



TROJAN SWIMMING CLUB
WHITBURN & DISTRICT
OPEN TIME BANDED GALA

Sunday 29 May 2022



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/038/MAY22**

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VENUE: Xcite, Whitburn Swimming Pool, 77 West Main Street, Whitburn, EH47 0QD. 6 lane - 25m pool

AGES: 8 years at the end of December 2022.

AGE GROUPS: No age group, swimmers will swim in timebands.

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.

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

A Trophy will be awarded to the best Overall Club.

ENTRY FEES: Individual Entries: £5.00

ENTRIES: **CLOSING DATE FOR ENTRIES: 12noon – Wednesday 27 April 2022**

Entries are via Hytek files which can be downloaded from [Swim Scotland](#) or on request from Susan Liddle by email

- Entries secretary: Susan Liddle
- Email address: susan.liddle@googlemail.com

OFFICIALS: In order that the event runs smoothly we would ask assistance from all clubs attending by supplying officials for each session.

LUNCH: Lunch will be provided for officials participating in both sessions.

MEET RULES:

- All swimmers must have a current SASA or equivalent registration number.
- The current FINA and SASA rules of competitive swimming will apply.
- All coaches and club poolside personnel must have a valid club PVG and be registered with SASA.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into the water in accordance with current legislation.
- 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.
- There will be no diving at the shallow end of the pool.
- Manual timing will be in operation.
- There will be no spectating.
- Swimmers must act on the instructions given by the meet officials and always behave in a reasonable manner.
- It is the responsibility of each club to ensure their swimmers are aware of the meet rules and COVID19 safety guidelines.
- Number of club coaches will be limited to the ratio of swimmers attending. This is to keep the numbers within the facility in accordance with the venue rules and guidance.

WITHDRAWALS:

- Withdrawals must be made by 6pm on Wednesday 25 May 2022.

START LISTS:

- Start lists will be sent out on Friday 27 May 2022.

WARM-UPS:

- Warm-ups will be split to accommodate the numbers attending.

MARSHALLING:

- Swimmers should marshal in the designated area at least four events in advance of their own.

AWARDS:

- Coaches will collect medals from the designated area at the end of each session. The Trojan Time Banded Trophy will be presented to a representative from the winning club.

PHOTOGRAPHY:

- No photographic or video equipment (including 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/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. All photographic equipment is prohibited in the changing rooms and shower area.

PARA-SWIMMING:

- Trojan Swimming Club would appreciate pre notification of the participation of para-swimmers, who may be required to provide certification to the referee.

GENERAL:

- Neither Trojan Swimming Club or Whitburn 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. Bags should not be taken onto poolside and should remain in lockers. 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
- Trojan Swimming Club retains the right to amend any of the above conditions as necessary.

COVID INFORMATION:

- We want to ensure the return to competition, as far as is possible, for everyone attending, is a safe and healthy environment that will be an enjoyable and successful.
- All requirements relating to COVID-19 regulations prevailing at the time must be adhered to.
- All competition in Scotland will be operated in line with the [Scottish Government](#) and [Public Health Scotland](#) guidance and with the, [Scottish Swimming Competition Management Guidance Document](#) current at the time of the competition taking place.
- There may be specific conditions of attendance at the meet. Full details will be issued nearer the date of the competition.
- All competitors and other attendees are required to adhere to the conditions of the competition to ensure that we all stay compliant and safe. Anyone failing to follow the conditions will be refused access or removed from the venue and no refund will be offered.

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PROGRAMME OF EVENTS

SESSION 1:		9.00am warm-up	9.45am start	
Event 101	Boys	50m Butterfly	BAND C	50.00 seconds and over
Event 102	Girls	50m Butterfly	BAND C	50.00 seconds and over
Event 103	Boys	50m Butterfly	BAND B	45.00 - 49.99 seconds
Event 104	Girls	50m Butterfly	BAND B	45.00 - 49.99 seconds
Event 105	Boys	50m Butterfly	BAND A	40.00 - 44.99 seconds
Event 106	Girls	50m Butterfly	BAND A	40.00 - 44.99 seconds
Event 109	Boys	50m Backstroke	BAND C	50.00 seconds and over
Event 110	Girls	50m Backstroke	BAND C	50.00 seconds and over
Event 111	Boys	50m Backstroke	BAND B	45.00 - 49.99 seconds
Event 112	Girls	50m Backstroke	BAND B	45.00 - 49.99 seconds
Event 113	Boys	50m Backstroke	BAND A	40.00 - 44.99 seconds
Event 114	Girls	50m Backstroke	BAND A	40.00 - 44.99 seconds
SESSION 2:		1.00pm warm-up	1.45pm start	
Event 201	Boys	50m Breaststroke	BAND C	55.00 seconds and over
Event 202	Girls	50m Breaststroke	BAND C	55.00 seconds and over
Event 203	Boys	50m Breaststroke	BAND B	50.00 - 54.99 seconds
Event 204	Girls	50m Breaststroke	BAND B	50.00 - 54.99 seconds
Event 205	Boys	50m Breaststroke	BAND A	45.00 - 49.99 seconds
Event 206	Girls	50m Breaststroke	BAND A	45.00 - 49.99 seconds
Event 209	Boys	50m Freestyle	BAND C	45.00 seconds and over
Event 210	Girls	50m Freestyle	BAND C	45.00 seconds and over
Event 211	Boys	50m Freestyle	BAND B	40.00 - 44.99 seconds
Event 212	Girls	50m Freestyle	BAND B	40.00 - 44.99 seconds
Event 213	Boys	50m Freestyle	BAND A	35.00 - 39.99 seconds
Event 214	Girls	50m Freestyle	BAND A	35.00 - 39.99 seconds

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Entry Form Summary Sheet

NAME OF CLUB

CLUB CODE

CONTACT NAME

ADDRESS

TELEPHONE NO

E-MAIL

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

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

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

Signed

Position.....

Please make payment via Bank Transfer (BACS) to the following:

Account Name: Trojan Swimming Club
Bank Royal Bank of Scotland
Sort Code: 83-28-05
Account No: 00281866
Reference: [Your Club Code] eg. ETNX – TBAND

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

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