



Edinburgh International

Long Course Swim Meet



**Royal Commonwealth Pool,
Dalkeith Road
Edinburgh, EH16 5BB
13th – 15th March 2015**

Under SASA and FINA Rules

MEET INFORMATION

SASA LICENCE NUMBER: L1/443/ED/Mar15

EDINBURGH INTERNATIONAL LONG COURSE SWIM MEET 2015

M E E T I N F O R M A T I O N

- Date:** Friday 13th, Saturday 14th and Sunday 15th March 2015
- Venue:** Royal Commonwealth Pool, Edinburgh, EH16 5BB
- Pool:** 8 lane x 50m with full electronic timing.
6 x 25m warm-up and swim down facilities throughout the day.
- Categories:** Women: 14 years and under, 15 - 16 years, and 17 years and over
Men: 16 years and under, 17 - 18 years, and 19 years and over
Age as at 31st December 2015.
- Events:** The programme for each category will be as follows:
50m, 100m and 200m on each of the 4 strokes
200m and 400m individual medley
400m, 800m (female), 1500m (male) freestyle
4 x 50m mixed freestyle and medley relays
- 50m events in all strokes
Females aged 17 and over & Males aged 19 and over swum as skins with the fastest 8 progressing to the knock out stages, reducing in steps to a winner
- Other age groups heats, semi-finals and finals.
- 100m and 200m events -
Females; 17 years and over – heats and A & B finals*
15-16 and 14 and under – heats and A finals
Males; 19 years and over – heats and A & B finals*
17-18 and 16 and under – heats and A finals
(*B finals may be withdrawn if there are fewer than 16 accepted entries in the event)
- 400m, 800m & 1500m events – all events will be HDW
- In the heats, all age categories will swim seeded by time, with results separated by age group for the finals.
- Entry fee:** £9:50 per individual event and £18:00 for relay teams
Coaches meals: £11 per day (includes lunch and evening snack on Saturday and Sunday)
- Closing date :** **16 February 2015**

Entry times: Consideration times are provided. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be long course times, however short course times converted to long course are acceptable.

Entries: Entries should be submitted by the closing date using Hy-Tek Team Manager and the events file provided. Please ensure that it is completed correctly to show the **FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME**. The events file will be supplied to clubs on request, along with instructions if needed. Files can be requested by email to sasaeastdistrictentries@gmail.com . Single entries only can be submitted by email for the attention of Susan Liddle.

The summary sheet and entry fees should be forwarded within 3 days of the closing date to:

Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS

Cheques should be made payable to '**SASA East District**'. Composite team entries, including those from East District teams, for individual and relay events will be accepted. Entry times for relays will be used for seeding purposes only.

Withdrawals:

Relay events. - Team withdrawals and changes to team members can be made up to 1 hour prior to the start of the appropriate session and handed into the recorder's desk. After this time, no changes to swim order or swimmers shall be permitted except in the event of medical emergency after the start of the appropriate session.

Individual events - **Heats.** Any withdrawals (including reserves), or amendments prior to the first day of the event should be notified to the entries/withdrawals secretary by email providing full details (Name, Event No. entry time and Event rank no.) or withdrawal form. **Withdrawals for Session 1** must be notified by email to sasaeastdistrictentries@gmail.com

no later than 6.00 pm, Thursday 12th March 2015.

Withdrawals for sessions 2 and 5 (morning sessions) not previously notified must be lodged at the recorder's desk **no later than 6.00 pm on the day prior to the event.**

Withdrawals for sessions 3 and 6 (afternoon sessions) not previously notified must be lodged at the recorder's desk **no later than 10am on day of the event.**

Swimmers failing to comply with the above (except in the case of a genuine illness or proven emergency) will be liable to a £10.00 fine for each late withdrawal.

Individual events - **Finals.** Should you wish to withdraw from a final, you must inform the recorders in writing on the appropriate form within 30 minutes of finalists lists having been announced. Swimmers who fail to appear for finals will be fined and may be subject to further disciplinary action. Up to 4 reserves will be nominated for finals. Any competitor withdrawing from a final in such a manner as to prevent a reserve taking part (except in the case of a genuine illness or proven emergency), shall be suspended immediately from all further events). Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane – there will be no re-seeding.

Information on finalists will be posted on Meet Mobile and the swimscotland website. <http://www.swimscotland.co.uk/>

Refunds: No refunds will be given after acceptances have been published. Fees for rejected entries will be returned as soon as possible after the event.

