

Meet Information

SASA EAST DISTRICT Challenge Meet

14th & 15th February 2015

**Xcite Sports Centre,
Bathgate**

Balbardie Park, Torphichen Road, Bathgate, EH48 4LA

License no: L1/465/ED/FEB15

**SASA East District
CHALLENGE MEET**
14th & 15th February 2015
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 11 January 2015.

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, 2014/15. This is the "Challenge." There are no medals or other awards.

There may 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 2014/15 to the Scottish Amateur Swimming Association. Only members registered as swimmers with East District clubs 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 11 January 2014 and must be capable of verification by a club official. **Entry times set during club time trials or at unaccredited meets may be used, but coaches and entry secretaries should note that this is a level 2 meet and technical infringements will be reported.** 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 may 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:

Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS

E-mail: sasaeastdistrictentries@gmail.com (subject; challenge meet)

Closing date for entries

Friday 23rd January 2015 at 12 noon

Technical officials

Clubs are required to provide technical officials in line with the East District rules; failure to provide officials will result 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 valid Scottish Swimming national coaches' pass (or equivalent), or an East District pass – obtainable from Tony Dane at: sasaeastdistrictsecretary@gmail.com

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.

PROGRAMME OF EVENTS

Saturday 14th February 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 15th February 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	1:26.89	1:13.31	1:08.61	1:04.60	59:01
200m Freestyle	2:48.98	2:39.41	2:24.58	2:14.40	2:08.91
400m Freestyle	5:58.71	5:41.52	5:14.12	4:48.16	4:29.67
1500m Freestyle	21:13.88	20:43.58	19:53.96	19:05.70	17:55.30
100m Backstroke	1:31.41	1:27.51	1:18.31	1:13.81	1:10.20
200m Backstroke	3:08.43	3:07.14	2:56.13	2:42.31	2:30.53
100m Butterfly	1:31.21	1:25.31	1:20.40	1:14.91	1:06.51
200m Butterfly	3:12.90	3:09.40	3:03.00	2:47.32	2:31.32
100m Breaststroke	1:42.71	1:37.80	1:29.51	1:24.51	1:17.90
200m Breaststroke	3:41.01	3:36.85	3:13.18	3:04.32	2:54.77
200m IM	3:14.81	3:07.91	2:52.41	2:47.61	2:29.31
400m IM	6:34.80	5:56.58	5:49.17	5:35.84	5:08.88

FEMALES	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
100m Freestyle	1:16.90	1:13.41	1:11.81	1:09.70	1:07.50
200m Freestyle	2:39.03	2:31.48	2:29.98	2:24.77	2:18.93
400m Freestyle	5:48.19	5:27.72	5:10.92	5:03.18	4:53.88
800m Freestyle	11:23.62	11:07.57	10:48.59	10:22.17	9:48.91
100m Backstroke	1:29.61	1:27.51	1:24.68	1:22.71	1:17.11
200m Backstroke	3:03.89	3:01.67	2:56.80	2:54.08	2:43.90
100m Butterfly	1:31.51	1:28.11	1:24.70	1:20.61	1:15.77
200m Butterfly	3:28.63	3:11.99	3:06.93	2:55.46	2:43.31
100m Breaststroke	1:38.41	1:35.51	1:33.51	1:29.61	1:25.20
200m Breaststroke	3:31.35	3:17.22	3:16.90	3:11.80	3:05.61
200m IM	3:04.86	4:00.71	2:56.91	2:50.61	2:46.31
400m IM	6:40.82	6:13.45	6:02.93	5:52.20	5:29.71

Age as at 11 January 2015

* Consideration times are determined by the slowest accepted entry (including reserves) who got swims at the 2014/15 EDAG championships, plus 0.01 seconds.

Challenge times will be detailed in the meet programme.

SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT
Challenge Meet

14th & 15th February 2015

SUMMARY SHEET

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

SUSAN LIDDLE, 9 RULLION ROAD, PENICUIK, EH26 9HS

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

No. of Boys Entries		@ £ 6.00 each:	£	-
No. of Girls Entries		@ £ 6.00 each:	£	-
No. of Coaches Lunches		@ £ 10.00 each:	£	-
Total Remittance			£	-

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 2014/2015 and have achieved entry times since 11 January 2014. 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: