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**East Lothian Swim Team**

**Age Group Meet**

**Saturday 27th & Sunday 28th January 2024**

Mercat Gait Centre, Prestonpans

****

**Licence Number:** L2/ED/021/JAN24

#threeclubsoneteam

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| **Licenced by:**  **Accreditation:** | SASA East District.  SASA Level 2 Licenced Meet. |
| **Date:** | Saturday 27th & Sunday 28th January 2024 |
| **Venue:** | Mercat Gait Sports Centre, Prestonpans, East Lothian EH32 9EN |
| **Pool:**  **Spectators:** | 6-Lane 25-Metre; full electronic timing with 3-lane display scoreboard; non-turbulent lane dividers.  Spectator numbers may be restricted to give priority to swimmers. Swimmers may be accommodated in the spectator gallery. |
| **Events:** | 50m, 100m, 200m – Backstroke, Breaststroke, Butterfly, Freestyle. 100m, 200m Individual Medley.  400m Freestyle & Individual Medley.  **All events are Heat Declared Winners.** |
| **Age Groups:** | 10/11, 12/13, 14/15, 16 & Over (maximum 18yrs). **Age as at 28th January 2024.**  Events will be run in mixed age groups, with results sorted by age groups. |
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| **Sessions:** | There will be two sessions per day as follows. Warm Up & Start Times may be subject to change.  **Warm-up Start**  Session 1 09:00 – 09:50 09:55  Session 2 13:15 – 14:05 14:10 |
| **Entry Fees:**  **Entry Closing Date:**  **Awards:**  **Officials:**  **Lunches:** | £6.50 per 50m event  £7.00 per 100m event  £7.50 per 200m event  £8.00 per 400m event  Monday 8th January 2024 (midday)  Meet file can be obtained from [elstmeets@gmail.com](mailto:elstmeets@gmail.com) or [www.swimscotland.co.uk](http://www.swimscotland.co.uk).  Medals will be awarded to the first three places in each age group. A plaque will be awarded to Best Club. There will be no presentations, medals will be available from the medal desk which will be located upstairs.  To ensure accreditation, we would appreciate if visiting Clubs could assist by  providing technical officials. Details of your STO support should be sent to elststo@gmail.com  We will provide a sandwich lunch for officials attending **both** AM and PM sessions. |

**Meet Rules**

* The current World Aquatics and SASA rules of competitive swimming will apply
* Age as at 28th January 2024
* All swimmers must have a current SASA or equivalent registration number.
* The pool is 25-metres long with 6-lanes separated by anti-turbulent lane ropes.
* Electronic timing will be in operation. In the event of electronic timing failure, then back-up manual timing will be used.
* 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.
* The meet will adhere to Scottish Swimming “Swimwear Policies”. The policies are included in full in the appendices of Scottish Swimming Regulations. These can be found [here](https://www.scottishswimming.com/our-sports/swimming/swimsuits).

**Entries and Events**

* Closing date for entries is 12.00 (midday) on Monday 8th January 2024. Late entries will not be accepted.
* All entries must be made by Hy-Tek entry files and these can be requested via email from [elstmeets@gmail.com](mailto:elstmeets@gmail.com) or downloaded from [www.swimscotland.co.uk](http://www.swimscotland.co.uk).
* Withdrawals on the day must be made to the recorders no later than 45 minutes prior to the start of each session. There are no refunds for entries withdrawn after the draft programme is prepared.
* The organisers reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. It is the responsibility of Entry Secretaries to ensure all entry times and dates of birth are correct. In case of over subscription, the overall percentage of swimmers accepted in the meet will be applied to each age allowing all swimmers an equal chance of being accepted. Rejected entries will be refunded in full. A draft programme will be made available to Entry Secretaries prior to the meet date.
* All events are Heat Declared Winners.
* Swimmers must report to the designated marshalling area **a minimum of four heats in advance.** It is the responsibility of the competing squads to ensure that their swimmers report to the marshalling area on time.

**Warm up**

* Warm up may only commence when advised to do so.
* No diving other than in sprint lanes.
* Swimmers must keep moving during warm-up, to avoid congestion in the pool.
* The meet stewards will determine sprint lanes.
* No congregating allowed at either end of the lanes.

**Miscellaneous**

* This will be a Level 2 Licensed Meet. Licence Number: L2/ED/021/JAN24
* Mercat Gait has refreshment vending machines and café facilities.
* The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.
* Neither ELST nor 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 not be taken onto poolside they should remain in lockers.
* Only swimmers, coaches and approved volunteers are allowed poolside.
* Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.
* No glassware may be taken into the 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 in poolside area.
* The use of mobile phones is prohibited by the Mercat Gait Leisure Centre anywhere within changing areas or showers.
* The ELST 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.
* No guarantee can be given by East Lothian Swim Team that the event will take place at a particular time, place or date and ELST reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be as a result of unforeseen circumstances, e.g., venue/facility failure or adverse weather.
* In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of East Lothian Swim Team. East Lothian Swim Team will have no liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.

