

WEST DISTRICT OPEN

incorporating the 2013
CELTIC TRI-NATIONS CHAMPIONSHIP

Friday 10th
Saturday 11th & Sunday 12th
May 2013

Dollan Aqua Centre - East Kilbride
Long Course

SASA West District

Would like to invite entry applications for their

Long Course Open Meet 2013
incorporating the Celtic Tri-Nations Championship

(Under FINA Rules and Scottish Swimming Regulations. Licence Number L1/384/WD/MAY13)

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## General Information

**Date:** Friday 10<sup>th</sup> - Saturday 11<sup>th</sup> – Sunday 12<sup>th</sup> May 2013

**Venue:** Dollan Aqua Centre, East Kilbride

**Pool:** 6 lane 50 metre; full electronic timing with 6 lane display scoreboard; anti-turb lane ropes.

| <b>Time:</b> | <b>Warm-up</b>           | <b>Start</b> |
|--------------|--------------------------|--------------|
|              | Session 1, 4 & 7 0800hrs | 0900hrs      |
|              | Session 2, 5 & 8 1215hrs | 1315hrs      |
|              | Session 3, 6 & 9 1630hrs | 1730hrs      |

Sessions Times are approximate until entries are processed. Confirmed Session Times will be published with Confirmed Entries.

**Events:** Open – 50/100/200 Freestyle, Backstroke, Breaststroke and Butterfly.  
400/800 (Women)/1500 (Men) Freestyle.  
200/400 Individual Medley.  
Relays - 4x100 Freestyle, 4x200 Freestyle and 4x100 Medley.

There will be A and B Finals for all 50m; 100m; 200 and 400 individual Events. The 800m, 1500m and Relay Events will be Timed Finals with the Fastest Heat swimming in the Finals session. There shall be no B Finals for any Event with 12 or less entries.

The three nominated Celtic Tri-Nations swimmers will be placed in the lanes 2, 3 and 4 of the A Final, Fastest Heat and Relay Final regardless of position achieved in the Heats. Any lanes not utilised by nominated swimmers will be seeded to other competitors.

**Relay Events:** Clubs are permitted to enter more only one Relay Team per Event. The names of the 4 Relay Team members swimming in the race and the order of swimming must be declared on the team declaration sheet and submitted to the Recorder no later than 60 minutes before the start of the session in which the Event takes place. Failure to do so will result in disqualification of the Relay Team. The swimmers may change between Heats and Finals. Relay Teams that swim in an order that is different from the declared order shall be disqualified in accordance with FINA Rule SW 10.12

**Accreditation:** Accreditation passes will be provided for all members of the competing National Teams. Club Coaches and Team Managers at this Event must have valid Scottish Swimming National Coaches Pass, available from Scottish Swimming office, for access to poolside. All Swimmers will be issued passes as part of the Welcome Park. All Technical Officials must have a valid British Swimming Licence or Irish National equivalent.

**Meals:** Meals will be provided following the morning and afternoon sessions at a cost of £15 per day. Coffee and tea will be provided through the Event for accredited Officials and Team Coaches and Managers

#### Entries:

- All entries must be made on the relevant electronic files and submitted by email. Entry files can be requested by returning the appropriate form enclosed in this information or via e-mail.
- Entry times equal to or faster than the Qualification Times must be from Accredited Meets and not converted SC times.
- Entry times slower than the Qualification Times do not require to be from Accredited Meets and can be converted SC times.
- Withdrawals must be made to the Recorders no later than 45 minutes prior to the start of each Session on the Event Withdrawal Form.
- Minimum age for entry is 10yrs on last day of Meet.
- Any swimmer who COULD POSSIBLY swim in a Relay Team should be included in the original entry file and MUST be declared to [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk) by 8pm on Thursday 9<sup>th</sup> May.
- Swimmers from the morning and afternoon Heats who do not wish to proceed to the Finals are requested to withdraw from the Finals within 60 mins of the provisional list (morning) and confirmed list (afternoon) of Finalists being published/announced, or 45 mins before the start of evening Session, whichever period is the longest.
- The Organising Committee reserve the right to restrict entries in order to facilitate the smooth running of the Meet. Entries will be accepted on time basis. Clubs should ensure entry times are accurate.
- Rejected entries will be refunded in full. No refunds for withdrawals after the Entries Closing Date.

