

Meet Information

SASA

EAST DISTRICT ACCREDITED TIME TRIAL

4th & 5th October 2014

Venue

**Mercat Gait Pool, Prestonpans
East Lothian, EH32 9EN**

License No:
ED/L2/745/0314

Accredited Time Trial

SASA EAST DISTRICT ACCREDITED TIME TRIAL

4th & 5th October 2014

MEET INFORMATION

The events will be 100m and 200m for all strokes and individual medley, plus 400m freestyle, 400m individual medley, 800m and 1500m freestyle. 100m and 200m events will be swum separately for boys and girls. 400m and longer events may be swum as mixed sex events, with results declared separately for boys and girls. There are no finals or awards.

RULES

- All competitors must have paid the annual membership fee for 2014/2015 to the Scottish Amateur Swimming Association.
- Only swimmers eligible to swim in the East District age group championships may enter this time trial. Accordingly, swimmers should be aged 10 or over as at 11th January 2015.
- The time trial is for swimmers requiring an accredited time for entry into the East District age group championships (EDAGs). **Entries where the swimmer has already achieved an EDAGs consideration time for an event will be rejected from that event.** (see later)
- Cut off numbers for each event will be determined, if necessary, by the organising committee after entries have been received. If it is necessary to reject entries for the time trial, this will be done at the discretion of the meet organizers, to ensure that those with the best chance of achieving the EDAGs consideration time are accepted. Entry times should be provided for seeding purposes.
- In the event that entries are insufficient to justify 2 days of swimming, the organizers reserve the right to revise the programme down to 1 day (4th October) only.
- Only small bags containing essential equipment will be allowed on poolside, LARGE bags are NOT PERMITTED on the poolside, swimmers MUST use storage facilities within the changing area.

POOL

- 25m, six lanes with anti-turbulence lane ropes.
- Electronic timing will be in operation.

ENTRIES

All entries should be submitted by computer files, which can be obtained by emailing John Bruce (giving full contact details – club, name, telephone number): jbruce2160@aol.com

Completed entry files are to be returned by email. The summary sheet and fees should be sent no later than three days following the closing date to:

JOHN BRUCE
50 STATION ROAD
ROSLIN
EH25 9LR
Tel: 0131 440 1752
E-mail: jbruce2160@aol.com

Closing date for entries will be strictly noon on **WEDNESDAY 3rd September 2014**

ENTRY FEES:

Entry fees are £6.00/event. Fees for rejected entries will be returned to club secretaries asap after the time trial. There will be no refund of entry fees for withdrawals made after the draft programme is published.

18/07/14

POOLSIDE PASS

All coaches and poolside personnel must have a valid coaches' pass for this event. This can be either a:

- 2015 Scottish Swimming national coaches' pass (or the equivalent ASA coach/chaperone pass),
- or an East District pass (or equivalent from other districts). Coaches and poolside helpers who do not have either a national or district pass MUST request a 3-year East District pass from sasaeastdistrictsecretary@gmail.com. Requests should be submitted at least 28 days before the date of the event for which it is required. An electronic photograph should accompany the request. The club's child protection officer should also contact the secretary separately to confirm that the applicant has a PVG approval.

Coaches /chaperones who do not have a pass will not be permitted poolside. All coaches and poolside personnel MUST hold a current PVG/disclosure certificate. See declaration on the summary sheet.

Number of passes:

The maximum number of coaches poolside for each club is determined by the highest number of accepted swimmers in any one session, as follows:

Up to 5 swimmers	1 pass
6 to 15 swimmers	2 passes
16 swimmers & over	1 additional pass per 15 swimmers or part thereof.

Clubs with fewer than 5 swimmers will receive one poolside assistant/chaperone pass also.

Meals for coaches

Lunches for coaches will be provided at a cost of £8.50 per day. Coaches wishing to use this facility should include the cost for the appropriate amount on the attached summary sheet.

WARM UP AND SESSION TIMES

Indicative session times are shown on the programme of events, but may be subject to change at the meet organiser's discretion. Advance notice of any changes will be published at <http://www.swimscotland.co.uk/> and on the ED blog <http://www.sasaeastdistrict.org.uk/> the week before the event, and emailed to entry secretaries.

Warm up details will be posted on the East District blog the week before each event also.

TECHNICAL OFFICIALS

Clubs will be required to provide technical officials in line with the East District rules, available at : <http://www.sasaeastdistrict.org.uk/images/files/structure/Handbook%20and%20Constitution%202014.pdf> - see page 54). Once accepted entries are confirmed, clubs will be notified of requirements. They will be asked to notify in advance the name and number of nominated officials. Technical officials should wear appropriate poolside apparel. Lunch will be provided for officials who are officiating in both sessions each day.

SPECTATOR PASSES

Each swimmer will be entitled to one free spectator pass for each session in which they compete. Spectator passes may not be offered for resale. Any that are may be confiscated by a steward or officer of the East District and/or the facility management.

