

 **Inaugural Broxburn Graded Pentaqua**

**Sunday 12th May 2024**

At

Xcite Whitburn Swimming Pool, 77 West Main Street, Whitburn

EH47 0QE

License Number L3/ED/024/MAY24



Broxburn & District ASC would like to invite you to enter their

**Inaugural Graded Pentaqua**

(Under SASA Laws and License Number L3/ED/024/MAY24)

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**Date:** Sunday 12th May 2024

**Venue:** Xcite Whitburn Swimming Pool, 77 West Main Street, Whitburn, EH47 0QE

**Pool:** 6 lane, 25 metre pool with non-turbulent lane dividers.

**Ages:** Age on the day of competition, 12th May 2024

**Age Groups:** 9 years and under, 10 years, 11years, 12 years, 13 years, 14 years, 15 years

**Entries:** Entry times should be slower than the consideration times shown in the table below.

**Awards:** Medals will be awarded to 1st – 3rd place for individual events.

 Points will be awarded for the first six places in each event and the top six in each age group will be invited to swim in a 100m IM ‘final’. Medals for this will be awarded for 1st – 6th place.

**Events:** 50m all strokes – 11years and under

100m all strokes – 12 years and over

The six swimmers with the most points in each age group, after all individual events, will be invited to swim in a 100m IM ‘final’

4x50 Freestyle Relay – should time allow, all clubs will be offered 1 team to compete in a

mixed relay. Relay teams must include at least one boy and one girl and have a maximum combined age of 41 years (11 years and under) and 55 years (12 years and over)

**Time:** Morning session: Warm Up 09.00– 09.50 for 10.00 Start

 Afternoon session: Warm Up 13.30-14.20 for 14.30 Start

**Entry Fees:** £6.00 per 50m individual event

 £6.50 per 100m individual event

**Closing Date: Noon Sunday 14th April 2024**

**Officials:** Clubs are respectively asked to provide 2 technical officials per session, one of which will preferably hold a minimum qualification of Judge 1. The organisation of officials will be managed via SignUp Genius and a link to this will be provided once entry files are submitted. Once received, **please provide named technical officials no later than Friday 3rd May 2024.**

Mentoring requests will be considered by the Meet Referee.

Lunch will be provided for technical officials who officiate both the morning and afternoon session.

**Spectators:**Spectating will be available on the day.

 Entry to the spectator gallery: £3 per session or £5 per day. Cash only.

**Withdrawals:** Withdrawals will be dealt with prior to the event and any on the day should be notified to the recorder’s desk at least one hour prior to the start of the appropriate session.

There are no refunds for entries withdrawn after the draft programme has been issued unless a medical certificate is provided.

**Broxburn Inaugural Graded Pentaqua – Specific Information**

**Meet Rules:**

* The current SASA rules of competitive swimming will apply.
* Age as at 12th May 2024 (day of competition).
* The meet is licensed and a level 3 accreditation has been awarded. (L3/ED/024/MAY24).
* All swimmers of Scottish Clubs must have a current SASA registration number.
* All swimmers of non-Scottish clubs 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, back-up manual timing will be used.
* Coaches and team managers must ensure that all their swimmers can safely dive into deep/shallow water as prescribed by current/planned legislation. There will be NO diving at the shallow end of the pool.
* It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
* Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.

**Entries:**

* Closing date for entries is: **Noon Sunday 14th April 2024**
* All entries must be made by Hy-Tek entry files and these can be requested from the Meet Entry Secretary via email from swlgalaentrysecretary@gmail.com or downloaded from [www.swimscotland.co.uk](http://www.swimscotland.co.uk).
* Entry times should be based on the coaches best estimate and should be as accurate as possible.
* Withdrawals will be dealt with prior to the event and any on the day should be notified to the recorder’s desk at least one hour prior to the start of the appropriate session. There are no refunds for entries withdrawn after the draft programme has been issued unless a medical certificate is provided.
* The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Rejected entries will be refunded in full. A draft programme will be made available to Entry Secretaries prior to the meet date.

**Events:**

* All events will be swum on a Heat Declared Winners basis and will be swum with age groups combined and swimmers seeded by entry times.
* Swimmers must report to the designated marshalling area a minimum of three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

**Miscellaneous:**

* Amenities for the meet: Xcite Whitburn has vending machines.
* Parking is available on site and in the surrounding area.
* Neither Broxburn ASC or Xcite Whitburn can be held responsible for loss or damage to swimmers or team officials’ property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended.
* Broxburn ASC will take no responsibility for any accidents that occur throughout the duration of the Meet.
* Swimmers and coaches must not take glassware into the showers or onto poolside.
* Swimmers outside the pool area must wear dry clothing and footwear at all times.
* Outdoor footwear must not be worn on poolside.
* Anything not covered above and not printed in the meet programme will be at the Meet Managers discretion.
* Please note in the event of postponement, cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of Broxburn & District Amateur Swimming Club. Broxburn & District Amateur Swimming Club will have no legal liability to make a refund or pay any form of consequential or indirect damage such as loss of equipment, travel and accommodation costs.

**Costs:**

 Entry fees: £6.00/ £6.50 per individual swim

 Spectator’s fees: £3.00 per session or £5.00 per day (cash only)



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 **HEALTH & SAFETY ANNOUNCEMENT**

 **Controlling the Use of Photographic Equipment**

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.