Prizes: Prize money will be awarded from a total pot in excess of £7,500 for: first, second and third in each age group and event. Specifically:

Females, 17 years and over and Males, 19 years and over	1 st	£100.00	2 nd	£50.00	3 rd	£25.00
Other age groups	1 st	£15.00	2 nd	£10.00	3 rd	£6.00
Skins	1 st	£100.00	2 nd	£50.00		
Relays	1 st	£100.00	2 nd	£50.00	3 rd	£25.00

Top male and top female FINA points for an individual swim - £250 each

Presentations: Prize money will not be presented, but can be collected throughout the meet at the meet office.

Coaches' Passes: All coaches and poolside personnel must have a valid coaches' pass for this event. This can be either a:

- 2015 Scottish Swimming national coaches' pass (or the equivalent ASA coach/chaperone pass)
- an East District pass (or equivalent from other districts)
- or a 3 day meet pass for teams attending from outwith Great Britain. Coaches and poolside helpers who do not have either national or district passes should request a 3 day meet pass from the championship manager, (see attached coaches' pass request form), **by 16 February 2015.** The meet pass will be available for collection from door entry staff, throughout the meet. Each meet pass must be signed for, and collected by, the person who applied for it.

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

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

Up to 5 swimmers	1 pass
6 to 15 swimmers	2 passes

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

Clubs with fewer than 5 swimmers will receive one poolside assistant / chaperone pass.

Coffee and tea will be available all day in the coaches meeting area for holders of poolside passes. Meals are served in a different area and can be ordered in advance (see later).

Session Times: Indicative session times are shown on the programme of events, but may be subject to change at the meet organiser's discretion. Advance notice of any changes will be published at <http://www.swimscotland.co.uk/> and on the East District blog, <http://www.sasaeastdistrict.org.uk/>, the week before the event, and emailed to entry secretaries.

Multi classification exemptions:

All competitors who have a disability that prevents them from complying with the rules of a particular stroke and who have a confirmed classification, (disability status on British Swimming membership database) or a certificate of swimming disability, should submit details of this to the referee prior to **each** swim.

Starts: During the heats, over the top starts will be used for all events except backstroke.

Swim suits: All swimsuits must comply with current FINA/SASA rules at the time of the meet.

Technical officials: Technical Officials should wear appropriate poolside apparel. East District clubs and composite teams will be required to provide technical officials in line with current East District rules. Once accepted entries are confirmed, clubs/composite teams will be notified of requirements. They will be asked to notify in advance the name and official number of nominated officials.

To ensure accreditation, assistance from technical officials from clubs and teams outside the East District are welcome. We will contact clubs sending swimmers to the meet two weeks before to identify how many will be attending each session. Should any clubs attending have technical officials in their party who wish to help, please contact Alistair Shields by email at sasaeastdistrictsto@gmail.com.

Lunches: Lunches will be provided at a cost of £11 per day. A light snack will also be served before the start of each Saturday and Sunday evening session. Team personnel wishing to avail themselves of this facility should indicate this on the attached form and send a cheque for the appropriate amount along with entries.

Accommodation: We hope to provide details of accommodation packages that visiting teams may use. Please email sasaeastdistrictgalas@gmail.com and we will send details when available.

Results service: Live results from the event can be found on Meet Mobile and the swimscotland website. <http://www.swimscotland.co.uk/>

Live streaming: The event will also be streamed live.

General Information:

- Competition accreditation will be sought and a licence has been obtained from the Scottish Amateur Swimming Association.
- The main pool will be available for warm-up prior to the start of each session. This time may be split to allow suitable water time and space for all age groupings. Details will be posted on the East District blog at <http://www.sasaeastdistrict.org.uk/>, the week before the event.
- During the competition, the swim down pool will be available for ongoing warm up / swim down although the organisers reserve the right to withdraw use of the pool if it is being abused.
- For the safety of spectators, swimmers must not use the gallery stairways or top corridor when wearing wet swimsuits or without appropriate dry footwear.
- The organisers reserve the right to restrict the number of entries they accept.