If clubs have not already done so for other East District events, those wishing to receive spectator passes should email Andra Laird at norman.laird@talktalk.net, to request passes and to provide a club member's address so passes can be posted there.

PROGRAMMES AND RESULTS SHEETS

Programmes will be available to buy at the meet. Results will be made available on the SwimScotland web site, www.swimscotland.co.uk

PROPOSED PROGRAMME OF EVENTS

Saturday

Session 1 – 9.00 warm-up, 10:00 start

Session 2 – 1:30 warm-up, 2:30 start

101	200m Breaststroke	Boys
102	1500m Freestyle	Boys
103	100m Butterfly	Girls
104	200m Backstroke	Boys
105	100m Freestyle	Girls
106	100m Breaststroke	Boys

Lunch break

201	100m Backstroke	Boys
202	400m Freestyle	Mixed
203	200m Butterfly	Girls
204	200m Individual Medley	Boys
205	200m Freestyle	Girls

Sunday

Session 3 – 9.00 warm-up, 10:00 start

Session 4 – 1:30 warm-up, 2:30 start

301	200m Backstroke	Girls
302	200m Butterfly	Boys
303	800m Freestyle	Girls
304	100m Freestyle	Boys
305	200m Breaststroke	Girls

Lunch break

401	100m Backstroke	Girls
402	400m Individual Medley	Mixed
403	100m Butterfly	Boys
404	100m Breaststroke	Girls
405	200m Freestyle	Boys
406	200m Individual Medley	Girls

The actual number of heats will be determined by the level of entries.

**CONSIDERATION TIMES FOR THE SHORT COURSE TIME TRIAL
(based on 2014/15 EDAG times, converted to short course where necessary)**

All entries to be slower than:

Event	AGE				
	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
MALES					
100m Freestyle	1:17.90	1:13.90	1:08.80	1:04.70	59.60
200m Freestyle	2:55.00	2:40.00	2:25.00	2:15.00	2:10.00
400m Freestyle	6:00.00	5:43.00	5:17.00	4:49.00	4:30.00
1500m Freestyle	21:20.00	20:45.00	20:00.00	19:10.00	18:00.00
100m Backstroke	1:32.10	1:28.10	1:19.00	1:15.90	1:10.90
200m Backstroke	3:15.00	3:10.00	3:00.00	2:43.00	2:32.00
100m Butterfly	1:31.20	1:26.10	1:21.10	1:15.00	1:06.90
200m Butterfly	3:15.00	3:10.00	3:07.00	2:50.00	2:32.00
100m Breaststroke	1:42.80	1:38.70	1:29.60	1:24.50	1:19.40
200m Breaststroke	3:45.00	3:37.00	3:15.00	3:05.00	2:55.00
200m IM	3:16.00	3:07.90	2:52.70	2:47.70	2:29.40
400m IM	6:38.00	6:04.00	5:50.00	5:40.00	5:10.00

Event	AGE				
	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
FEMALES					
100m Freestyle	1:16.90	1:13.90	1:11.80	1:09.80	1:06.80
200m Freestyle	2:45.00	2:39.00	2:30.00	2:26.00	2:22.00
400m Freestyle	5:50.00	5:30.00	5:12.00	5:05.00	4:55.00
800m Freestyle	11:27.00	11:14.00	10:51.00	10:28.00	9:53.00
100m Backstroke	1:31.10	1:28.10	1:26.10	1:23.00	1:18.00
200m Backstroke	3:08.00	3:04.00	3:00.00	2:55.00	2:44.00
100m Butterfly	1:33.20	1:29.10	1:26.10	1:23.10	1:17.00
200m Butterfly	3:30.00	3:20.00	3:07.00	2:56.00	2:44.00
100m Breaststroke	1:38.70	1:35.70	1:33.70	1:29.60	1:25.50
200m Breaststroke	3:35.00	3:22.00	3:17.00	3:12.00	3:06.00
200m IM	3:07.90	3:02.90	3:57.80	2:52.70	2:47.70
400m IM	6:43.00	6:19.00	6:05.00	5:54.00	5:32.00

Age as at 11th January 2015

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT**

Accredited Time Trial 4th & 5th October 2014

Summary Sheet

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

Double click anywhere in grid below, add the number of entries, etc. in column B & [ENTER]

Total Individual Entries		@ £ 6.00 each:	£	-
Coaches Meals - Saturday		@ £ 8.50 each:	£	-
Coaches Meals - Sunday		@ £ 8.50 each:	£	-
Total Remittance			£	-

Click anywhere outside the grid to return to normal mode.

***This form is to be completed electronically and returned by email with the entry file.
A second signed copy must accompany the payment and be posted to:-***

JOHN BRUCE, 50 STATION ROAD, ROSLIN, MIDLOTHIAN, EH25 9LR

Please make your cheque payable to "SASA East District"

I confirm that all swimmers entered have paid their SASA membership fee for 2014/2015 and that all poolside personnel have completed a current PVG check and have an East District or national swimming pass.

Signed: _____ Date: _____ Position : _____