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**East Lothian Swim Team**

**Time Banded Meet**

**April 9th 2022**

Mercat Gait Centre, Prestonpans



**Licence Number:**

#threeclubsoneteam



We would like to invite entry applications for our Age Group Meet

Under S.A.S.A. Laws and Licence Number L2/ED/036/APR22

**Age Group Meet – General Information**

**Date:** April 9th 2022

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

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

**Events: All events are Heat Declared Winners**

**Age Groups: NONE**

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

(times subject to change)

**Entry Fees:** £6.00 per event

Payment should be made by paid BACS. Reference should be club code/ AGE club code eg UELX/AGE.

**Entries:** Entries should be made on Hy-tek entry files can be downloaded from SwimScotland.

The **closing date** for entries is **Noon on Wednesday 23 March 2022**

Entries will be accepted on a pure 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, rejected entries will be refunded in full.

A draft programme will be made available to Entry Secretaries prior to the meet date.

Withdrawals should be intimated to the entries secretary by 6pm on Wednesday 6 April so start lists can be prepared and sent out in advance of the day. There are no refunds for entries withdrawn after the draft programme is published.

**Meet Entry**

**Secretary:**

Kelly Dobson: elstmeets@gmail.com

**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 in the foyer, please ask your swimmers to collect their medals once announced.

**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:** Lunch will be provided for volunteer and officials participating in both sessions.

**Accreditation:** SASA level 2 accreditation will be applied for.

**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 as on date of 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 (incl. 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 from the meet organisers.

• 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 two 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.

• 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

**EVENT SCHEDULE - SESSION ONE**

|  |  |  |  |
| --- | --- | --- | --- |
| **EVENT NUMBER** | **GENDER** | **DISTANCE & STROKE** | **TIME BANDS** |
| 101 | Boys | 100 metre Butterfly | 1:32.97 – 1:23.25  1:23.24 – 1:16.45  1:16.44 – 1;10.70  1:10.69 – 1:05.06 |
| 102 | Girls | 100 metre Backstroke | 1:30.57 – 1:23.19  1:23.18 – 1:19.30  1:19.29 – 1:14.72  1:14.71 – 1:08.78 |
| 103 | Boys | 100 metre Breaststroke | 1:37.24 – 1:32.70  1:32.69 – 1:21.59  1:21.58 – 1:16.73  1:16.72 – 1:09.92 |
| 104 | Girls | 100 metre Freestyle | 1:20.32 – 1:13.89  1:13.88 – 1:08.95  1:08.94 – 1:03.23  1:03.22 – 1:00.05 |
| 105 | Mixed | 100 metre Individual Medley | 1:25.91 – 1:19.11  1:19.10 – 1:08.90  1:08.89 – 1:05.29  1:05.28 – 1:00.97 |

**EVENT SCHEDULE - SESSION TWO**

|  |  |  |  |
| --- | --- | --- | --- |
| **EVENT NUMBER** | **GENDER** | **DISTANCE & STROKE** | **TIME BANDS** |
| 101 | Girls | 100 metre Butterfly | 1:24.97 – 1:17.69  1:17.68 – 1:12.85  1:12.84 – 1:08.98  1:08.97 – 1:05.84 |
| 102 | Boys | 100 metre Backstroke | 1:24.01 – 1:16.87  1:16.86 – 1:11.48  1:11.47 – 1:07.11  1:07.10 – 1:03.80 |
| 103 | Girls | 100 metre Breaststroke | 1:35.65 – 1:29.08  1:29.07 – 1:23.79  1:23.78 – 1:19.58  1:19.57- 1:16.76 |
| 104 | Boys | 100 metre Freestyle | 1:20.02 – 1:12:88  1:12.87 – 1:07.78  1:07.77 – 1:03.21  1:03.20 – 57.31 |
| 105 | Mixed | 100 metre Individual Medley | 1:26.47 – 1:18.94  1:14.06 – 1:08.90  1:06.91 – 1:05.29  1:03.60 – 1:00.97 |

**SUMMARY SHEET**

|  |  |  |
| --- | --- | --- |
| **Club:** |  | |
| **Contact:** |  | |
|  |  | |
|  |  | **Telephone No:** |
| **e-mail address:** |  | |

**Double click anywhere in grid below then add the number of entries, etc. in column B**

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

Payment should be made by BACs – details below

Payment should be made by bank transfer as follows:

Account name: East Lothian Swim Team

Bank Bank of Scotland

Branch Musselburgh

Account No 06002423

Sort Code 801768

Your reference – please quote Club Code/AGE

**No entries will be accepted without the correct fee, Summary Sheet or with the Entry Files incorrectly completed**

**CLOSING DATE – 12 noon on Wednesday 23 MARCH 2022**

**Late payment will result in electronic entries being rejected.**

**Return to: Kelly Dobson**

**5 Marquette Place**

**Dunbar**

**EH42 1FF**

**Email: elstmeets@gmail.com**

**COVID INFORMATION**

* All requirements relating to **COVID-19** regulations prevailing at the time must be adhered to.
* All team staff and volunteers will be required to wear face coverings at all times while in the venue, unless medical exemption applies
* All swimmers, team staff and volunteers will need to bring their own supply of face coverings and hand sanitiser to the venue
* Scottish Government’s recommendation of ‘give people space’ should be applied
* It is recommended that individuals carry out lateral flow tests twice a week. Whilst we do not need to see the results of any tests, it is encouraged that people follow this advice
* A person with any Covid symptoms should not attend the event and follow the protocols of NHS Scotland
* Any person who develops Covid symptoms during the Gala, must report this to Jamie Ward. Details will be shared with the venue manager and public health if required.