Andra Laird, Meet Director

Contact at: sasaeastdistrictgalas@gmail.com

CONSIDERATION TIMES
EDINBURGH INTERNATIONAL

MEN			EVENT	WOMEN		
16 and Under	17-18	19+ yrs		14 and Under	15-16	17+ yrs
27.50	26.25	25.00	50m Freestyle	30.50	29.50	28.00
1.02.00	1.01.00	1.01.00	100m Freestyle	1.13.00	1.10.00	1.10.00
2.12.00	2.10.00	2.06.00	200m Freestyle	2.32.00	2.26.00	2.23.00
4.30.00	4.25.00	4.25.00	400m Freestyle	5.20.00	4.50.00	4.42.00
			800m Freestyle	9.52.00	9.41.00	9.28.00
18.14.00	17.34.00	17.04.00	1500m Freestyle			
32.00	31.00	30.00	50m Backstroke	35.00	34.00	33.00
1.25.00	1.25.00	1.16.00	100m Backstroke	1.32.00	1.30.00	1.28.00
2.33.00	2.30.00	2.25.00	200m Backstroke	2.45.00	2.43.00	2.41.00
35.50	34.50	32.00	50m Breaststroke	39.50	38.50	37.50
1.25.00	1.25.00	1.21.00	100m Breaststroke	1.45.00	1.42.00	1.40.00
2.45.00	2.42.00	2.40.00	200m Breaststroke	3.03.00	2.56.00	2.54.00
30.00	29.00	27.00	50m Butterfly	33.00	31.50	30.00
1.18.00	1.15.00	1.10.00	100m Butterfly	1.34.00	1.21.00	1.18.00
2.24.00	2.22.00	2.21.00	200m Butterfly	3.00.00	2.42.00	2.39.00
2.34.00	2.24.00	2.22.00	200m Individual Medley	2.50.00	2.45.00	2.40.00
5.15.00	5.07.00	5.01.00	400m Individual Medley	6.00.00	5.35.00	5.30.00



Edinburgh International

COACHES PASS REQUEST FORM

Please complete and send **by 16 February 2015** to Andra Laird, at sasaeastdistrictgalas@gmail.com:

Club:	
Contact Name:	

To request a 3 day meet pass for coaches. (Please complete for all coaches needing a meet pass).	
Coaches' Name	Governing body, and contact email address for the organisation please OR PVG number if applicable

**Coffee, tea and water will be available to coaches throughout the competition.
Only coaches with a valid national, district or meet pass will be permitted poolside.**



Edinburgh International

Royal Commonwealth Pool, Edinburgh, EH16 5BB
13th – 15th March 2015

SUMMARY SHEET

Please completed this form electronically and return it by email along with the entry file. A second copy must be posted along with the payment to Susan Liddle at the address given below.

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

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

No. of Female Entries		@ £ 9.50 each:	£ -
No. of Male Entries		@ £ 9.50 each:	£ -
No. of Relays		@ £ 18.00 each:	£ -
Coaches lunches - Saturday		@ £ 11.00 each:	£ -
Coaches lunches - Sunday		@ £ 11.00 each:	£ -
Total Remittance			£ -

Click anywhere outside the grid to return to normal mode.

Total cheque enclosed made payable to **SASA East District** £.....

Form to be returned to: **SUSAN LIDDLE**
9 RULLION ROAD
PENICUIK
EH26 9HS
Tel: 01968 768927

e-mail: sasaeastdistrictentries@gmail.com

To be returned 19 February 2015

Event regulations

- Permission for any person, with or without a valid ticket to enter or to remain within the venue is at the absolute discretion of the stewards and officers of the East District and the facility management
- No guarantee can be given by the East District that the event will take place at a particular time or any particular date and the East District reserves the right to reschedule the event and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of the East District. The East District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of the East District or the facility management.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may take photographs or use any video recording equipment inside events without the express written permission of the East District. Forms permitting video or still photography for non-commercial purposes and registration of video/camera equipment are available at the entry desk. These must be completed and permission granted. The use of flash photography is not permitted.
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only the East District without the express written permission of the East District.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of the East District and/or the facility management. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- The facility management request that the following procedures are adhered to :
 - All spectators will be requested to vacate the spectator area in between sessions
 - No standing on the balcony during the event
 - No obstruction of passageways/stairways
 - No large bags or clothing on seats in either the swimmer or spectator area.
- The East District reserves absolutely the right to eject from events any person failing to comply with each and all of the event regulations.

