

**EAST KILBRIDE**



**SWIM TEAM**

**East Kilbride Graded Meet**

**MEET INFORMATION**

**Timebanded: Saturday 15<sup>th</sup> February 2025**

**Graded: Sunday 16<sup>th</sup> February 2025**

**Larkhall Leisure Centre**

**Broomhill Road**

**Larkhall, MI9 1QP**

**Under SASA and World Aquatics Rules**

**Licence Number: WD/L3/0225/019**

# **EAST KILBRIDE GRADED MEET SHORT COURSE MEET 2025 MEET INFORMATION**

Date: Saturday 15<sup>th</sup>/Sunday 16<sup>th</sup> February 2025

Venue: Larkhall Leisure Centre, Larkhall, ML9 1QP

Pool: 6 lanes x 25m with full electronic timing

Time: **Saturday** Warm-up: 1.20pm Start: 2.00pm  
**Sunday** Warm-up: 9.15am Start: 10.00am

Categories: 10 & Under, 11/12, 13 & Over

**Age as at 31st December 2025**

Events: The programme for each category will be as follows:

50m on each of the 4 strokes

100m on each of the 4 strokes

200m IM, Backstroke, Breaststroke, Freestyle

**All events will be H.D.W for each age group**

**ALL EVENTS WILL BE SWUM AS MIXED GENDER  
AND SPLIT FOR RESULTS PURPOSES INTO  
GENDER/AGE CATEGORIES**

Entry Fee: £6.50 per event

**Closing Date:**

**Wednesday 29th January 2025**

[Meet Web Page](#)

[Entry Form Link](#)

[Entry File Link](#)

We would like to invite you to the East Kilbride Short Course Graded for 2025. We hope to provide you with a great opportunity for your swimmers to compete and gain experience in a relaxed setting.

**Entry Times:** 'Slower Than' Consideration times for this meet. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be short course times; however, long course times converted to short course are acceptable. Accepted swims will be equitable across gender and age group where practically possible.

**Entries:** Entries to be submitted by the closing date using Hy-Tek Team Manager meet file. Please ensure that it is completed correctly to show the FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER, EVENT NUMBER and ENTRY TIME. Events file supplied to clubs on request, along with instructions if needed. Files can be downloaded from the [Meet Web Page](#).

**Entry Form:**

Once all swims are confirmed, an invoice will be generated and entry fees should then be forwarded within 3 days by Bank Transfer: **BACS: 82-69-03 – 10117014**

**Withdrawals:** Any withdrawals prior to the first day of the event should be notified by email to [derek@ekasc.co.uk](mailto:derek@ekasc.co.uk) by 8pm on Friday 14th February. Any reserves will be allocated to EKASC swimmers ONLY. Further withdrawals will result in empty lanes, which EKASC holds the right to fill for their swimmers. Programmes/Start Sheets/Results will be posted in the pool area via our 'Live Results Service' and on Meet Mobile. Results will be posted in the pool area and also on Meet Mobile.

**Refunds:** No refunds will be given after the closing date. Fees for rejected entries will be returned as soon as possible after the event, however clubs should wait until invoiced before paying.

**Prizes:** Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all categories. 'I Swam Too Fast' Awards will also be given for Events where applicable. If a swimmer is 'Too Fast' the fastest within the Meet Times will be awarded the medals.

**Presentations:** Medals can be collected at the medal table as soon as the results are available for each event.

**Officials:** Clubs are kindly asked to provide at least two Technical Officials per session, one of which should be qualified to a minimum level of Judge Level 1.

## Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as at 31st December 2025.
- All swimmers of Scottish clubs must have a current S.A.S.A. 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.
- Swim down facility available in far end of pool at the discretion of the organisers.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Coaches must ensure that all swimmers can comply with the technical requirements of each stroke. This is a level 3 meet.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved S.A.S.A. form.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

## Miscellaneous

- Accreditation will be applied for under licence number – **WD/L3/0225/019**
- There will be a raffle or other fundraising activities.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither EKASC nor Larkhall Leisure Centre can be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- EKASC reserves the right to vary the above conditions as necessary.
- Swimwear should comply with the World Aquatics and SASA requirements in place on the day of the competition.

### Order of Events/Consideration Times - Saturday

Event #	10 & U GIRLS	11/12 GIRLS	13 & O GIRLS	< SLOWER THAN >	10 & U BOYS	11/12 BOYS	13 & O BOYS
Event 11	3.05.00	3.05.00	3.05.00	200 IM	3.05.00	3.05.00	3.05.00
Event 12	40.00	40.00	40.00	50 Butterfly	40.00	40.00	40.00
Event 13	1.36.00	1.36.00	1.36.00	100 Breaststroke	1.36.00	1.36.00	1.36.00
Event 14	3.00.00	3.00.00	3.00.00	200 Backstroke	3.00.00	3.00.00	3.00.00
Event 15	39.00	39.00	39.00	50 Backstroke	39.00	39.00	39.00
Event 16	1.20.00	1.20.00	1.20.00	100 Freestyle	1.20.00	1.20.00	1.20.00

### Order of Events/Consideration Times - Sunday

Event #	10 & U GIRLS	11/12 GIRLS	13 & O GIRLS	< SLOWER THAN >	10 & U BOYS	11/12 BOYS	13 & O BOYS
Event 21	3.25.00	3.25.00	3.25.00	200 Breaststroke	3.25.00	3.25.00	3.25.00
Event 22	1.30.00	1.30.00	1.30.00	100 Butterfly	1.30.00	1.30.00	1.30.00
Event 23	43.00	43.00	43.00	50 Breaststroke	43.00	43.00	43.00
Event 24	2.45.00	2.45.00	2.45.00	200 Freestyle	2.45.00	2.45.00	2.45.00
Event 25	1.28.00	1.28.00	1.28.00	100 Backstroke	1.28.00	1.28.00	1.28.00
Event 26	37.00	37.00	37.00	50 Freestyle	37.00	37.00	37.00

[Meet Web Page](#)

[Entry Form Link](#)

[Entry File Link](#)