Meet Information

AccreditedTime Trial

### **SASA EAST DISTRICT**

### **ACCREDITED TIME TRIAL**

**28th & 29th October 2017**

**Venue**

**Xcite Bathgate**

**Torphichen Road**

**Bathgate EH48 4LA**

# **SASA EAST DISTRICT ACCREDITED TIME TRIAL**

**Licence No: L2/563/SS/OCT17**

**28th & 29th October 2017**

**MEET INFORMATION**

The East District holds this time trial to provide an opportunity for swimmers to gain entry times for the East District Age Group Championships (EDAGs). There are no finals or awards.

The events will be 200m for all strokes and 200 Individual Medley, 400m Individual Medley and 400m, 800m and 1500m Freestyle. All events EXCEPT 200m Individual Medley will be swum separately for boys and girls. The 200 Individual Medley will be swum as a mixed sex event with results declared separately for boys and girls. There are opportunities to swim it at the end of every session. Swimmers should choose which session to swim it in with regard to the rest of their schedule. The 1500m Freestyle and the 800 Freestyle are NOT OPEN to the youngest age group (those born in 2006 & 2007). The 1500m and 800m Freestyle are open to boys and girls.

Please note, the EDAGs will also feature 50m and 100m events in all strokes. These are not included in the time trial programme which concentrates on the longer distance events. There are other club galas scheduled which offer chances to gain 50m and 100m times.

**RULES**

* All competitors must have paid the annual membership fee for 2017/18 to Scottish Swimming. Only members registered with an East District club **as their first claim club** may compete in these time trials.
* Only swimmers eligible to swim in EDAGs may enter this time trial. Accordingly, swimmers should be **born before 1 January 2008**
* **Swimmers cannot enter an event where they are faster than the consideration time.** (see later)**. If they do, the entry will be rejected for the event.**  The consideration times for the time trial are NOT the consideration times for EDAGs. They are set so that those those just inside the EDAGs consideration time can swim in the Time Trial to improve their entry time for EDAGs. EDAG consideration times will be published in due course.
* Swimmer numbers for events will be agreed by the swim committee after entries are received. If it is necessary to reject entries, this will be done at the discretion of the meet organizers, to ensure that those with the best chance of achieving the EDAGs consideration time are accepted.
* Entry times should be provided for all events for seeding purposes. Entries with no times will be rejected, without refund. The ED Swimming Committee is aware that providing a verifiable time for the Girls 1500m Freestyle and the Boys 800m Freestyle may be difficult. A time from a club Time Trial or a training session which has been verified by a British Swimming registered official or a Swimming Official of tarter level or above will be acceptable.
* Only small bags containing essential equipment will be allowed on poolside, LARGE bags are NOT PERMITTED on the poolside, swimmers MUST use storage facilities within the changing area. Use of mobile phones is not permitted in changing areas.

**POOL**

25m, six lanes with anti-turbulence lane ropes. Electronic timing will be in operation. A swim down pool will be available.

**ENTRIES**

All entries should be submitted using Hy-Tek team manager event files. A proof of time report must accompany the entry file. Please ensure that it is completed correctly to show the **FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME.** Random checks of entries will be made prior to publication of the programme. In the event that entry times cannot be substantiated, or an entry time is not provided, the meet organisers reserve the right to reject the entry without refund.

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

Closing date for entries will be strictly noon on **WEDNESDAY 27th September 2017 at 12 noon**

**ENTRY FEES:**

Entry fees are £6.00/event. Fees for oversubscribed entries will be returned to club secretaries after the time trial. There is no refund of entry fees for withdrawals made after the draft programme is published.

**POOLSIDE PASSES**

All coaches and poolside personnel must have a valid coaches’ pass for this event. This can be a:

* 2017 Scottish Swimming national coaches’ pass
* or an East District pass. Coaches and poolside helpers who do not have either a national or district pass MUST request a District pass from sasaeastdistrictsecretary@gmail.com. Requests should be submitted at least 28 days before the date of the event for which it is required. An electronic photograph should accompany the request. The club’s child protection officer should also contact the secretary separately to confirm that the applicant has a PVG approval.

