



Tranent Amateur Swimming Club

invites entries to our

# OPEN TIMEBANDED MEET

**Saturday 14<sup>th</sup> September 2019**

**Mercat Gait Centre, Prestonpans**

License number: L2/ED/081/SEP19

## General Information

- Date:** Saturday 14<sup>th</sup> September 2019
- Venue:** Mercat Gait Centre, Prestonpans, East Lothian, EH32 9EN
- Pool:** 6 lane, 25 metre pool with anti-wave lane ropes; full electronic timing with 3 lane display board. The pool has a spectator area and cafeteria.
- Ages:** Age on day of meet. We will not accept entries from swimmers under the age of 9 on **14<sup>th</sup> September 2019**.
- Age Groups:** No age groups. Swimmers will swim in timebands.
- Awards:** Medals for Top 3 in each timeband for each event. These can be collected at the medals desk. A memento will be awarded to those swimming faster than the timeband.
- Events:** All events are heat declared winner; Please see below for schedule of events. Events will be swum in timebands.
- The 800m Freestyle will be limited to a maximum of 3 heats while the 400m IM will be limited to a maximum of 5 heats. Preference will be given to those who have not yet achieved the EDAG's consideration times for these events.**
- Sessions:** Session 1: 9am warm up for 10am session start.  
Session 2: 1:30pm warm up for 2:30pm session start.
- Warm ups will be split into two 25 minute warm ups.
- Entry Fees:** £6.00 per 200m event  
£7.00 per 400m event  
£8.00 per 800m event
- Entries:** Entries should be made on Hy-tek entry files by no later than **midday on Wednesday 21<sup>st</sup> August**. Entries should be sent to **Susan Liddle** by email at [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)
- Coaches Lunch:** May be booked at a cost of £10.00.
- Officials:** We request that each club attending provide at least two officials to ensure we meet Level 2 licence requirements. Technical officials should wear poolside apparel as specified in STO Rule 12.

### Schedule of Events:

AM	Timeband C	Timeband B	Timeband A
<b>101 – Mixed 800m Freestyle</b>	N/A	N/A	N/A
<b>102-104 – Girls 200m Backstroke</b>	3:00.00+	2:47.00-2:59.99	2:35.00-2:46.99
<b>105-107 – Boys 200m Breaststroke</b>	3:30.00+	3:15.00-3:29.99	2:55.00-3:14.99
<b>108-110 – Girls 200m Butterfly</b>	3:25.00+	3:10.00-3:24.99	2:50.00-3:09.99
<b>111-113 – Boys 200m Freestyle</b>	2:40.00+	2:25.00-2:39.99	2:08.00-2:24.99

PM	Timeband C	Timeband B	Timeband A
<b>201 – Mixed 400m Individual Medley</b>	N/A	N/A	N/A
<b>202-204 – Boys 200m Backstroke</b>	3:05.00+	2:50.00-3:04.99	2:36.00-2:49.99
<b>205-207 – Girls 200m Breaststroke</b>	3:24.00+	3:11.00-3:23.99	3:00.00-3:10.99
<b>208-210 – Boys 200m Butterfly</b>	3:20.00+	3:05.00-3:19.99	2:40.00-3:04.99
<b>211-213 – Girls 200m Freestyle</b>	2:40.00+	2:25.00-2:39.99	2:15.00-2:24.99

## 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 is as on day 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 (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. Application must be made of the approved SASA form
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries 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 four heats in advance**. It is the responsibility of the clubs/coaches to ensure that their swimmers report to marshalling on time.
- Over the top starts may be used to help the smooth running of the event.

## Warm Up

- Warm up may only commence when advised to do so.
- Diving only in sprint lanes when introduced.
- 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 Tranent ASC or 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 be stored in lockers and not brought onto poolside.
- Swimmers must act on the instructions of meet officials and behave in a responsible manner at all times.
- To avoid the unnecessary waste where empty lanes appear, reserves will be drawn from the reserve list and then filled by Tranent ASC swimmers.
- No glassware may be taken into 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 on the poolside area.
- The use of mobile phones is prohibited by the Mercat Gait Leisure Centre anywhere within the building.
- The Tranent ASC 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.

## Photographic Equipment

- This venue does **NOT** allow photography within the centre.

**Tranent Amateur Swimming Club**  
**Open Timebanded Meet – Saturday 14<sup>th</sup> September 2019**

Entry Form Summary

Name of Club -

Club Code -

Contact Name -

Address –

Telephone -

Number of Male entries	@ £6.00 each (200m) =	Total:
	@ £7.00 each (400m) =	Total:
	@ £8.00 each (800m) =	Total:

Number of Female entries	@ £6.00 each (200m) =	Total:
	@ £7.00 each (400m) =	Total:
	@ £8.00 each (800m) =	Total:

Total Coaches lunches	@ £10.00 each =	Total:
-----------------------	-----------------	--------

Total Amount Enclosed:

Signed:

Position:

Please make cheques payable to **Tranent Amateur Swimming Club** no later than **Wednesday 21<sup>st</sup> August**.

Susan Liddle  
9 Rullion Road  
Penicuik  
EH26 9HS