



Tranent Amateur Swimming Club

invites you to the

XMAS GALA

Saturday 2nd December 2023

Mercat Gait Centre, Prestonpans

Licence number: L3/ED/044/DEC23 (AM) + L2/ED/043/DEC23 (PM)

General Information

- Date:** Saturday 2nd December 2023
- 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
- Ages:** Age on day of meet.
- Age Groups:** Session 1: 9 years and under, 10-11 years
Session 2: 11-12 years, 13-14 years, 15+ years
- 11 year olds should enter only one of either the morning session or afternoon sessions.**
- Awards:** Medals for top 3 in each age group. There will be presentations in the AM session and a medal table for the PM session. Medals can be collected in the afternoon following the posting of results.
- Xmas spot prizes will be awarded to winners of randomly selected heats. These heats will be made known prior to the heat start.**
- Events:** All events are heat declared winner. All events will be swum as open and split for results into age groups
- Sessions:** Session 1: 9am warm up for 9:45am session start.
Session 2: 1:30pm warm up for 2:15pm session start.
- Entry Fees:** £4.50 per 50m event
£5.50 per 100m event
£5.00 per relay event
- Entries:** Entries should be made on Hy-tek entry files no later than **midday on 9th November 2023**.
Entries should be sent to **Susan Liddle** by email at susan.liddle@googlemail.com
- Officials:** We ask that clubs entering please indicate officials willing to officiate at this event.
- Schedule of Events:**

AM	PM
101 – Girls 50m Butterfly	201 – Girls 50m Butterfly
102 – Boys 50m Butterfly	202 – Boys 50m Butterfly
103 – Girls 50m Backstroke	203 – Girls 50m Backstroke
104 – Boys 50m Backstroke	204 – Boys 50m Backstroke
105 – Girls 50m Breaststroke	205 – Girls 50m Breaststroke
106 – Boys 50m Breaststroke	206 – Boys 50m Breaststroke
107 – Girls 50m Freestyle	207 – Girls 100m Freestyle
108 – Boys 50m Freestyle	208 – Boys 100m Freestyle
109 – Girls 100m Individual Medley	209 – Girls 100m Individual Medley
110 – Boys 100m Individual Medley	210 – Boys 100m Individual Medley
111 – Mixed 4x50m Free Relay	211 – Mixed 4x50m Free Relay

Relays must be made up of 2 girls and 2 boys.

Morning relays must consist of 2 swimmers aged 9+Under and 2 swimmers aged 10-11 years

Afternoon relays must consist of 2 swimmers aged 13+Under and 2 swimmers aged 14+Over

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.
- 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.
- **IN THE EVENT OF THE MEET BEING OVERSUBSCRIBED, ONLY 'A' TEAMS WILL BE ACCEPTED FOR RELAY EVENTS**

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 use of mobile phones is prohibited in the changing rooms.
- 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.
- Any belongings left in unlocked lockers or changing rooms will be removed.
- Swimmers must act on the instructions of meet officials and behave in a responsible manner at all times.
- 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 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.

Health and Safety Announcement

PHOTOGRAPHY STATEMENT

Tranent ASC XMAS Gala:

By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed. **The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.**

Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

Please scan the QR code to read the Scottish Swimming wellbeing statement



Tranent Amateur Swimming Club
Christmas Gala – Saturday 2nd December 2023

Entry Form Summary

This summary sheet should be completed and returned with meet entries

Name of Club -

Club Code -

Contact Name -

Telephone -

Number of Male entries @ £4.50 each (50m) = Total:
 @ £5.50 each (100m) = Total:

Number of Female entries @ £4.50 each (50m) = Total:
 @ £5.50 each (100m) = Total:

Number of relay entries @ £5.00 each = Total:

Total Amount Enclosed:

Signed:

Position:

Please make payments by bank transfer to the following

Account Name	Tranent Amateur Swimming Club
Bank	Bank of Scotland
Branch	Haddington
Account	06002237
Sort Code	80-08-23
Reference (please quote)	Club Code/TASC Xmas

Payments may be made by cheque on request.