Entry Fees: £5.00 per individual Event, Relay Teams £10.00

Entry Date: Closing date for entries: 8pm Wednesday 17th April 2013

*All entries should be submitted by email on the appropriate file and returned to:*

[entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

#### Meet Rules:

- All swimmers of Scottish clubs must have a current S.A.S.A. Membership Number.
- All swimmers of non-Scottish clubs must be registered with their Governing Body.
- Swimmers, Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water. There will be no diving at the shallow end of the pool.
- Only swimmers and Team Staff with Meet or National Passes will be admitted on to the poolside.
- Swimmers and Team Staff must act on the instructions given by Meet Officials and behave in a reasonable manner at all times.
- It is the responsibility of each Club to ensure that their swimmers are aware of the Meet Rules and Guidelines.
- Parents and spectators are expected to comply with the published SASA West District Code of Conduct.

#### Events:

- Over the top starts may be used at the discretion of the Meet Referee in order to facilitate the smooth running of the meet.
- Heats will be seeded after withdrawals close. The final three Heats of each Event will be cyclic seeded for Events that have a Final. Remaining Heats will be spearhead seeded based on entry times, fastest to slowest. Start Sheets will then be issued to clubs for information and Marshalling purposes.
- Each Event will be split with the fastest Heats in the morning and the slowest in middle session of each day. This is expected to be done on an approximate 50% basis.
- Provisional List of Finalists will be published/announced from the morning Heats. The confirmed List of Finalists and seeding for the Finals will be issued at the end of the afternoon Session.
- All results will be published on Hy-Tek MEET MOBILE during the Event.

#### Warm-ups:

- The Warm-Ups may only commence when advised to do so by the Warm-Up Marshalls.
- There will be no diving allowed in Warm-Ups other than those in controlled sprint lanes.
- Swimmers must keep moving during Warm-Ups and avoid congestion in any part of the pool.
- One way pace lanes will be made available for limited period during each Warm-Up. Stewards may control these as necessary to avoid congestion.
- Lanes 1, 3 and 5 are to be swum in a clockwise direction and Lanes 2, 4 and 6 swum in an anti-clockwise direction.

#### **Marshalling:**

- A Call Room will be in operation
- Call Room reporting time schedules will be issued from the Recorder at the start of the warm up for each Session.
- Swimmers must report to the Stewards in the designated Marshalling area as indicated by the Call Room schedules.
- Swimmers, including Reserves, not present in the Call Room within the time scheduled for their Event will not be allowed to compete. Swimmers who are part of the Tri-Nation competition will be deemed to be disqualified.
- Reserves will be allocated to available lanes on a fastest time basis

#### **Technical Meeting:**

- Technical Meeting will take place on Friday 10<sup>th</sup> May at 07.30a.m. at a venue to be confirmed.

#### **Awards:**

- Medals presented to swimmers placed 1st, 2nd and 3<sup>rd</sup> in each HDW Event and "A" Final.
- 1st, 2nd and 3rd place medals will also be presented to the best placed West District club swimmers and Relay Teams unless they have been awarded the equivalent position medal in the Open category.
- The Tri-Nation team with the highest accumulated points will receive the trophy.

#### **Celtic Tri-Nations Points:**

- Each country will nominate swimmers to score points from a team of 10 female and 10 male swimmers. One swimmer may score points in each Event. Swimmers will score FINA points. Swimmers can only score points in two individual Events (excluding 50m Events and Relays where swimmers may compete in any number of these Events).
- Scoring swimmers will compete in the Heats but will progress automatically to the Final. Teams and scoring swimmers must be submitted at the point of entry using the enclosed nomination form. Amendments to the scoring swimmers must be submitted 45mins prior to the start of the Heats. Swimmers may compete in additional Events as non-scoring swimmers (including Relay Event).
- In the case of a disqualification, in the Heats or Finals, the swimmer or relay team will score the slowest time points less 200 points.
- Swimmers who are disqualified in the Heats will not proceed to the Final and may not be substituted.
- Any disputes regarding the rules will be dealt with by a Jury of Appeal.

#### **Photography:**

- It is a condition of attending this SASA West District Meet that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Entry to this Meet confirms that Parents or Guardians and swimmers accept this condition.
- No photographic or video equipment 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 Meet Form.
- No equipment capable of recording a photographic image must be used within the Changing Village. This is a requirement of the Facility Leisure Trust.

