

AQUANAUTS LIVINGSTON ASC

AQUANAUTS LIVINGSTON A.S.C.

AUTUMN MEET



SATURDAY SEPTEMBER 8TH 2018

BATHGATE XCITE SWIMMING POOL

SESSIONS 1: WARM UP 09.00 HRS START 09.45 HRS

SESSION 2 : WARM UP 13.15 HRS START 14.00 HRS

S.A.S.A. LICENSE NUMBER: L3/ED/009/SEP18

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COMPETITION INFORMATION

Venue	Bathgate XCITE Swimming Pool
Pool	6 lane, 25 metre; full electronic timing, anti wave lane ropes; spectator area
Age	As at 8 th September 2018.
Age groups	8 and under 9/10 11/12 13/14 15 and over
Entry	£5.00 per individual event £7.00 per relay
Coaches Meals	Coaches meals will be available at £9.50 each
Events	All events will be heat declared winners Session 1: As per Programme detailed below Session 2: As per Programme detailed below
Format	Session 1 09.00 warm- up 09.45 start Session 2 13.15 warm- up 14.00 start (note starts time may be subject to minor amendment) All competitors will swim their heats as per their entry time.
Awards	Presentations will be made to first 3 swimmers in each age group. First 3 places in relays will receive medals.
Closing Date	Noon Wednesday 8th August 2018
Return to	Susan Liddle
Email	susan.liddle@googlemail.com

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PROGRAMME of EVENTS

Morning Session 09.00 Warm-up 09.45 Start

101	Girls 8&U	25m	Breaststoke	HDW
102	Boys 8&U	25m	Breaststoke	HDW
103	Girls 9 and over	100m	Breaststoke	HDW
104	Boys 9 and over	100m	Breaststoke	HDW
105	Girls 8&U	25m	Butterfly	HDW
106	Boys 8&U	25m	Butterfly	HDW
107	Girls 9 and over	50m	Butterfly	HDW
108	Boys 9 and over	50m	Butterfly	HDW
109	Girls 8&U	50m	Freestyle	HDW
110	Boys 8&U	50m	Freestyle	HDW
111	Girls 9 and over	100m	Freestyle	HDW
112	Boys 9 and over	100m	Freestyle	HDW
113	Girls 8&U	25m	Backstroke	HDW
114	Boys 8&U	25m	Backstroke	HDW
115	Girls 9 and over	50m	Backstroke	HDW
116	Boys 9 and over	50m	Backstroke	HDW
117	Mixed 8&U	100m	4 x 25m Freestyle	HDW

Afternoon Session 13.15 Warm-up 14.00 Start

201	Girls 9 and over	50m	Breaststoke	HDW
202	Boys 9 and over	50m	Breaststoke	HDW
203	Girls 9 and over	100m	Butterfly	HDW
204	Boys 9 and over	100m	Butterfly	HDW
205	Girls 9 and over	50m	Freestyle	HDW
206	Boys 9 and over	50m	Freestyle	HDW
207	Girls 9 and over	100m	Backstroke	HDW
208	Boys 9 and over	100m	Backstroke	HDW
209	Girls 9 and over	200m	Individual Medley	HDW
210	Boys 9 and over	200m	Individual Medley	HDW
209	Girls Squadron	200m	4 x 50m Freestyle	HDW
210	Girls Squadron	200m	4 x 50m Freestyle	HDW

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SPECIFIC INFORMATION

MEET RULES

The meet shall be held under S.A.S.A. Rules.

Age on 8th September 2018

All competitors must have a current S.A.S.A. Registration No or equivalent.

The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes. Swimmers, Coaches and Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.

There will be no diving at the shallow end of the pool.

No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organizers without prior approval of the meet director.

Application must be made on the approved S.A.S.A. form.

It is the responsibility of each club to ensure that their swimmers are aware of the meet rules.

ENTRIES

Closing date for entries is: **Noon Wednesday 8th August 2018**

All entries should be made in a Hytek team manager event file, a copy of which can be obtained from www.swimscotland.co.uk

The organisers reserve the right to restrict entries in order to facilitate the smooth running of the meet.

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Entries will be accepted on a time basis. Clubs should ensure entry details are accurate, as no amendments will be made on the day. A draft programme will be issued prior to the event. Rejected entries will be refunded in full.

Notification of withdrawals and reserve swimmers must be made to the recorders no later than 45 minutes prior to the start of each session.

EVENTS

Over the top starts may be used at the discretion of the promoters to ensure the smooth running of the meet.

Swimmers must report to the designated marshalling area at least three heats in advance.

There will be a maximum of three reserves per event.

Relay Event - The relay event will be a Freestyle Relay. The relay event order will be;-

Morning Session

4 x 25m mixed relay 2 boys and 2 girls 8&U

Afternoon Session

4 x 50m Freestyle squadron relay - One swimmer from each age group, swimming in age order youngest to oldest.

Swimmers may swim up one age group in the relay event.

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MISCELLANEOUS

Accreditation will be applied for.

The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.

Neither Aquanauts nor Bathgate Xcite Swimming Pool can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended.

No glassware may be taken into the showers or poolside. Anyone doing so is liable to expulsion from the meet. Swimmers outwith the poolside must wear dry clothing and footwear at all times.

Anything not covered above or in the event programme will be at the organiser's discretion.

Aquanauts Livingston Swimming Club reserves the right to vary the above conditions as necessary.

STO's: Clubs are requested to supply a minimum of two officials (one judge and one time-keeper) for each session you attend. Please complete details on the enclosed form and return to Aquanauts Livingston.

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8th September 2018

Summary Entry Form

This form must be completed and returned with any entries.

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

Double click anywhere in this grid then add totals to column B

Number of Female Entries	£5.00	=	£	-
Number of Male Entries	£5.00	=	£	-
Number of Relays	£7.00	=	£	-
Number of Coaches Meals	£9.50	=	£	-
	TOTAL	=	£	-

Hit <Enter> & Click anywhere outside the grid to return to normal mode.

Please make cheques payable to: **Aquanauts Livingston ASC**

Return this form with appropriate cheque no later than

12:00 (noon) Wednesday 8th September 2018

Susan Liddle

9 Rullion Road

Penicuik EH26 9HS

Email; susan.liddle@googlemail.com

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Named STO's and TimeKeepers

Name	Position	Sessions	Preferred Role	Contact Details
	STO/TK	1		
	STO/TK	1		
	STO/TK	2		
	STO/TK	2		

**Please Complete and electronically return to John Calder at
'aquanauts.galaconvener@gmail.com'**

Thank you for your assistance