



East Lothian Swim Team Age Group Meet

Saturday 10th & Sunday 11th February 2018

Mercat Gait Centre, Prestonpans



Licence Number: L2\ED\010\FEB18

#threeclubsoneteam





East Lothian Swim Team Age Group Meet 2018

Licensed by: SASA East District

Date: Saturday 10th and Sunday 11th February 2018

Location: Mercat Gait Sports Centre, Prestonpans, East Lothian, EH32 9EN

Course: 6 lane, 25 Metre pool with non-turbulent lane dividers, spectator facilities.

Events: 50m, 100m, 200m – Backstroke, Breaststroke, Butterfly, Freestyle
200m Individual Medley
400m Freestyle & Individual Medley

All events are Heat Declared Winners

50m IM Skins

Age Groups: 12& under, 13/14, 15 & over

Events will be run in mixed age groups, with results sorted by age groups.

Age: Age as at 25th March 2018

Please note we will not accept entries from swimmers under the age of 10 on the 11th Feb 2018.

Sessions: There will be two sessions per day as follows:

Morning: Warm-up 09.00 Start 10.00 Afternoon: Warm-up 13.30 Start 14.30

Entry Fees: £5.50 per 50m event
£6.50 per 100m event
£7.00 per 200m event
£7.50 per 400m event

Cheques should be made payable to **East Lothian Swim Team**. Payment is due within 7 days of the closing date.

Payment can alternatively be paid by BACS. Reference should be NOVICE followed by your club code eg AGEUELX. Please see the summary sheet for bank details. eltsfinance@gmail.com.

Entries: Entries should be made on Hy-tek entry files which can be obtained by e-mailing the Entry Secretary quoting your club name. The **closing date** for entries is midnight **13th January 2018**. No time cards will be required.

Entries will be accepted on a time basis. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct. In case of over subscription, the overall percentage of swimmers accepted in the meet will be applied to each age allowing all swimmers an equal chance of being accepted. Rejected entries will be refunded in full. A draft programme will be made available to Entry Secretaries prior to the meet date.

Withdrawals on the day must be made to the recorders no later than 45 minutes prior to the start of each session. There are no refunds for entries withdrawn after the draft programme is prepared.

Meet Entry Secretary: Senga Dent hc.swimhaddington@gmail.com





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Awards: Medals will be awarded to the first three places in each age group. A plaque will be awarded to Best Boy and Best Girl in each age group. There will be no presentations, medals will be available from the medal desk which will be located poolside, please ask your swimmers to collect their medals once announced.

Skins: The Skins event will be a Mystery Medley (see below for more information). The top 6 swimmers of each age group, from the heats of the 200 IM's and who have taken part in a minimum of 5 events, will be eligible to compete in the Skins event.

Officials: Clubs entering this meet should provide a minimum of two officials in order that we can apply for accreditation. Technical officials should wear poolside apparel as specified in STO rule 12. Please provide a note of your officials on the form provided and return with your entries.

Lunch: We will provide lunch for all officials attending AM and PM sessions. Coaches' lunch may be booked at a cost of £9.

Accreditation: SASA level 2 licence and accreditation will be applied for.





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Rules

- The current FINA and SASA rules of competitive swimming will apply
- All events will be **Heat Declared Winners**.
- All swimmers must have a current SASA or equivalent registration number.
- Age is as on the last day of the competition.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- **No** photographic or video equipment (inc. mobile phones) will be allowed in any area under the jurisdiction of the meet organisers and pool facility without prior approval of the meet director. Application must be made on the approved SASA form.
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries on this basis will be refunded in full.
- Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
- Swimmers must report to the designated marshalling area **a minimum of four heats in advance**. It is the responsibility of the competing squads to ensure that their swimmers report to the marshalling area on time.
- Over the top starts may be used to help the smooth running of the meet.

Warm up

- Warm up may only commence when advised to do so.
- No diving other than in sprint lanes.
- The meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Neither ELST nor the Mercat Gait Leisure Centre can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. Bags should not be taken onto poolside they should remain in lockers.
- Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.
- To avoid the unnecessary waste where empty lanes appear, reserves will be drawn from the reserve list and then filled by ELST and associated clubs.
- No glassware may be taken into the showers or poolside. Anyone doing so will be liable to expulsion from the meet.
- Outdoor footwear must not be worn on the poolside area.
- Swimmers **MUST** wear dry clothing and footwear at all times when not in poolside area.
- The use of mobile phones is prohibited by the Mercat Gait Leisure Centre anywhere within the building.
- The ELST committee retains the right to amend any of the above conditions as necessary.
- Anything not covered in the above or in the event programme will be at the organisers' discretion.
- No guarantee can be given by East Lothian Swim Team that the event will take place at a particular time, place or date and ELST reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be as a result of unforeseen circumstances, e.g. venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if, any, will be made at the absolute discretion of East Lothian Swim Team. East Lothian Swim Team will have no liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

Photographic Equipment

- This venue does **NOT** allow photography within the centre.