#### **Miscellaneous:**

- Meet Accreditation has been applied for.
- The Organising Committee reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Scottish Swimming/SASA West District nor South Lanarkshire Leisure Trust can be held responsible for loss or damage to any swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the Event Programme will be at the Organising Committee's discretion.
- Scottish Swimming/Organising Committee reserves the right to vary the above conditions as necessary.

# West District Open

## East Kilbride: 10<sup>th</sup> – 12<sup>th</sup> May 2013

**FRIDAY 10<sup>th</sup> May 2013**

| Session 1 ~ HEATS ~ Warm-up:~ 08:00 Start: 09:00 |        |           |                   |              |
|--------------------------------------------------|--------|-----------|-------------------|--------------|
|                                                  | Mens   | 50m       | Backstroke        | Faster Heats |
|                                                  | Womens | 50m       | Backstroke        | Faster Heats |
|                                                  | Mens   | 100m      | Freestyle         | Faster Heats |
|                                                  | Womens | 100m      | Freestyle         | Faster Heats |
|                                                  | Mens   | 200m      | Butterfly         | Faster Heats |
|                                                  | Womens | 200m      | Butterfly         | Faster Heats |
|                                                  | Mens   | 100m      | Breaststroke      | Faster Heats |
|                                                  | Womens | 100m      | Breaststroke      | Faster Heats |
|                                                  | Mens   | 1500m HDW | Freestyle         | Faster Heats |
|                                                  | Womens | 400m      | Individual Medley | Faster Heats |
|                                                  | Mens   | 4 x100m   | Freestyle Relay   | Faster Heats |
|                                                  | Womens | 4 x200m   | Freestyle Relay   | Faster Heats |

| Session 2 ~ HEATS ~ Warm-up:~ 12:15 Start: 13:15 |        |           |                   |              |
|--------------------------------------------------|--------|-----------|-------------------|--------------|
|                                                  | Mens   | 50m       | Backstroke        | Slower Heats |
|                                                  | Womens | 50m       | Backstroke        | Slower Heats |
|                                                  | Mens   | 100m      | Freestyle         | Slower Heats |
|                                                  | Womens | 100m      | Freestyle         | Slower Heats |
|                                                  | Mens   | 200m      | Butterfly         | Slower Heats |
|                                                  | Womens | 200m      | Butterfly         | Slower Heats |
|                                                  | Mens   | 100m      | Breaststroke      | Slower Heats |
|                                                  | Womens | 100m      | Breaststroke      | Slower Heats |
|                                                  | Mens   | 1500m HDW | Freestyle         | Slower Heats |
|                                                  | Womens | 400m      | Individual Medley | Slower Heats |
|                                                  | Mens   | 4 x100m   | Freestyle Relay   | Slower Heats |
|                                                  | Womens | 4 x200m   | Freestyle Relay   | Slower Heats |

| Session 3 ~ FINALS ~ Warm-up: ~ 16:30 Start: 17:30 |        |           |                   |              |
|----------------------------------------------------|--------|-----------|-------------------|--------------|
|                                                    | Mens   | 50m       | Backstroke        | A Final      |
|                                                    | Mens   | 50m       | Backstroke        | B Final      |
|                                                    | Womens | 50m       | Backstroke        | A Final      |
|                                                    | Womens | 50m       | Backstroke        | B Final      |
|                                                    | Mens   | 100m      | Freestyle         | A Final      |
|                                                    | Mens   | 100m      | Freestyle         | B Final      |
|                                                    | Womens | 100m      | Freestyle         | A Final      |
|                                                    | Womens | 100m      | Freestyle         | B Final      |
|                                                    | Mens   | 200m      | Butterfly         | A Final      |
|                                                    | Mens   | 200m      | Butterfly         | B Final      |
|                                                    | Womens | 200m      | Butterfly         | A Final      |
|                                                    | Womens | 200m      | Butterfly         | B Final      |
|                                                    | Mens   | 100m      | Breaststroke      | A Final      |
|                                                    | Mens   | 100m      | Breaststroke      | B Final      |
|                                                    | Womens | 100m      | Breaststroke      | A Final      |
|                                                    | Womens | 100m      | Breaststroke      | B Final      |
|                                                    | Mens   | 1500m HDW | Freestyle         | Fastest Heat |
|                                                    | Womens | 400m      | Individual Medley | A Final      |
|                                                    | Womens | 400m      | Individual Medley | B Final      |
|                                                    | Mens   | 4 x100m   | Freestyle Relay   | Final        |
|                                                    | Womens | 4 x200m   | Freestyle Relay   | Final        |

