

# Heart of Midlothian

**Amateur Swimming Club**



***PREMIER***

***AGE GROUP MEET***

**Mercat Gait Centre,  
Prestonpans**

**Saturday 11<sup>th</sup> / Sunday 12<sup>th</sup> October 2014**

**[www.swimhearts.com](http://www.swimhearts.com)**

# Heart of Midlothian

## Amateur Swimming Club

*invite you to their annual*

### PREMIER AGE GROUP MEET

(Under S.A.S.A. Laws and Licence Number ED/L2/779/1014)

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#### General Information

- Date:** Saturday 11<sup>th</sup> / Sunday 12<sup>th</sup> October 2014
- Venue:** Mercat Gait Centre, Preston Road, Prestonpans, EH32 9EN
- Pool:** 6 lane 25 metre; full electronic timing with 3 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria; swim shop.
- Time:**
- | <b>Girls warm-up</b> | <b>Boys warm-up</b> | <b>Start</b> | <b>Finish</b> |
|----------------------|---------------------|--------------|---------------|
| 08:50 - 09:10        | 09:10- 09:30        | 09:30        | 12:30         |
| 13:00 - 13:25        | 13:25 - 13:50       | 14:00        | 17:00         |
- Ages:** As at 12<sup>th</sup> October 2014
- Age groups:** 11/under\*, 12, 13 ,14 (\*youngest age permitted is 8 years)
- Events:** 50m all strokes ,100m all strokes, 100 IM (HDW with fastest heat per age group)  
200m all strokes, 200 IM (HDW)
- Entry Fees:** £5.00 per individual event
- Coaches Pass:** £5.00 - covers: poolside access, meet programme, results sheet
- Coaches Meal:** £8.00 - must be booked using the form provided
- Awards:** Individual events - medals to 1-2-3 in each single-band age group  
Top Club, Top Girl/Boy in each age group.
- Officials:** Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day. It would be appreciated if each club attending could provide at least one timekeeper per session.
- Closing date for entries:** **12:00 (noon) Wednesday 17<sup>th</sup> September 2014**

*Hy-Tek entry files can be obtained from:*

**John Bruce**  
**50 Station Road**  
**Roslin**  
**Midlothian**  
**EH25 9LR**  
**0131 440 1752**

e-mail: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

## Specific Information

### Meet Rules

- The meet shall be held under S.A.S.A. Rules.
- Ages as at 12<sup>th</sup> October 2014.
- All swimmers of Scottish clubs / teams must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs / teams must be registered with their governing body.
- The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches with meet passes will be admitted on to the poolside.
- No photographic/video equipment or mobile phones will be allowed in any area of the Mercat Gait Centre.
- Swimmers must act on the instructions given by meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club / team to ensure that their swimmers are aware of the meet rules and guidelines.

### Entries and Events

- Closing date for entries is **12:00 (noon) Wednesday 17<sup>th</sup> September 2014**. Late entries will not be accepted.
- All entries must be made by Hy-Tek entry files and these can be requested by returning the appropriate form or via e-mail. Time cards will not be used. Start sheets will be issued.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.
- The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs / teams should ensure entry times are accurate. Rejected entries will be refunded in full.
- Over the top starts may be used at the discretion of the promoters in order to facilitate the smooth running of the meet.
- Where possible the accepted entries for each age group will be equal, but if an age group is under subscribed the organising committee reserves the right to include additional entries from other age groups.
- 200 metre events are Heat Declared Winner and will be swum with all age groups combined and swimmers seeded by entry times.
- 50 metre and 100 metre events are Heat Declared Winner but will be swum with a fastest heat (based on the fastest 6 entries) for each of the four age groups (11/under, 12, 13 ,14)
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance.

### Costs

|                  |                                                                                                                   |
|------------------|-------------------------------------------------------------------------------------------------------------------|
| Entry fees:      | £5.00 per individual event                                                                                        |
| Coaches' passes: | £5.00 - this will include poolside access, programme, results sheets                                              |
| Coaches' meals:  | £8.00                                                                                                             |
| Other costs:     | All day spectator entry: £3.00<br>Per session spectator entry: £2.00<br>Under 16's: FREE<br>Meet Programme: £1.00 |

## Warm-up and Session Times

| Girls warm-up | Boys warm-up  | Start | Finish |
|---------------|---------------|-------|--------|
| 08:50 - 09:10 | 09:10- 09:30  | 09:30 | 12:30  |
| 13:00 - 13:25 | 13:25 - 13:50 | 14:00 | 17:00  |

- The warm-ups may only commence when advised to do so by the warm-up marshals.
- There will be no diving allowed in warm-ups other than those in controlled sprint lanes.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on backstroke or push-start swimmers.
- Lanes 1, 3 and 5 are to be swum in a clockwise direction and Lanes 2, 4 and 6 swum in an anti-clockwise direction.

## Awards

*Individual events:* Medals presented to swimmers placing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each individual age group (11/under, 12, 13, 14).

*Top Club:* Trophy to be returned after 1 year. Small trophy to be retained. Awarded to the club / team scoring the most points from all events on the following scale: 1<sup>st</sup> = 7, 2<sup>nd</sup> = 5, 3<sup>rd</sup> = 4, 4<sup>th</sup> = 3, 5<sup>th</sup> = 2, 6<sup>th</sup> = 1. Disqualifications will score no points. In the event of a tie, the highest number of gold medals, silver medals etc will decide the winner. In the event of a tie thereafter, the organisers will decide the qualifying criteria.

*Top Girl/Boy:* Awarded to the Girl and Boy scoring most points in each age group (11/under, 12, 13, 14) according to the same scale as the Top Club Award. In the event of a tie, the highest number of gold medals, silver medals etc will decide the winner. In the event of a tie thereafter, the organisers will decide the qualifying criteria.

