### **SASA**

### **EAST DISTRICT**

### **Challenge Meet**

**1st & 2nd March 2014**

Xcite Sports Centre,

Bathgate

Balbardie Park, Torphicen Road, Bathgate, EH48 4LA

**License no: ED L2/731/0114**

# **SASA East District**

### **CHALLENGE MEET**

1st and 2nd March 2014

at Xcite Sports Centre, Bathgate

**Information**

This event is for swimmers who did not swim in the East District Age Group Championships in a particular event and distance. Swimmers who swam in the championships may enter an event in which they did not compete, provided their entry time is not faster than the consideration times detailed below.

The number of swimmers accepted will be equal within the age groups and dependant on session time.

There are 5 age bands: 10/11/12 years, 13 years, 14 years, 15 years and 16 years and over. Age will be as on 12 January 2014.

A prize of £25 will be awarded to any swimmer who equals or betters the time of the 8th swimmer in the final of that age group event and distance in the East District Age Group Championships, 2013/14. This is the “Challenge.” There are no medals or other awards.

There will be a swimshop available throughout the weekend.

Entry fee £6.00 per event.

Events will be swum in open heats. Electronic timing will be in operation and a swim down pool will be available.

**Rules**

All competitors must have paid the annual membership fee for 2013/2014 to the Scottish Amateur Swimming Association. Only members registered as swimmers may compete.

Only small bags containing essential equipment will be allowed on poolside; swimmers MUST use storage facilities within the changing area.

Session times for all sessions are listed on the order of events sheets attached.

**Entries**

Times submitted should have been achieved since 12 January 2013 and must be capable of verification by a club official. 50m conversions may be used.

All entries should be submitted using Hy-Tek Team Manager and the events file provided. Please ensure that it is completed correctly to show the FULL NAME OF THE SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME. Random checks of entries will be made prior to publication of the programme.

Cut off numbers for each event will be determined, if necessary, by the organising committee, after entries have been received. Consideration times are attached.

Completed entry files are to be returned by email. The summary sheet and fees should be sent no later than three days following the closing date,to the Entries Secretary:

JOHN BRUCE

## 50 STATION ROAD

## ROSLIN

## EH25 9LR

Tel: 0131 440 1752

E-mail: [JBruce2160@aol.com](mailto:JBruce2160@aol.com)

**Closing date for entries Thursday 6th February 2014 at 12 noon**

**Technical officials**

Clubs are required to provide technical officials in line with the East District rules; failure to provide officials will results in clubs being fined.

**Poolside passes and coaches lunches**:

**All coaches and poolside personnel MUST hold a current PVG / disclosure certificate.** (See declaration on the summary sheet).

All coaches and poolside personnel must have a valid coaches’ pass for this event. This can be either a 2014 Scottish Swimming national coaches’ pass (or equivalent), or a 2014/17 East District pass.

Coaches and poolside helpers who do not have either a national or district pass MUST request a 2013/16 East District pass by **20 February 2014** from [sasaeastdistrictsecretary@gmail.com](mailto:sasaeastdistrictsecretary@gmail.com). See ED website for further information on how to apply for a coachs’ pass.

The maximum number of coaches poolside for each club is determined by the highest number of accepted swimmers in any one session, as follows:

Up to 5 swimmers 1 coach

6 to 15 swimmers 2 coaches

16 swimmers & over 1 additional coach per 15 swimmers or part thereof.

Clubs with fewer than 5 swimmers may bring one additional poolside assistant/ chaperone who is PVG registered (AND has an ED pass).

Clubs may purchase coaches’ lunch tickets at a cost of £10 per person per day.

**Spectator passes:**

Each swimmer will be entitled to one free spectator pass for each session in which they compete. Spectator passes may not be offered for resale. Any that are may be confiscated by a steward or officer of the East District and/or the facility management.

If you have not already done so for other ED events, clubs wishing to receive spectator passes should email Andra Laird at [Norman.laird@talktalk.net](mailto:Norman.laird@talktalk.net) , to request passes and to provide a club member’s address to which she can post the passes.

##### PROGRAMME OF EVENTS

Saturday 1 March Session 1

Warm up 09:00 Boys, 09:25 Girls Start time 10:00

|  |  |  |
| --- | --- | --- |
| 101 | 200m Backstroke | Boys |
| 102 | 100m Butterfly | Girls |
| 103 | 200m Breaststroke | Boys |
| 104 | 100m Freestyle | Girls |
| 105 | 1500m Freestyle | Boys |

Session 2

Warm Up 13:30 Boys, 13:55 Girls Start time 14:30

|  |  |  |
| --- | --- | --- |
| 201 | 100m Backstroke | Boys |
| 202 | 400m Freestyle | Mixed |
| 203 | 200m Butterfly | Girls |
| 204 | 100m Breaststroke | Boys |
| 205 | 200m Freestyle | Girls |
| 206 | 200m Individual Medley | Boys |

Sunday 2 March Session 3

Warm up 09:00 Girls, 09:25 Boys Start time 10:00

|  |  |  |
| --- | --- | --- |
| 301 | 200m Backstroke | Girls |
| 302 | 100m Butterfly | Boys |
| 303 | 200m Breaststroke | Girls |
| 304 | 100m Freestyle | Boys |
| 305 | 800m Freestyle | Girls |

