

EAST DISTRICT MASTERS

7th Annual Masters Event

Being held under S.A.S.A Rules

Saturday 21st November 2015
Mercat Gait Centre - Prestonpans
Warm up 9am

- INDIVIDUAL EVENTS:** 50, 100 metres on all strokes including the Individual Medley.
200metre Freestyle and Individual Medley
- SPECIAL EVENT:** East District 400metre (this event allows entrants to swim any stroke apart from Individual Medley. The stroke to be swum **must** be declared prior to the day of swimming to the meet entries secretary). This event is open to categories A-O (25yrs and over)
- RELAYS:** Mixed 4 X 50metre Freestyle and Medley Relays
- ENTRY FEES:**
- INDIVIDUAL EVENTS:** £5.00 per individual event OR £20.00 For 5 individual events
- EAST DISTRICT 400:** £5.00 (this is a stand-alone event) and not included in the discounted individual events cost.
- AFTER SWIM BUFFET:** £5.00 per individual OR free to any competitor entering 5 individual events.
- ADDITIONAL TICKETS:** £5.00 for additional tickets or swimmers entering less than the 5 individual events.
- RELAY EVENTS:** Free to Clubs. All clubs guaranteed 1 relay per age group but may enter additional teams which may be accepted dependant on overall entries and at the meet organisers' discretion. Only 1 freestyle and medley relay per age group will count towards the overall points.

Online entries only payment will be by Paypal only

- ELIGIBILITY:** Open to all nationalities.
Entrants must be registered with a FINA affiliated National Swimming body. Non GB swimmers **MUST** send proof that they are a member of a FINA affiliated organisation.
Competitors are classified in accordance with their age on 31 December 2014.
Y Category swimmers must be 16 years or over on the day of competition.
Temporary Memberships are available should this be required. Please email susan.liddle@googlemail.com for more information and applications.

As this event is held under an SASA masters license, times achieved **may** not be eligible as entry times for age group or other mainstream competitions

AGE GROUPS as at 31st December 2015

INDIVIDUAL EVENTS				Special Categories
A	25-29 years	H	60-64 years	
B	30-34 years	I	65-69 years	Y 16-17 years
C	35-39 years	K	70-74 years	X 18-24 years
D	40-44 years	L	75-79 years	
E	45-49 years	M	80-84 years	
F	50-54 years	N	85-89 years	
G	55-59 years	O	90 years +	

RELAYS (Combined age)

(I) 72 - 99 years	(iv) 160 - 199 years
(ii) 100-119 years	(v) 200 - 239 years
(iii) 120 - 159 years	(vi) 240 years plus

CLOSING DATE FOR ENTRIES - noon on the 21st October 2015

License Number: L1/490/ED /NOV15

Programme of Events

Session 1 warm up 9am		Start Time 9:45am
Event Number	Gender	Event
101	Mixed	200metre Freestyle
102	Mixed	50metre Breaststroke
103	Mixed	100metre Backstroke
104	Mixed	50metre Butterfly
105	Mixed	100metre Individual Medley
106	Mixed	100metre Freestyle
107	Mixed	4x50metre Medley Relay
Session 2 Warm up 12:30pm (provisional)		Start Time 1pm
201	Mixed	East District 400metre Event
Session 3 Warm up 3pm (provisional)		Start Time 3:15pm
301	Mixed	100metre Breaststroke
302	Mixed	50metre Backstroke
303	Mixed	200metre Individual Medley
304	Mixed	50metre Freestyle
305	Mixed	100metre Butterfly
306	Mixed	4x50metre Freestyle Relay
Session 4 Awards Presentations		

Online entries only for all meet events

AWARDS

AGE GROUPS: Best Male and Female in each age group.

TOP CLUB: The Trophy will be awarded to the Club who gains the most overall points throughout the competition as follows:

Individual/ Relay events: Points awarded on a sliding scale as follows:

	1st place	2nd place	3rd place	4th place	5th place	6th place
individual	8points	6points	4points	3points	2points	1 point
relays	12points	10points	8points	6points	4points	2points

In the event of a tie for any of the above awards placings within the events will be used to determine the outcome

SPRINTS: Trophy for Top Male and Female FINA points scorer in any one of the 50metre events.

400m CHAMPIONSHIP: Awards to the male and female masters (25+) closest to or exceeding, in percentage terms, the Australian Masters national record for his/her age group and chosen stroke.

TOP JUNIOR TEAM: Trophy for Top Team in the 16-17 year category. Points awarded as above for the individual events.

PLEASE NOTE: *Whilst the 16 - 17 year old individual swims have their own Team Trophy, points gained by any relay team which include 16 and 17 year old swimmers **will** count in the overall Top Team Trophy.*

CATERING: Cafe Facilities are available throughout the day at the venue.

BUFFET/ PRESENTATIONS:

- The buffet and all presentations will take place at the end of the competition.
- Buffet cost is included for those entering and paying for 5 individual events.
- Relay participants not taking part in and paying for individual swims should purchase buffet tickets at a cost of £5.00.

Dependent on the number of entries received, the organisers reserve the right to:

- *introduce over the top starts where required*
- *adjust the warm up/ start time of any of the sessions*
- *Limit the event entries to comply with license rules.*

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Online Entries

Online entries only using the links provided below:

Individual entries:

This link will be available from:

<http://www.swimmingresults.org/events/eastdistrictmasters15/index.php>

Relay entries:

email susan.liddle@googlemail.com to request entry to relay events.

Awards Buffet:

After completing the event entries and payment details the option is available to book buffet tickets, select the number required and the cost will be added to the bill.

If you are experiencing difficulties with the above, please contact the entries secretary

CLOSING DATE FOR INDIVIDUAL ENTRIES:	Noon on the 21st October 2015
CLOSING DATE FOR RELAY ENTRIES:	Noon on the 21 st October 2015

COMPETITORS SAFETY CODE

- It is important that all Competitors read the "**Competitors Safety Code**" entering the competition. By submitting and paying for entries the competitor confirms that he/ she has read, understood and agrees to abide by this Code
1. I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters Swimming events or any other associated activities. Accordingly, I hereby certify that I am physically fit and well to participate in the Swim East District Open Masters Meet.
 2. I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
 3. I undertake at all times to use my best endeavour's and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk of injury.
 4. I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
 5. I acknowledge that the organisers of the East Of Scotland Open Masters Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.

I hereby agree to abide by and be governed by the rules of the Scottish Swimming and all other laws and regulations applicable.

FURTHER INFORMATION

For further information on the meet contact:

Susan Liddle
at
susan.liddle@googlemail.com