Coaches/chaperones without a poolside pass will not be permitted poolside. All 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 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 also.

**MEALS FOR COACHES**

Lunches for coaches will be provided at a cost of £8:50 per day. Coaches wishing to use this facility should include the cost for the appropriate amount on the attached summary sheet.

**WARM UP AND 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 and details of warm up times will be published at <http://www.swimscotland.co.uk/> and on the ED blog <http://www.sasaeastdistrict.org.uk/> the week before the event, and emailed to entry secretaries.

**TECHNICAL OFFICIALS**

Clubs are required to provide technical officials in line with the East District rules. Once accepted entries are confirmed, clubs will be notified of requirements. They will be asked to notify in advance the name and number of nominated officials to Alistair Shields at sasaeastdistrictsto@gmail.com Technical officials should wear poolside apparel as specified in STO rule 12. Lunch will be provided for officials who are officiating in both sessions each 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.

Spectator passes will be issued from the entry desk as per the list of swimmers provided by the entries co ordinator.

**PROGRAMMES AND RESULTS SHEETS**

Programmes will be available to buy at the meet. Results will be made available on the SwimScotland web site, [www.swimscotland.co.uk](http://www.swimscotland.co.uk)

**CONTACT DETAILS FOR EVENT TEAM**

|  |  |  |
| --- | --- | --- |
| **sasaeastdistrictentries@gmail.com** | **For enquiries about entries and the draft programme** | **Susan Liddle** |
| **sasaeastdistrictsecretary@gmail.com** | **For coaches’/poolside passes** | **Tony Dane** |
| **sasaeastdistrictsto@gmail.com** | **For judge and timekeeper enquiries and to request mentoring or assessments** | **Alistair Shields** |

**PROGRAMME OF EVENTS**

**Saturday**

**Session 1 – 09:00 warm-up, 10:00 start**

**Session 2 – 13:30 warm-up, 14:30 start**

|  |  |  |
| --- | --- | --- |
| **101** | **200m Butterfly** | **Boys** |
| **102** | **400m Individual Medley** | **Girls** |
| **103** | **800m Freestyle** | **Boys** |
| **104** | **200m Freestyle** | **Girls** |
| **105** | **200m Individual Medley** | **Mixed** |
|  |  |  |
|  | **Lunch break** |  |
|  |  |  |
| **201** | **400m Freestyle** | **Boys** |
| **202** | **800m Freestyle** | **Girls** |
| **203** | **200m Backstroke** | **Boys** |
| **204** | **200m Breaststroke** | **Girls** |
| **205** | **200m Individual Medley** | **Mixed** |

**Sunday**

**Session 3 – 09:00 warm-up, 10:00 start**

**Session 4 – 13:30 warm-up, 14:30 start**

|  |  |  |
| --- | --- | --- |
| **301** | **200m Breaststroke** | **Boys** |
| **302** | **200m Butterfly** | **Girls** |
| **303** | **1500m Freestyle** | **Boys**  |
| **304** | **400m Freestyle** | **Girls** |
| **305** | **200m Individual Medley** | **Mixed** |
|  |  |  |
|  | **Lunch break** |  |
|  |  |  |
| **401** | **200m Backstroke** | **Girls** |
| **402** | **400m Individual Medley** | **Boys** |
| **403** | **1500m Freestyle** | **Girls** |
| **404** | **200m Freestyle**  | **Boys** |
| **405** | **200m Individual Medley** | **Mixed** |