Session 4

Warm up 13:30 Girls, 13:55 Boys Start time 14:30

|  |  |  |
| --- | --- | --- |
| 401 | 100m Backstroke | Girls |
| 402 | 400m Individual Medley | Mixed |
| 403 | 200m Butterfly | Boys |
| 404 | 100m Breaststroke | Girls |
| 405 | 200m Freestyle | Boys |
| 406 | 200m Individual Medley | Girls |

**CONSIDERATION TIMES**

**EAST DISTRICT AGE GROUP CHALLENGE MEET**

Entry times should be equal to or slower than the following consideration times\*:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Event** | **AGE GROUP** | | | |  |
| **MALES** | **10/11/12yrs** | **13yrs** | **14yrs** | **15yrs** | **16+ yrs** |
| 100m Freestyle | 1:17.45 | 1:13.53 | 1:08.33 | 1:04.61 | 59.80 |
| 200m Freestyle | 2:54.64 | 2:34.30 | 2:23.37 | 2:15.01 | 2:07.81 |
| 400m Freestyle | 5:56.79 | 5:30.02 | 5:14.52 | 4:48.02 | 4:29.51 |
| 1500m Freestyle | 21:07.41 | 20:37.71 | 19:26.27 | 18:22:24 | 17:45:86 |
| 100m Backstroke | 1:31.07 | 1:26.57 | 1:17.45 | 1:14.31 | 1:09.97 |
| 200m Backstroke | 3:14.71 | 3:09.78 | 2:50.70 | 2:33.91 | 2:28.76 |
| 100m Butterfly | 1:30.20 | 1:26.10 | 1:19.31 | 1:14.22 | 1:06.18 |
| 200m Butterfly | 3:10.20 | 3:08.01 | 2:59.65 | 2:36.53 | 2:31.45 |
| 100m Breaststroke | 1:41.82 | 1:37.94 | 1:28.53 | 1:22.71 | 1:19.31 |
| 200m Breaststroke | 3:42.98 | 3:36.53 | 3:14.97 | 3:02.46 | 2:54.25 |
| 200m IM | 3:13.63 | 3:06.18 | 2:51.08 | 2:46.55 | 2:28.01 |
| 400m IM | 6:33.90 | 6:02.70 | 5:43.76 | 5:31.21 | 5:08.31 |
|  |  |  |  |  |  |
| **FEMALES** | **10/11/12yrs** | **13yrs** | **14yrs** | **15yrs** | **16+ yrs** |
| 100m Freestyle | 1:16.28 | 1:14.78 | 1:11.51 | 1:10.72 | 1:06.20 |
| 200m Freestyle | 2:44.76 | 2:38.52 | 2:28.02 | 2:25.50 | 2:21.61 |
| 400m Freestyle | 5:48.92 | 5:28.08 | 5:11.30 | 5:01.31 | 4:54.73 |
| 800m Freestyle | 11:16.00 | 11:12.85 | 10:38.03 | 10:23.18 | 9:32.45 |
| 100m Backstroke | 1:30.10 | 1:26.73 | 1:25.20 | 1:23.24 | 1:17.41 |
| 200m Backstroke | 3:02.91 | 2:56.80 | 2:51.99 | 2:49.73 | 2:41.68 |
| 100m Butterfly | 1:31.86 | 1:27.90 | 1:24.61 | 1:22.25 | 1:15.10 |
| 200m Butterfly | 3:27.81 | 3:19.40 | 3:06.76 | 2:55.65 | 2:38.36 |
| 100m Breaststroke | 1:38.04 | 1:37.87 | 1:32.35 | 1:29.16 | 1:24.41 |
| 200m Breaststroke | 3:34.97 | 3:21.14 | 3:16.86 | 3:11.50 | 3:01.06 |
| 200m IM | 3:05.78 | 3:01.16 | 3:05.71 | 2:50.78 | 2:46.67 |
| 400m IM | 6:38.62 | 6:16.42 | 6:01.33 | 5:50.62 | 5:28.21 |

Age as at 12 January 2014

* Consideration times are determined by the slowest accepted entry (including reserves) who got swims at the 2013/14 EDAG championships, plus 0.01 seconds.
* 100 metre and 200 IM times are SC times converted from LC.

**Challenge times will be detailed in the meet programme.**

SCOTTISH AMATEUR SWIMMING ASSOCIATION

###### EAST DISTRICT

Challenge Meet

1st and 2nd March 2014

|  |
| --- |
| SUMMARY SHEET |

Please forward this summary along with your fees within 3 days of the closing date to:

#### JOHN BRUCE, 50 STATION ROAD, ROSLIN, MIDLOTHIAN, EH25 9LR

|  |  |  |
| --- | --- | --- |
| Club: |  | |
| Contact: |  | |
| Address: |  | |
|  | |
| Post Code: |  | Telephone No: |
| e-mail address: |  | |

|  |  |
| --- | --- |
| Lunches Saturday |  |
| Lunches Sunday |  |

Double click anywhere in grid below then add the number of entries, etc. in column B



Click anywhere outside the grid to return to normal mode.

Please make cheque payable to “SASA East District”

I confirm that all swimmers entered have paid the correct level of SASA membership fee for 2013/2014 and have achieved entry times since 12 January 2013. I also confirm that all poolside personnel have:

a) completed a current CRB/PVG check.

b) EITHER a Scottish Swimming national pass OR an East District coaches pass.

Signed: Position: Date: .