**SATURDAY 11<sup>th</sup> May 2013**

| <b>Session 4 ~ HEATS~ Warm-up:~ 08:00 Start: 09:00</b> |        |          |                   |              |
|--------------------------------------------------------|--------|----------|-------------------|--------------|
|                                                        | Mens   | 50m      | Butterfly         | Faster Heats |
|                                                        | Womens | 50m      | Butterfly         | Faster Heats |
|                                                        | Mens   | 200m     | Freestyle         | Faster Heats |
|                                                        | Womens | 200m     | Freestyle         | Faster Heats |
|                                                        | Mens   | 100m     | Backstroke        | Faster Heats |
|                                                        | Womens | 100m     | Backstroke        | Faster Heats |
|                                                        | Mens   | 200m     | Breaststroke      | Faster Heats |
|                                                        | Womens | 200m     | Breaststroke      | Faster Heats |
|                                                        | Mens   | 400m     | Individual Medley | Faster Heats |
|                                                        | Womens | 800m HDW | Freestyle         | Faster Heats |
|                                                        | Mens   | 4 x200m  | Freestyle Relay   | Faster Heats |
|                                                        | Womens | 4 x100m  | Freestyle Relay   | Faster Heats |

| <b>Session 5 ~ HEATS~ Warm-up:~ 12:15 Start: 13:15</b> |        |          |                   |              |
|--------------------------------------------------------|--------|----------|-------------------|--------------|
|                                                        | Mens   | 50m      | Butterfly         | Slower Heats |
|                                                        | Womens | 50m      | Butterfly         | Slower Heats |
|                                                        | Mens   | 200m     | Freestyle         | Slower Heats |
|                                                        | Womens | 200m     | Freestyle         | Slower Heats |
|                                                        | Mens   | 100m     | Backstroke        | Slower Heats |
|                                                        | Womens | 100m     | Backstroke        | Slower Heats |
|                                                        | Mens   | 200m     | Breaststroke      | Slower Heats |
|                                                        | Womens | 200m     | Breaststroke      | Slower Heats |
|                                                        | Mens   | 400m     | Individual Medley | Slower Heats |
|                                                        | Womens | 800m HDW | Freestyle         | Slower Heats |
|                                                        | Mens   | 4 x200m  | Freestyle Relay   | Slower Heats |
|                                                        | Womens | 4 x100m  | Freestyle Relay   | Slower Heats |

| <b>Session 6 ~ FINALS ~ Warm-up: ~ 16:30 Start: 17:30</b> |        |          |                   |              |
|-----------------------------------------------------------|--------|----------|-------------------|--------------|
|                                                           | Mens   | 50m      | Butterfly         | A Final      |
|                                                           | Mens   | 50m      | Butterfly         | B Final      |
|                                                           | Womens | 50m      | Butterfly         | A Final      |
|                                                           | Womens | 50m      | Butterfly         | B Final      |
|                                                           | Mens   | 200m     | Freestyle         | A Final      |
|                                                           | Mens   | 200m     | Freestyle         | B Final      |
|                                                           | Womens | 200m     | Freestyle         | A Final      |
|                                                           | Womens | 200m     | Freestyle         | B Final      |
|                                                           | Mens   | 100m     | Backstroke        | A Final      |
|                                                           | Mens   | 100m     | Backstroke        | B Final      |
|                                                           | Womens | 100m     | Backstroke        | A Final      |
|                                                           | Womens | 100m     | Backstroke        | B Final      |
|                                                           | Mens   | 200m     | Breaststroke      | A Final      |
|                                                           | Mens   | 200m     | Breaststroke      | B Final      |
|                                                           | Womens | 200m     | Breaststroke      | A Final      |
|                                                           | Womens | 200m     | Breaststroke      | B Final      |
|                                                           | Mens   | 400m     | Individual Medley | A Final      |
|                                                           | Mens   | 400m     | Individual Medley | B Final      |
|                                                           | Womens | 800m HDW | Freestyle         | Fastest Heat |
|                                                           | Mens   | 4 x200m  | Freestyle Relay   | Final        |
|                                                           | Womens | 4 x100m  | Freestyle Relay   | Final        |