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Events

Session 1: Saturday 10 th February 2018			
Warm up 9.00 am – Start 10.00 am			
101	Girls	200 IM	HEAT DECLARED WINNERS
102	Boys	400 IM	
103	Girls	100m Butterfly	
104	Boys	200m Backstroke	
105	Girls	100m Breaststroke	
106	Boys	100m Freestyle	
107	Girls	50m Butterfly	
108	Boys	50m Backstroke	
Medals to be collected from poolside medal desk post result announcement for each event.			
Session 2: Saturday 10 th February 2018			
Warm up 1.30 pm – Start 2.30 pm			
201	Boys	400m Freestyle	HEAT DECLARED WINNERS
202	Girls	200m Freestyle	
203	Boys	200m Breaststroke	
204	Girls	50m Freestyle	
205	Boys	50m Breaststroke	
206	Girls	100m Backstroke	
207	Boys	200m Butterfly	
208	Girls 13/U	50m IM Skins	
209	Girls 14/O	50m IM Skins	
Medals to be collected from poolside medal desk post result announcement for each event.			

Session 3: Sunday 11 th February 2018			
Warm up 9.00 am – Start 10.00 am			
301	Boys	200 IM	HEAT DECLARED WINNERS
302	Girls	400 IM	
303	Boys	100m Butterfly	
304	Girls	200m Backstroke	
305	Boys	100m Breaststroke	
306	Girls	100m Freestyle	
307	Boys	50m Butterfly	
308	Girls	50m Backstroke	
Medals to be collected from poolside medal desk post result announcement for each event.			
Session 4: Sunday 11 th February 2018			
Warm up 1.30 pm – Start 2.30 pm			
401	Girls	400m Freestyle	HEAT DECLARED WINNERS
402	Boys	200m Freestyle	
403	Girls	200m Breaststroke	
404	Boys	50m Freestyle	
405	Girls	50m Breaststroke	
406	Boys	100m Backstroke	
407	Girls	200m Butterfly	
408	Boys 13/U	50m IM Skins	
409	Boys 14/O	50m IM Skins	
Medals to be collected from poolside medal desk post result announcement for each event.			

NB Skins: Age groups will be swum alternatively at one and a half minute intervals.

The stroke to be swum will be determined by draw.

Swimmers in each age group event will state under the normal starting rules and swim 50 metres of the pool, exit the pool and return to the starting position with the exception of the last swimmer who will be eliminated. On each subsequent start, swimmers will be given a 10 second warning after which the signal to start will follow without any verbal instructions. Starting before the signal is sounded will lead to disqualification; any such disqualification will exempt the last swimmer in that leg.





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HEALTH & SAFETY DECLARATION

*** This form must be completed and returned with your cheque ****

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, will start in the water and notify the referee that this will be the case.

Signed _____ Print _____

Club Position _____

On behalf of _____ (Club)

Date ___/___/2018





East Lothian Swim Team Age Group Meet 2018

SUMMARY SHEET

****This sheet must be completed and returned with cheque & filled in and returned with Entries via E-mail****

CLUB:		
Contact Name:		
Address:		
Town:		Postcode:
Tel No:		
E-Mail:	_____@_____	

(Helps us speed up the communication of accepted entries & draft Programs)

Breakdown of fees:		
Total Male Entries: @£5.50		£
Total Female Entries: @£5.50		£
Total Male Entries: @£6.50		£
Total Female Entries: @£6.50		£
Total Male Entries: @£7.00		£
Total Female Entries: @£7.00		£
Total Male Entries: @£7.50		£
Total Female Entries: @£7.50		£
Total Coaches Lunches: @£9.00		£
	Total	£

CLOSING DATE – 13TH JANUARY 2018

Paperwork to be received within 7 postal days of closing date

Cheques should be made payable to EAST LOTHIAN SWIM TEAM. If you have paid by BACS please indicate here

BACS Payment Reference AGE followed by Club Code eg AGEUELX. Bank Account Details: Sort Code: 80-17-68, Account No. 06002423

Have you enclosed or sent:

- Cheque (BACS by arrangement)
- Hy-tek Team Manager Entry File
- Declaration and Summary Sheet

Late payment will result in electronic entries being rejected.

Return to:
 Senga Dent
 78 Preston Crescent
 Prestonpans
 EH32 9RB
 Tel: 07736943777 e-mail:- hc.swimhaddington@gmail.com





East Lothian Swim Team Age Group Meet 2018

Named STO's and Timekeepers

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

Please complete electronically and return to hc.swimhaddington@gmail.com

Thank you for your assistance