**The number of heats will be determined by the level of entries.**

**Age groups are defined by year of birth;**

Group 1 – born in 2006 & 2007

Group 2 – born in 2005

Group 3 – born in 2004

Group 4 – born in 2003

Group 5 – born in 2002

Group 6 – born in 2001 or earlier

**CONSIDERATION TIMES FOR THE SHORT COURSE TIME TRIAL**

**All entries to be slower than:**

|  |
| --- |
| **EAST DISTRICT TIME TRIALS CONSIDERATION TIMES - 2017** |
| **Year of birth** | **2006 & 2007** | **2005** | **2004** | **2003** | **2002** | **2001 or earlier** |
| **MALES** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** |
| 200m Freestyle | 03:03.15 | 02:43.35 | 02:30.50 | 02:21.55 | 02:13.65 | 02:08.70 |
| 400m Freestyle | 06:16.20 | 05:41.55 | 05:11.85 | 04:52.05 | 04:46.10 | 04:27.30 |
| 800m Freestyle | 13:13.80 | 11:26.00 | 10:56.60 | 10:17.40 | 09:18.60 | 08:49.20 |
| 1500m Freestyle | 00:00.00 | 20:54.40 | 20:20.10 | 19:36.00 | 18:47.00 | 17:38.40 |
| 200m Backstroke | 03:22.95 | 03:06.10 | 03:03.15 | 02:55.25 | 02:41.35 | 02:30.50 |
| 200m Butterfly | 03:42.75 | 03:18.00 | 03:06.10 | 03:01.15 | 02:48.30 | 02:30.45 |
| 200m Breaststroke | 03:47.70 | 03:32.85 | 03:13.05 | 03:07.10 | 03:03.15 | 02:53.25 |
| 200m IM | 03:32.85 | 03:12.05 | 03:03.15 | 02:51.25 | 02:48.30 | 02:30.45 |
| 400m IM | 07:05.70 | 06:31.05 | 06:06.30 | 05:44.50 | 05:36.60 | 05:06.90 |
| **Year of birth** | **2006 & 2007** | **2005** | **2004** | **2003** | **2002** | **2001 or earlier** |
| **FEMALES** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** |
| 200m Freestyle | 02:50.25 | 02:38.40 | 02:30.45 | 02:26.50 | 02:23.55 | 02:20.55 |
| 400m Freestyle | 05:54.40 | 05:26.70 | 05:11.85 | 05:01.95 | 04:57.00 | 04:52.05 |
| 800m Freestyle | 12:15.00 | 10:46.80 | 10:17.40 | 09:57.80 | 09:48.00 | 09:41.15 |
| 1500m Freestyle | 00:00.00 | 22:24.55 | 20:34.80 | 20:25.00 | 19:26.20 | 18:27.40 |
| 200m Backstroke | 03:11.05 | 03:04.15 | 02:53.25 | 02:48.30 | 02:46.30 | 02:42.35 |
| 200m Butterfly | 03:42.75 | 03:22.95 | 03:16.00 | 03:04.15 | 02:54.25 | 02:42.35 |
| 200m Breaststroke | 03:42.75 | 03:22.95 | 03:13.05 | 03:08.10 | 03:06.10 | 02:58.20 |
| 200m IM | 03:08.10 | 03:06.10 | 03:00.20 | 02:55.25 | 02:52.25 | 02:43.35 |
| 400m IM | 06:26.10 | 06:16.20 | 06:00.35 | 05:50.45 | 05:44.50 | 05:28.70 |

**SCOTTISH AMATEUR SWIMMING ASSOCIATION**

**EAST DISTRICT**

**Accredited Time Trial 28th & 29th October 2017**

**Summary Sheet**

|  |  |
| --- | --- |
| **Club Name:** |  |
| **Contact Name:** |  |
| **Address:** |  |
|  |  |
| **Post Code:** |  |
| **Telephone:** |  |
| **e-mail-address:**  |  |

**Double click anywhere in grid below, add the number of entries, etc. in column B & [ENTER]**

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**Click anywhere outside the grid to return to normal mode.**

***This form is to be completed electronically and returned by email with the entry file.***

***A second signed copy must accompany the payment and be posted to:-***

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

Please make your cheque payable to “SASA East District”

I confirm that all swimmers entered have paid their SASA membership fee for 2017/2018 and that all poolside personnel have completed a current PVG check and have an East District or national swimming pass.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Position : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_