 211	Boys	50m Freestyle	BAND C	40.00 - 44.99 seconds
Event 212	Girls	50m Freestyle	BAND C	40.00 - 44.99 seconds
Event 213	Boys	50m Freestyle	BAND B	35.00 - 39.99 seconds
Event 214	Girls	50m Freestyle	BAND B	35.00 - 39.99 seconds
Event 215	Boys	50m Freestyle	BAND A	31.00 - 34.99 seconds
Event 216	Girls	50m Freestyle	BAND A	31.00 - 34.99 seconds
Event 217	Squad Relay	50m x 8(1 boy and 1 girl - in that order –from each of the 4 Freestyle bands)		

Presentation of Events 201 - 217 Presentation of Best Overall Club

TROJAN SWIMMING CLUB - WHITBURN AND DISTRICT

Summary Sheet

CLUB

CONTACT NAME

ADDRESS

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POST CODE

TELEPHONE NO

E-MAIL.

Total Entries for Boys @ £4.00 = £.....

Total Entries for Girls @ £4.00 = £.....

Total Entries for Relays @ £7.00 = £.....

Total for coaches passes @ £6.00 = £.....

Total cheque payable to Trojan Swimming Club = £.....

In order that the event runs smoothly we would ask assistance from all Clubs attending by supplying 2 officials for each session

Name of Official/Session Timekeeper/Judge

Name of Official	Session	Timekeeper/Judge

Send to:
Susan Liddle,
Meet Entry Secretary,
9 Rullion Road, Penicuik.
EH26 9HS
Tel: 01968 673471