**Broxburn ASC**

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**Programme of Events**

|  |  |
| --- | --- |
| **SESSION 1 Sunday 12th May 2024**Warm up 9:00 – Start 10:00 | **SESSION 2 Sunday 12th May 2024**Warm up 13:30 – Start 14.30 |
| **101** | Girls 11/under | 50m Butterfly | HDW | **201** | Girls 12/over | 100m Breaststroke | HDW |
| **102** | Boys 11/under | 50m Butterfly | HDW | **202** | Boys 12/over | 100m Breaststroke | HDW |
| **103** | Girls 12/over | 100m Butterfly | HDW | **203** | Girls 11/under | 50m Freestyle | HDW |
| **104** | Boys 12/over | 100m Butterfly | HDW | **204** | Boys 11/under | 50m Freestyle | HDW |
| **105** | Girls 11/under | 50m Backstroke | HDW | **205** | Girls 12/over | 100m Freestyle | HDW |
| **106** | Boys 11/under | 50m Backstroke | HDW | **206** | Boys 12/over | 100m Freestyle | HDW |
| **107** | Girls 12/over | 100m Backstroke | HDW | **207** | Girls 11/under | 100m IM | HDW |
| **108** | Boys 12/over | 100m Backstroke | HDW | **208** | Boys 11/under | 100m IM | HDW |
| **109** | Girls 11/under | 50m Breaststroke | HDW | **209** | Girls 12/over | 100m IM | HDW |
| **110** | Boys 11/under | 50m Breaststroke | HDW | **210** | Boys 12/over | 100m IM | HDW |
| **111** | Mixed 12/over | 4x50m Freestyle Relay | HDW | **211** | Mixed 11/under | 4x50m Freestyle Relay | HDW |

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**Consideration Times**

Swimmers must enter with times slower than the times below.

|  |  |  |
| --- | --- | --- |
| **Girls** | **Event** | **Boys** |
| 15 | 14 | 13 | 12 | 11 | 10 | 9/under |  | 9/under | 10 | 11 | 12 | 13 | 14+ | 15 |
| 0.35.60 | 0.36.24 | 0.39.58 | 0.41.44 | 0.45.41 | 0.49.66 | 0.57.49 | 50m Fly | 0.58.94 | 0.50.09 | 0.45.50 | 0.41.18 | 0.38.36 | 0.34.19 | 0.32.89 |
| 0.36.88 | 0.37.51 | 0.40.74 | 0.42.93 | 0.47.06 | 0.51.15 | 0.57.40 | 50m Back | 0.57.30 | 0.51.42 | 0.47.42 | 0.42.77 | 0.40.21 | 0.35.66 | 0.34.41 |
| 0.41.87 | 0.42.44 | 0.46.15 | 0.48.10 | 0.52.96 | 0.58.75 | 1.05.55 | 50m Breast | 1.06.48 | 0.59.16 | 0.53.87 | 0.47.84 | 0.44.73 | 0.39.78 | 0.38.56 |
| 0.32.90 | 0.33.35 | 0.36.27 | 0.37.48 | 0.40.51 | 0.43.87 | 0.49.08 | 50m Free | 0.48.66 | 0.43.77 | 0.40.39 | 0.36.78 | 0.34.53 | 0.31.18 | 0.30.23 |
| 1.18.70 | 1.19.16 | 1.26.94 | 1.31.45 | 1.42.80 | 2.01.16 | 2.17.09 | 100m Fly | 2.21.03 | 2.01.29 | 1.43.19 | 1.30.74 | 1.23.33 | 1.14.94 | 1.12.96 |
| 1.18.54 | 1.19.20 | 1.26.44 | 1.30.68 | 1.40.54 | 1.52.46 | 2.03.64 | 100m Back | 2.02.50 | 1.53.61 | 1.41.64 | 1.30.49 | 1.24.14 | 1.15.40 | 1.13.49 |
| 1.30.26 | 1.30.93 | 1.38.64 | 1.43.68 | 1.55.72 | 2.09.60 | 2.23.10 | 100m Breast | 2.24.00 | 2.11.80 | 1.57.65 | 1.43.22 | 1.35.36 | 1.25.43 | 1.23.17 |
| 1.10.54 | 1.11.05 | 1.17.24 | 1.20.54 | 1.29.16 | 1.38.78 | 1.48.87 | 100m Free | 1.46.59 | 1.38.89 | 1.28.82 | 1.19.44 | 1.13.88 | 1.07.00 | 1.05.30 |
| 1.21.55 | 1.22.15 | 1.29.24 | 1.33.13 | 1.43.94 | 1.54.39 | 2.01.07 | 100m IM | 2.00.16 | 1.54.14 | 1.44.62 | 1.32.93 | 1.27.15 | 1.17.42 | 1.15.88 |

**Broxburn ASC**

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**Sunday 12th May 2024**

**Xcite Whitburn**

**Entries Summary Sheet**

*\*\* Please completed this form and return it with your entries. \*\**

|  |  |
| --- | --- |
| Club Name: |  |
| Contact Name: |  |
| Address: |  |
|  |  |
| Post Code: |  |
| Telephone: |  |
| Email Address: |  |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  |  | **Total £** |
| Number of male entries | @ £6 each (50m) |  |  |
|  | @ £6.50 each (100m) |  |  |
| Number of female entries | @ £6 each (50m) |  |  |
|  | @ £6.50 each (100m) |  |  |
| **Total** |  |  |  |
|  |  |  |  |

Please make payments by bank transfer to the following:

Account Name: Broxburn & District ASC

Account Number: 801271

Sort Code: 00197904

Reference: Broxburn Pentaqua/club code

 Return this form with entry file to Louise Weir: swlgalaentrysecretary@gmail.com

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Closing date for Entries: **Noon Sunday 14th April 2024**