

# TROJAN SWIMMING CLUB

WHITBURN & DISTRICT

## OPEN TIME BANDED GALA

Sunday 9th June 2019



Xcite Whitburn  
77 West Main Street  
Whitburn, EH47 0QD



MORNING SESSION: WARM-UP 9.00 AM - START 9.45 AM  
AFTERNOON SESSION: WARM-UP 1.00 PM - START 1.45 PM

SASA Licence Number: **L3/ED/O67/JUN19**

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**OPEN TIME BANDED GALA – Sunday 9<sup>th</sup> June 2019**

## **VENUE**

Xcite, Whitburn Swimming Pool,  
77 Main Street, Whitburn  
EH47 0QD

6 lane - 25m pool, spectator area

**SESSIONS:** There will be two sessions:-

Morning: Warm-up 9.00am Start 9.45am  
Afternoon: Warm-up 1.00pm Start 1.45pm

**AWARDS:** Heat declared winners with awards to the first six in each time band.

A Trophy will be awarded to the best Overall Club.

Swimmers who swim faster than the 10% permitted tolerance in their allocated Time Band will lose their place but shall receive a token prize.

**ENTRY FEES:** Individual Entries: £5.00  
Relay: £7.00

**RELAY:** The relay is a 4 x 50m mixed relay and should comprise 2 boys and 2 girls who cross the 4 freestyle bands and **who are accepted and swim in the freestyle event.** The relay order should be slowest swimmer (band D) to fastest (Band A).  
Where there is no swimmer in a particular band a slower swimmer may occupy the place.

**ENTRIES:** The closing date for entries is **12noon – Thursday 9th May**

Entries to be made by HyTek Team Management file and can be requested from [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

**COACHES PASS: £8.00** includes hot lunch (steak pie or vegetarian option), refreshments and start sheets

**MEET RULES:** The meet shall be held under SASA rules.

Scottish swimmers must have paid their annual competitive fee to SASA, and be in possession of a current competitive number. Non-Scottish Club swimmers must be similarly registered with their Governing Body.

Coaches and Team Managers must ensure that all their swimmers can safely dive into the water in accordance with current legislation.

There will be no diving at the shallow end of the pool. Photographic or video equipment will not be allowed in any area of the pool or spectator area without the prior approval of the Meet Director/Xcite. Application to use such equipment must be made on the appropriate form and handed to the Meet Director/Xcite for signature before such use will be permitted.

**WITHDRAWALS:** Withdrawals must be made to the recorders table no later than 45 minutes prior to the start of each session.

**MARSHALLING:** Swimmers should marshal in the designated area at least two events in advance of their own.

**GENERAL:** **Neither** Trojan Swimming Club or Whitburn Swimming Pool will accept responsibility for loss or damage to swimmers, coaches or spectators property.