## Miscellaneous

- This will be a Level 2 Licensed Meet: Licence Number ED/L2/779/1014 Accreditation will be applied for.
- Mercat Gait Centre has a cafeteria and refreshment vending machines.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Heart of Midlothian ASC nor Mercat Gait Centre can be held responsible for loss or damage to swimmer's, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Heart of Midlothian ASC reserve the right to vary the above conditions as necessary.

# Heart of Midlothian

## Amateur Swimming Club

Premier Age Group Meet - Saturday 11<sup>th</sup> October 2014

### Programme of Events – Session 1

| #   | EVENT                                       |
|-----|---------------------------------------------|
| 101 | Girls 11/u -14 years 50 Freestyle (HDW)     |
| 102 | Boys 11/u -14 years 50 Freestyle (HDW)      |
| 103 | Girls 11/u -14 years 200 Backstroke (HDW)   |
| 104 | Boys 11/u -14 years 200 Backstroke (HDW)    |
| 105 | Girls 11/u -14 years 50 Butterfly (HDW)     |
| 106 | Boys 11/u -14 years 50 Butterfly (HDW)      |
| 107 | Girls 11/u -14 years 200 Breaststroke (HDW) |
| 108 | Boys 11/u -14 years 200 Breaststroke (HDW)  |
|     | PRESENTATIONS                               |

### Programme of Events – Session 2

| #   | EVENT                                      |
|-----|--------------------------------------------|
| 201 | Girls 11/u -14 years 50 Backstroke (HDW)   |
| 202 | Boys 11/u -14 years 50 Backstroke (HDW)    |
| 203 | Girls 11/u -14 years 200 Freestyle (HDW)   |
| 204 | Boys 11/u -14 years 200 Freestyle (HDW)    |
| 205 | Girls 11/u -14 years 50 Breaststroke (HDW) |
| 206 | Boys 11/u -14 years 50 Breaststroke (HDW)  |
| 207 | Girls 11/u -14 years 200 Butterfly (HDW)   |
| 208 | Boys 11/u -14 years 200 Butterfly (HDW)    |
|     | PRESENTATIONS                              |

# Heart of Midlothian

## Amateur Swimming Club

Premier Age Group Meet - Sunday 12<sup>th</sup> October 2014

### Programme of Events – Session 3

| #   | EVENT                                            |
|-----|--------------------------------------------------|
|     |                                                  |
| 301 | Girls 11/u -14 years 100 Individual Medley (HDW) |
| 302 | Boys 11/u -14 years 200 Individual Medley (HDW)  |
| 303 | Girls 11/u -14 years 100 Freestyle (HDW)         |
| 304 | Boys 11/u -14 years 100 Freestyle (HDW)          |
| 305 | Girls 11/u -14 years 100 Breaststroke (HDW)      |
| 306 | Boys 11/u -14 years 100 Breaststroke (HDW)       |
|     | PRESENTATIONS                                    |

### Programme of Events – Session 4

| #   | EVENT                                            |
|-----|--------------------------------------------------|
|     |                                                  |
| 401 | Girls 11/u -14 years 200 Individual Medley (HDW) |
| 402 | Boys 11/u -14 years 100 Individual Medley (HDW)  |
| 403 | Girls 11/u -14 years 100 Backstroke (HDW)        |
| 404 | Boys 11/u -14 years 100 Backstroke (HDW)         |
| 405 | Girls 11/u -14 years 100 Butterfly (HDW)         |
| 406 | Boys 11/u -14 years 100 Butterfly (HDW)          |
|     | PRESENTATIONS                                    |

# Heart of Midlothian

## Amateur Swimming Club

Premier Age Group Meet  
Saturday 11<sup>th</sup> / Sunday 12<sup>th</sup> October 2014

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form with entries no later than  
**12:00 (noon) Wednesday 17<sup>th</sup> September 2014** to:

John Bruce  
50 Station Road  
Roslin  
Midlothian  
EH25 9LR  
0131 440 1752  
e-mail: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

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Premier Age Group Meet  
Saturday 11<sup>th</sup> / Sunday 12<sup>th</sup> October 2014

### Summary Entry Form

*## This form must be completed and returned with any entries. ##*

Club Name: ..... Contact Name: .....  
Club Code: ..... Address: .....  
.....  
.....  
.....  
Telephone: .....  
Fax: .....

Total Female Entries: ..... @ £5.00 each: £.....  
Total Male Entries ..... @ £5.00 each: £.....  
Number of Coaches Passes: ..... @ £5.00 each: £.....  
Number of Coaches Meals: ..... @ £8.00 each: £.....

Total Amount Enclosed: £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **HMASc**

Return this form with appropriate cheque no later than  
**12:00 (noon) Wednesday 17<sup>th</sup> September 2014** to:

**John Bruce**  
50 Station Road  
Roslin  
Midlothian  
EH25 9LR  
0131 440 1752  
e-mail: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

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Premier Age Group Meet  
Saturday 11<sup>th</sup> / Sunday 12<sup>th</sup> October 2014

### Entry Files Request Form

Please send the entry files for the above meet to:

Club \_\_\_\_\_

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

Telephone \_\_\_\_\_

Fax \_\_\_\_\_

E-mail \_\_\_\_\_

Return this completed form to:

**John Bruce**  
50 Station Road  
Roslin  
Midlothian  
EH25 9LR  
0131 440 1752

e-mail: [jbruce2160@aol.com](mailto:jbruce2160@aol.com)

Latest request date (by email) – Friday 5<sup>th</sup> September 2014