**SUNDAY 12<sup>th</sup> May 2013**

| <b>Session 7 ~ HEATS~ Warm-up:~ 08:00 Start: 09:00</b> |        |         |                   |              |
|--------------------------------------------------------|--------|---------|-------------------|--------------|
|                                                        | Mens   | 50m     | Freestyle         | Faster Heats |
|                                                        | Womens | 50m     | Freestyle         | Faster Heats |
|                                                        | Mens   | 50m     | Breaststroke      | Faster Heats |
|                                                        | Womens | 50m     | Breaststroke      | Faster Heats |
|                                                        | Mens   | 200m    | Backstroke        | Faster Heats |
|                                                        | Womens | 200m    | Backstroke        | Faster Heats |
|                                                        | Mens   | 100m    | Butterfly         | Faster Heats |
|                                                        | Womens | 100m    | Butterfly         | Faster Heats |
|                                                        | Mens   | 200m    | Individual Medley | Faster Heats |
|                                                        | Womens | 200m    | Individual Medley | Faster Heats |
|                                                        | Mens   | 400m    | Freestyle         | Faster Heats |
|                                                        | Womens | 400m    | Freestyle         | Faster Heats |
|                                                        | Mens   | 4 x100m | Medley Relay      | Faster Heats |
|                                                        | Womens | 4 x100m | Medley Relay      | Faster Heats |

| <b>Session 8 ~ HEATS~ Warm-up:~ 12:15 Start: 13:15</b> |        |         |                   |              |
|--------------------------------------------------------|--------|---------|-------------------|--------------|
|                                                        | Mens   | 50m     | Freestyle         | Slower Heats |
|                                                        | Womens | 50m     | Freestyle         | Slower Heats |
|                                                        | Mens   | 50m     | Breaststroke      | Slower Heats |
|                                                        | Womens | 50m     | Breaststroke      | Slower Heats |
|                                                        | Mens   | 200m    | Backstroke        | Slower Heats |
|                                                        | Womens | 200m    | Backstroke        | Slower Heats |
|                                                        | Mens   | 100m    | Butterfly         | Slower Heats |
|                                                        | Womens | 100m    | Butterfly         | Slower Heats |
|                                                        | Mens   | 200m    | Individual Medley | Slower Heats |
|                                                        | Womens | 200m    | Individual Medley | Slower Heats |
|                                                        | Mens   | 400m    | Freestyle         | Slower Heats |
|                                                        | Womens | 400m    | Freestyle         | Slower Heats |
|                                                        | Mens   | 4 x100m | Medley Relay      | Slower Heats |
|                                                        | Womens | 4 x100m | Medley Relay      | Slower Heats |

| <b>Session 9 ~ FINALS ~ Warm-up: ~ 16:30 Start: 17:30</b> |        |         |                   |         |
|-----------------------------------------------------------|--------|---------|-------------------|---------|
|                                                           | Mens   | 50m     | Freestyle         | A Final |
|                                                           | Mens   | 50m     | Freestyle         | B Final |
|                                                           | Womens | 50m     | Freestyle         | A Final |
|                                                           | Womens | 50m     | Freestyle         | B Final |
|                                                           | Mens   | 50m     | Breaststroke      | A Final |
|                                                           | Mens   | 50m     | Breaststroke      | B Final |
|                                                           | Womens | 50m     | Breaststroke      | A Final |
|                                                           | Womens | 50m     | Breaststroke      | B Final |
|                                                           | Mens   | 200m    | Backstroke        | A Final |
|                                                           | Mens   | 200m    | Backstroke        | B Final |
|                                                           | Womens | 200m    | Backstroke        | A Final |
|                                                           | Womens | 200m    | Backstroke        | B Final |
|                                                           | Mens   | 100m    | Butterfly         | A Final |
|                                                           | Mens   | 100m    | Butterfly         | B Final |
|                                                           | Womens | 100m    | Butterfly         | A Final |
|                                                           | Womens | 100m    | Butterfly         | B Final |
|                                                           | Mens   | 200m    | Individual Medley | A Final |
|                                                           | Mens   | 200m    | Individual Medley | B Final |
|                                                           | Womens | 200m    | Individual Medley | A Final |
|                                                           | Womens | 200m    | Individual Medley | B Final |
|                                                           | Mens   | 400m    | Freestyle         | A Final |
|                                                           | Mens   | 400m    | Freestyle         | B Final |
|                                                           | Womens | 400m    | Freestyle         | A Final |
|                                                           | Womens | 400m    | Freestyle         | B Final |
|                                                           | Mens   | 4 x100m | Medley Relay      | Final   |
|                                                           | Womens | 4 x100m | Medley Relay      | Final   |