**DISABLED SWIMMERS:** Trojan ASC would appreciate pre notification of the participation of disabled swimmers.

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### PROGRAMME OF EVENTS

| <b>SESSION 1:</b> |       | 9.00am warm-up   | 9.45am start                 |                        |
|-------------------|-------|------------------|------------------------------|------------------------|
| Event 101         | Boys  | 50m Butterfly    | BAND D                       | 50.00 seconds and over |
| Event 102         | Girls | 50m Butterfly    | BAND D                       | 50.00 seconds and over |
| Event 103         | Boys  | 50m Butterfly    | BAND C                       | 45.00 - 49.99 seconds  |
| Event 104         | Girls | 50m Butterfly    | BAND C                       | 45.00 - 49.99 seconds  |
| Event 105         | Boys  | 50m Butterfly    | BAND B                       | 40.00 - 44.99 seconds  |
| Event 106         | Girls | 50m Butterfly    | BAND B                       | 40.00 - 44.99 seconds  |
| Event 107         | Boys  | 50m Butterfly    | BAND A                       | 35.00 - 39.99 seconds  |
| Event 108         | Girls | 50m Butterfly    | BAND A                       | 35.00 - 39.99 seconds  |
|                   |       |                  |                              |                        |
| Event 109         | Boys  | 50m Backstroke   | BAND D                       | 50.00 seconds and over |
| Event 110         | Girls | 50m Backstroke   | BAND D                       | 50.00 seconds and over |
| Event 111         | Boys  | 50m Backstroke   | BAND C                       | 45.00 - 49.99 seconds  |
| Event 112         | Girls | 50m Backstroke   | BAND C                       | 45.00 - 49.99 seconds  |
| Event 113         | Boys  | 50m Backstroke   | BAND B                       | 40.00 - 44.99 seconds  |
| Event 114         | Girls | 50m Backstroke   | BAND B                       | 40.00 - 44.99 seconds  |
| Event 115         | Boys  | 50m Backstroke   | BAND A                       | 35.00 - 39.99 seconds  |
| Event 116         | Girls | 50m Backstroke   | BAND A                       | 35.00 - 39.99 seconds  |
|                   |       |                  |                              |                        |
| <b>SESSION 2:</b> |       | 1.00pm warm-up   | 1.45pm start                 |                        |
| Event 201         | Boys  | 50m Breaststroke | BAND D                       | 55.00 seconds and over |
| Event 202         | Girls | 50m Breaststroke | BAND D                       | 55.00 seconds and over |
| Event 203         | Boys  | 50m Breaststroke | BAND C                       | 50.00 - 54.99 seconds  |
| Event 204         | Girls | 50m Breaststroke | BAND C                       | 50.00 - 54.99 seconds  |
| Event 205         | Boys  | 50m Breaststroke | BAND B                       | 45.00 - 49.99 seconds  |
| Event 206         | Girls | 50m Breaststroke | BAND B                       | 45.00 - 49.99 seconds  |
| Event 207         | Boys  | 50m Breaststroke | BAND A                       | 40.00 - 44.99 seconds  |
| Event 208         | Girls | 50m Breaststroke | BAND A                       | 40.00 - 44.99 seconds  |
|                   |       |                  |                              |                        |
| Event 209         | Boys  | 50m Freestyle    | BAND D                       | 45.00 seconds and over |
| Event 210         | Girls | 50m Freestyle    | BAND D                       | 45.00 seconds and over |
| Event 211         | Boys  | 50m Freestyle    | BAND C                       | 40.00 - 44.99 seconds  |
| Event 212         | Girls | 50m Freestyle    | BAND C                       | 40.00 - 44.99 seconds  |
| Event 213         | Boys  | 50m Freestyle    | BAND B                       | 35.00 - 39.99 seconds  |
| Event 214         | Girls | 50m Freestyle    | BAND B                       | 35.00 - 39.99 seconds  |
| Event 215         | Boys  | 50m Freestyle    | BAND A                       | 31.00 - 34.99 seconds  |
| Event 216         | Girls | 50m Freestyle    | BAND A                       | 31.00 - 34.99 seconds  |
|                   |       |                  |                              |                        |
| Event 217         | Relay |                  | 4x 50m Mixed Freestyle Relay |                        |

**Presentation of Awards for all Events will take place at the end of each session.**

# TROJAN SWIMMING CLUB - WHITBURN AND DISTRICT

## Summary Sheet

CLUB \_\_\_\_\_

CONTACT NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

.....

POST CODE \_\_\_\_\_

TELEPHONE NO \_\_\_\_\_

E-MAIL. ....

Total Entries for Boys @ £5.00..... = £.....

Total Entries for Girls @ £5.00..... = £.....

Total Entries for Relays @ £7.00..... = £.....

Total for coaches passes @ £8.00..... = £.....

**Total payable to Trojan Swimming Club** £.....

Please make payment via BACS to Trojan Swimming Club bank account:  
Account No: 00281866 Sort Code : 83-28-05.

Please include as a reference: **'TBAND-[Your Club Code]'** eg. **TBAND-ETNX.**

Alternatively, if paying by cheque, please make cheque payable to:  
**'Trojan Swimming Club'**

In order that the event runs smoothly we would ask assistance from all Clubs attending by supplying 2 officials for each session

**Name of Official/Session**

**Timekeeper/Judge**

| <b>Name of Official</b> | <b>Session</b> | <b>Timekeeper/Judge</b> |
|-------------------------|----------------|-------------------------|
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**Send to:  
Susan Liddle,  
Meet Entry Secretary,  
9 Rullion Road,  
Penicuik.  
EH26 9HS**