Edinburgh International, 2015 Programme of events HEATS , SEMI FINALS, FINALS / SKINS HEAT DECLARED WINNER <ul style="list-style-type: none"> On Saturday and Sunday, the fastest heats of all events are swum in the morning sessions. Slower heats swum in the afternoon. All 50m events swum in the morning. Heats will be swum on a time basis but results will be shown in age categories <u>Females age 17 or more; males aged 19 or more;</u> <ul style="list-style-type: none"> 50m events will be swum as skins with the fastest 8 progressing to the knock out stages, reducing to 4 and 2. 100m, 200m events – have 'A' & 'B' finals. 400m, 800m & 1500m events will be HDW. <u>Other age groups ;</u> <ul style="list-style-type: none"> all 50m age group events will have semi-finals and a final. 100m events will have finals. 200m, 400m, 800m, 1500m will be HDW 	Saturday 14 March - Session 2 Warm up 8.00am Start 9:00am Event 201 Women 200m Butterfly Event 202 Men 50m Backstroke Event 203 Women 50 Breaststroke Event 204 Men 100m Backstroke Event 205 Women 800m Freestyle Event 206 Men 200m Butterfly Event 207 Women 50m Butterfly Event 208 Men 50m Freestyle Event 209 Women 100m Breaststroke Event 210 Men 400m Freestyle Event 211 Women 200m IM Event 212 Men 100m Breaststroke Event 213 Women 200m Backstroke Event 214 Men 200m Freestyle	Sunday 15 March - Session 5 Warm up 8.00am Start 9:00am Event 301 Women 100m Freestyle Event 302 Men 100m Butterfly Event 303 Women 400m Freestyle Event 304 Men 400m IM Event 305 Women 100m Butterfly Event 306 Men 200m Breaststroke Event 307 Women 100m Backstroke Event 308 Men 50m Butterfly Event 309 Women 50m Freestyle Event 310 Men 200 IM Event 311 Women 200m Breaststroke Event 312 Men 100m Freestyle Event 313 Women 200m Freestyle Event 314 Men 200m Backstroke
	Saturday 14 March - Session 3 - Warm up/start tbc .Slower heats: Event 201 Women 200m Butterfly Event 204 Men 100m Backstroke Event 205 Women 800m Freestyle Event 206 Men 200m Butterfly Event 209 Women 100m Breaststroke Event 210 Men 400m Freestyle Event 211 Women 200m IM Event 212 Men 100m Breaststroke Event 213 Women 200m Backstroke Event 214 Men 200m Freestyle	Sunday 15 March - Session 6 - Warm up/start tbc . Slower heats: Event 301 Women 100m Freestyle Event 302 Men 100m Butterfly Event 303 Women 400m Freestyle Event 304 Men 400m IM Event 305 Women 100m Butterfly Event 306 Men 200m Breaststroke Event 307 Women 100m Backstroke Event 310 Men 200 IM Event 311 Women 200m Breaststroke Event 312 Men 100m Freestyle Event 313 Women 200m Freestyle Event 314 Men 200m Backstroke
	Friday 13 March, S1:Warm up 4.00pm Start 5:00 Event 101 Women 50m Backstroke Event 102 Men 50m Breaststroke Event 103 Women 400m IM Event 101 SF Women 50m Backstroke 14 & U and 15-16 Event 102 SF Men 50m Breaststroke 16 & U and 17-18 Event 104 Men 1500m Freestyle Event 101 F Women 50 Backstroke 14 & U and 15-16 Event 102 F Men 50 Breaststroke 16 & U and 17-18 Event 101 F Women 50 Backstroke 17+ skins final Event 102 F Men 50 Breaststroke 19+ skins final Event 106 Mixed 4 x 50m freestyle relay	Saturday 14 March - Session 4 Warm up & start tbc <u>Semi finals</u> Event 203 SF Women 50 Breaststroke 14 & U and 15-16 Event 202 SF Men 50m Backstroke 16 & U and 17-18 Event 207 SF Women 50m Butterfly 14 & U and 15-16 Event 208 SF Men 50m Freestyle 16 & U and 17-18 <u>Finals</u> Event 201 F Women 200m Butterfly 17+ A&B final Event 204 F Men 100m Backstroke 19+ A&B final 16 & U and 17-18 'A' final Event 206 F Men 200m Butterfly 19+ A&B final Event 209 F Women 100m Breaststroke 17+ A&B final 14 & U and 15-16 'A' final Event 211 F Women 200m IM 17+ A & B final Event 212 F Men 100m Breaststroke 19+ A & B final 16 & U and 17-18 'A' final Event 213 F Women 200m Backstroke 17+ A&B final Event 214 F Men 200m Freestyle 19+ A&B final Event 204 F Women 50 Breaststroke 14 & U and 15-16 Event 203 F Men 50m Backstroke 16 & U and 17-18 Event 207 F Women 50m Butterfly 14 & U and 15-16 Event 208 F Men 50m Freestyle 16 & U and 17-18 Event 203 F Men 50m Backstroke 19+ skins final Event 204 F Women 50 Breaststroke 17+ skins final Event 207 F Women 50m Butterfly 19+ skins final Event 208 F Men 50m Freestyle 17+ skins final