**Controlling the Use of Photographic Equipment**

The meet organisers are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that most images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.

Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child’s images to be taken and shared in this way.

The meet organisers are committed to ensuring that all children who participate in this meet can take part in an enjoyable, safe environment and be safeguarded form harm. If there are any child safeguarding concerns at the event, please contact the Events Convenor immediately to disclose your concerns.

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

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**Events** - Warm Up & Start Times may be subject to change.

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| **Session 1: Saturday 27th January 2024**  Warm up 09:00 – 09:50 / Start 09:55 | | | | |  | **Session 3: Sunday 28th January 2024**  Warm up 09:00 – 09:50 / Start 09:55 | | | | |
| 101 | Mixed | 10 & Over | 400 IM | HEAT DECLARED WINNERS | 301 | Mixed | 10 & Over | 400m Freestyle | HEAT DECLARED WINNERS |
| 102 | Female | 10 & Over | 50m Breaststroke | 302 | Female | 10 & Over | 50m Backstroke |
| 103 | Male | 10 & Over | 50m Backstroke | 303 | Male | 10 & Over | 50m Breaststroke |
| 104 | Female | 10 & Over | 200m Backstroke | 304 | Female | 10 & Over | 200m Butterfly |
| 105 | Male | 10 & Over | 200m Butterfly | 305 | Male | 10 & Over | 200m Backstroke |
| 106 | Female | 10 & Over | 100m Freestyle | 306 | Female | 10 & Over | 100m Breaststroke |
| 107 | Male | 10 & Over | 100m Breaststroke | 307 | Male | 10 & Over | 100m Freestyle |
| 108 | Female | 10 & Over | 100 IM | 308 | Female | 10 & Over | 200 IM |
| **Medals to be collected from medal desk post result announcement for each event.** | | | | | **Medals to be collected from medal desk post result announcement for each event.** | | | | |
| **Session 2: Saturday 27th January 2024**  Warm up 13:15 – 14:05 / Start 14:10 | | | | | **Session 4 Sunday 28th January 2024**  Warm up 13:15 – 14:05 / Start 14:10 | | | | |
| 201 | Mixed | 10 & Over | 400m Freestyle | HEAT DECLARED WINNERS | 401 | Mixed | 10 & Over | 400 IM | HEAT DECLARED WINNERS |
| 202 | Male | 10 & Over | 50m Freestyle | 402 | Male | 10 & Over | 50m Butterfly |
| 203 | Female | 10 & Over | 50m Butterfly | 403 | Female | 10 & Over | 50m Freestyle |
| 204 | Male | 10 & Over | 200m Breaststroke | 404 | Male | 10 & Over | 200m Freestyle |
| 205 | Female | 10 & Over | 200m Freestyle | 405 | Female | 10 & Over | 200m Breaststroke |
| 206 | Male | 10 & Over | 100m Butterfly | 406 | Male | 10 & Over | 100m Backstroke |
| 207 | Female | 10 & Over | 100m Backstroke | 407 | Female | 10 & Over | 100m Butterfly |
| 208 | Male | 10 & Over | 100 IM | 408 | Male | 10 & Over | 200 IM |
| **Medals to be collected from medal desk post result announcement for each event.** | | | | | **Medals to be collected from medal desk post result announcement for each event.** | | | | |

**SUMMARY SHEET**

**\*\*This sheet must be completed and returned with entries via email\*\***

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| **Club:** |  | | |
| **Contact Name:** |  | | |
| **Address:** |  | | |
| **Town:** |  | **Postcode:** |  |
| **Tel No:** |  | **E-mail:** |  |
| **Breakdown of fees:** | | | |
| **Total Male Entries: @£6.50** | |  | **£** |
| **Total Female Entries: @£6.50** | |  | **£** |
| **Total Male Entries: @£7.00** | |  | **£** |
| **Total Female Entries: @£7.00** | |  | **£** |
| **Total Male Entries: @£7.50** | |  | **£** |
| **Total Female Entries: @£7.50** | |  | **£** |
| **Total Male Entries: @£8.00** | |  | **£** |
| **Total Female Entries: @£8.00** | |  | **£** |
|  | |  |  |
|  |  | **Total** | **£** |
| **Payment can be made by BACS. Reference should be AGE followed by your club code e.g., AGE UELX**  **Bank Account Details: Sort Code: 80-17-68 Account No: 06002423**  **Contact:** [**elstfinance@gmail.com**](mailto:elstfinance@gmail.com)  **Cheques to be made payable to: EAST LOTHIAN SWIM TEAM to be received within 7-days of closing date.**  **Kelly Dobson**  **5 Marquette Place**  **Dunbar**  **EH42 1FF**  **Return this form with entry file no later than 12.00 (midday) Monday 8th Jan 2024**  [**elstmeets@gmail.com**](mailto:elstmeets@gmail.com) | | | |