## QUALIFICATION/CONSIDERATION STANDARDS

| MEN           |               |                       | WOMEN         |               |
|---------------|---------------|-----------------------|---------------|---------------|
| Consideration | Qualification | EVENT                 | Qualification | Consideration |
| 0:29:60       | 0:24:71       | 50 Freestyle          | 0:27:74       | 0:32:50       |
| 1:05:00       | 0:53:41       | 100 Freestyle         | 0:59:47       | 1:11:00       |
| 2:21:00       | 1:56:67       | 200 Freestyle         | 2:07:51       | 2:33:00       |
| 5:00:00       | 4:08:76       | 400 Freestyle         | 4:29:69       | 5:30:00       |
|               |               | 800 Freestyle         | 8:57:66       |               |
|               | 16:08:12      | 1500 Freestyle        |               |               |
| 0:38:00       | 0:28:99       | 50 Backstroke         | 0:32:11       | 0:38:00       |
| 1:22:00       | 1:00:93       | 100 Backstroke        | 1:07:31       | 1:22:00       |
| 2:48:00       | 2:12:97       | 200 Backstroke        | 2:23:94       | 2:53:00       |
| 0:42:00       | 0:31:81       | 50 Breaststroke       | 0:35:91       | 0:44:50       |
| 1:35:00       | 1:08:48       | 100 Breaststroke      | 1:16:36       | 1:40:00       |
| 3:20:00       | 2:30:06       | 200 Breaststroke      | 2:44:68       | 3:22:00       |
| 0:35:00       | 0:27:03       | 50 Butterfly          | 0:30:03       | 0:37:30       |
| 1:20:00       | 0:58:56       | 100 Butterfly         | 1:05:30       | 1:30:00       |
| 3:45:00       | 2:12:37       | 200 Butterfly         | 2:24:60       | 3:55:00       |
| 2:46:00       | 2:12:52       | 200 Individual Medley | 2:25:29       | 2:55:00       |
| 5:48:00       | 4:46:43       | 400 Individual Medley | 5:09:59       | 7:00:00       |

# West District Open

East Kilbride: 10<sup>th</sup> – 12<sup>th</sup> May 2013

## Health and Safety Announcement

### Controlling the Use of Photographic Equipment

In the interests of child protection the Scottish Swimming has decided that control of photographic equipment is required at all Meets. In view of this, the Meet will run under the following guidelines:

No photographic equipment (e.g., camera, camcorder, mobile phone with camera, etc,) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the Meet Organisers without prior approval of the Meet Director.

Application to use photographic equipment must be made on the approved Scottish Swimming Form available from [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk) , the Scottish Swimming office or at the “door” during the weekend of the Meet.

Application can be made on the day to the Meet Director or to the Meet Directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

# West District Open

East Kilbride: 10<sup>th</sup> – 12<sup>th</sup> May 2013

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their Governing Body (non-Scottish clubs).

I understand that any swimmer entered without a Membership Number (British clubs) or not affiliated to their Governing Body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form along with entries **no later than 17th April 2013** to:

John Deans  
9 Tynron Court  
Hamilton  
ML3 8XD      or [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

# West District Open

East Kilbride: 10<sup>th</sup> – 12<sup>th</sup> May 2013

## Summary Entry Form

**\*\* This form must be completed and returned with any entries. \*\***

Club Name: .....

Contact Name: .....

Address: .....

Post Code: .....

Telephone: .....

Email: .....

Total Female Entries ..... @ £5.00 each: = £.....

Total Male Entries ..... @ £5.00 each: = £.....

Relay Teams ..... @£10.00 per team = £.....

No of Coaches Meals (Fri) ..... @ £15.00 = £.....

No of Coaches Meals (Sat) ..... @ £15.00 = £.....

No of Coaches Meals (Sun) ..... @ £15.00 = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **S.A.S.A. West District**

Return this form along with entries **no later than 17th April 2013** to:

**John Deans  
9 Tynron Court  
Hamilton  
ML3 8XD**

or email to: [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)

# West District Open

East Kilbride: 10<sup>th</sup> – 12<sup>th</sup> May 2013

## Entry Files Request Form

*Please email the entry files for the above meet to:*

Club Name: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

E-mail: \_\_\_\_\_

Return this completed form:

**John Deans**  
**9 Tynron Court**  
**Hamilton**  
**ML3 8XD**      or email to: [entries@scotswimwest.co.uk](mailto:entries@scotswimwest.co.uk)