

**2024 IM Tough Meet**

**Saturday 4th & Sunday 5th May 2024**

At

Xcite Bathgate Swimming Pool, Balbardie Park, Torphichen Road, Bathgate

EH48 4LA



*Would like to invite entry applications for their*

**2024 IM Tough Meet**

(Under SASA Laws and License Number L2/ED/025/MAY24)

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**2024 IM Tough Meet – General Information**

*Dates:*Saturday 4th May & Sunday 5th May 2024

*Venue:*Xcite Bathgate Swimming Pool, Balbardie Park, Torphichen Road, Bathgate, EH48 4LA

*Pool:*6 lane, 25 metre pool with non-turbulent lane dividers, full electronic timing system with touch-pads and 6-lane time display board will be used.

*Events:*  50m all strokes

100m all strokes

200m all strokes

200m Individual Medley

400m Individual Medley

400m Freestyle

*Competition* Events will be swum separately in the following competition categories:

*Categories:* Female and ‘Male & Open’

*Age Groups:*10-11 years, 12 years, 13 years, 14 years, 15 years and over, as at 5th May 2024

(last day of competition)

*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

WARM UP TIMES MAYBE SUBJECT TO CHANGE ONCE A DRAFT PROGRAMME IS PREPARED

*Entry Fees:* £8 per individual event

*Entry Closing*

*Date:* **Noon Thursday 11th April 2024**

*Awards:*Medals will be awarded for the first three places in each age group per event.

Trophy for best club based on overall points awarded as 7,5,4,3,2,1 for top 6 in each age group per event.

*Officials:* To help with accreditation clubs are respectively asked to provide 2 technical officials per session, one of which should be qualified to a minimum of Judge Level 1. The organisation of officials will be managed via SignUp Genius and a link to this will be provided once entry files are submitted. Club technical officials to complete SignUp Genius **no later than Friday 26th April 2024.**

*Lunches:* We will provide a free lunch for STO’s attending both AM and PM sessions each day and can provide coaches lunches at £10 per day.

*Coaches Pass****:*** Free

*Spectators:* Spectating will be available for both days.

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

*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 45 minutes prior to the start of the appropriate session.

There are no refunds for entries withdrawn after the draft program has been issued unless a medical certificate is provided.

**2024 SWL IM Tough Meet – Specific Information**

**Meet Rules:**

* The current World Aquatics and SASA rules of competitive swimming will apply.
* Ages as at 5th May 2024.
* 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

**Transgender**

**Competition Policy:**

* As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found [here](https://www.scottishswimming.com/our-sports/para-swimming/news/transgender-non-binary-competition-policy-statement). Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Manager and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. As a result of this policy being implemented, by entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

**Entries:**

* Closing date for entries is: **Noon Thursday 11th April 2024**
* All entries must be made by Hy-Tek entry files and these can be 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.
* This is a level 2 meet. Coaches should make sure that all swimmers can comply with the technical requirements of the stroke when making the entry.
* Withdrawals will be dealt with prior to the event and any on the day should be notified to the recorder’s desk at least 45 minutes prior to the start of the appropriate session. There are no refunds for entries withdrawn after the draft program 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.

**Costs:**

Entry fees: £8.00 per individual swim

Coaches meals: £10.00 per day

Spectators fees: £3.00 per session or £5.00 per day (cash only)

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**Warm-ups:**

* Warm-up will commence when advised to do so.
* There will be no diving allowed during the warm-up other than those in the controlled sprint lanes.
* Sprint lanes will be made available during the final ten minutes of each warm-up period. Meet stewards may control these lanes as necessary to avoid congestion and prevent accidents.
* No congregating allowed at either end of the lanes.

**Miscellaneous:**

* A license number has been received under License Number (L2/ED/025/MAY24)
* Amenities for the meet: Xcite Bathgate has a café and vending machines.
* Adequate parking is available on site.
* The promoters reserve the right to exclude or refuse admission to any competitor or team official.
* Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.
* Neither Swim West Lothian or Xcite Bathgate 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.
* Swim West Lothian will take no responsibility for any accidents that occur throughout the duration of the Meet.
* 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 Management discretion.
* In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Swim West Lothian and said club will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.

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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.

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**Programme of Events**

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| **SESSION 1 Saturday 4th May 2024** | | | | | |  | | **SESSION 3 Sunday 5th May 2024** | | | | |
| Warm up 9:00 – Start 10:00 | | | | | |  | | Warm up 9:00 – Start 10.00 | | | | |
|  |  | |  | |  | |  |  | |  |  |  | |
| 101 | Female | | 200m I.M. | | HDW | |  | 301 | | ‘Male & Open’ | 200m I.M. | HDW | |
| 102 | ‘Male & Open’ | | 400m I.M. | | HDW | |  | 302 | | Female | 400m I.M. | HDW | |
| 103 | Female | | 100m Butterfly | | HDW | |  | 303 | | ‘Male & Open’ | 100m Butterfly | HDW | |
| 104 | ‘Male & Open’ | | 200m Backstroke | | HDW | |  | 304 | | Female | 200m Backstroke | HDW | |
| 105 | Female | | 100m Breaststroke | | HDW | |  | 305 | | ‘Male & Open’ | 100m Breaststroke | HDW | |
| 106 | ‘Male & Open’ | | 100m Freestyle | | HDW | |  | 306 | | Female | 100m Freestyle | HDW | |
| 107 | Female | | 50m Butterfly | | HDW | |  | 307 | | ‘Male & Open’ | 50m Butterfly | HDW | |
| 108 | ‘Male & Open’ | | 50m Backstroke | | HDW | |  | 308 | | Female | 50m Backstroke | HDW | |
|  | | | | | |  | |  | | | | |
| **SESSION 2 Saturday 4th May 2024** | | | | | |  | | **SESSION 4 Sunday 5th May 2024** | | | | |
| Warm up 13:30 – Start 14:30 | | | | | |  | | Warm up 13.30– Start 14:30 | | | | |
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| 201 | ‘Male & Open’ | | 400m Freestyle | | HDW | |  | 401 | | Female | 400m Freestyle | HDW | |
| 202 | Female | 200m Freestyle | | HDW | |  | | 402 | ‘Male & Open’ | | 200m Freestyle | HDW |
| 203 | ‘Male & Open’ | 200m Breaststroke | | HDW | |  | | 403 | Female | | 200m Breaststroke | HDW |
| 204 | Female | 50m Freestyle | | HDW | |  | | 404 | ‘Male & Open’ | | 50m Freestyle | HDW |
| 205 | ‘Male & Open’ | 50m Breaststroke | | HDW | |  | | 405 | Female | | 50m Breaststroke | HDW |
| 206 | Female | 100m Backstroke | | HDW | |  | | 406 | ‘Male & Open’ | | 100m Backstroke | HDW |
| 207 | ‘Male & Open’ | 200m Butterfly | | HDW | |  | | 407 | Female | | 200m Butterfly | HDW |
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**SWIM WEST LOTHIAN**

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**Saturday 4th May & Sunday 5th May 2024**

**Xcite Bathgate**

**Entries Summary Sheet**

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

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

**Double click anywhere in this grid then add totals to column B**



**Hit <ENTER> & Click anywhere outside the grid to return to normal mode.**

**Please make payments by bank transfer to the following:**

**Account Name:** Swim West Lothian

**Sort Code:** 80-05-56

**Account No:** 00119426

**Reference:** Club Code / IMTough

Payments can be made by cheque on request.

Return this form by email with entry file to Susan Liddle: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

*Closing date for Entries*: **Noon Thursday 11th April 2024**