



East Lothian Swim Team Distance Meet

Friday 8th, Saturday 9th & Sunday 10th June 2018

Mercat Gait Centre, Prestonpans



Licence Number: L2\ED\013\JUN18

#threeclubsoneteam





East Lothian Swim Team Distance Meet 2018

Licensed by: SASA East District

Date: Friday 8th, Saturday 9th and Sunday 10th June 2018

Location: Mercat Gait Sports Centre, Prestonpans, East Lothian, EH32 9EN

Course: 6 lane, 25 Metre pool with non-turbulent lane dividers, spectator facilities.

Events: 200m – Backstroke, Breaststroke, Butterfly, Freestyle & Individual Medley
400m Freestyle & Individual Medley
800m & 1500m Freestyle

All events are Heat Declared Winners

Age Groups: 12& under, 13/14, 15 & over

Events will be run in mixed age groups, with results sorted by age groups.

Age: Age as at 10th June 2018

Please note we will not accept entries from swimmers under the age of 10 on the 10th Jun 2018.

Sessions: There will be one evening session & two sessions per day as follows:

Friday Night: Warm-up 5.30 pm - Start 6 pm

Saturday & Sunday

Morning: Warm-up 09.00 - Start 10.00 Afternoon: Warm-up 13.30 - Start 14.30

Entry Fees: £7.00 per 200m event, £7.50 per 400m event
£8.00 per 800m event, £8.50 per 1500m event

Cheques should be made payable to **East Lothian Swim Team**. Payment is due within 7 days of the closing date.

Payment can alternatively be paid by BACS. Reference should be DISTANCE followed by your club code eg DISTANCEUELX. Please see the summary sheet for payment details.

Entries: Entries should be made on Hy-tek entry files which can be obtained by e-mailing the Entry Secretary quoting your club name. The **closing date** for entries is midnight **11th May 2018**. No time cards will be required.

Entries will be accepted on a 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. Where the distance events are oversubscribed, girls will be allocated entry to the 800m event provided that they have entered that event and boys to the 1500m event again with the proviso that they have made an entry to that event. Rejected entries will be refunded in full. A draft programme will be made available to Entry Secretaries prior to the meet date.

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.





East Lothian Swim Team Distance Meet 2018

Meet Entry Secretary: Senga Dent hc.swimhaddington@gmail.com

Awards: Medals will be awarded to the first three places in each age group. A plaque will be awarded to Best Boy and Best Girl in each age group. There will be no presentations, medals will be available from the medal desk which will be located poolside, please ask your swimmers to collect their medals once announced.

Officials: Clubs entering this meet should provide a minimum of two officials in order that we can apply for accreditation. Technical officials should wear poolside apparel as specified in STO rule 12. Please provide a note of your officials on the form provided and return with your entries.

Lunch: We will provide lunch for all officials attending AM and PM sessions. Coaches' lunch may be booked at a cost of £9.

Accreditation: SASA level 2 licence and accreditation will be applied for.





East Lothian Swim Team Distance Meet 2018

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 the last day of the competition.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- **No** photographic or video equipment (inc. mobile phones) will be allowed in any area under the jurisdiction of the meet organisers and pool facility without prior approval of the meet director. Application must be made on the approved SASA form.
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries on this basis 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 competing squads to ensure that their swimmers report to the marshalling area on time.
- Over the top starts may be used to help the smooth running of the meet.

Warm up

- Warm up may only commence when advised to do so.
- No diving other than in sprint lanes.
- The meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

Miscellaneous

- 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.
- Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.
- To avoid the unnecessary waste where empty lanes appear, reserves will be drawn from the reserve list and then filled by ELST and associated clubs.
- 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 the building.
- 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.

Photographic Equipment

- This venue does **NOT** allow photography within the centre.





East Lothian Swim Team Distance Meet 2018

Events

Session 1: Friday 8 th June 2018			
101	Female/Male	800m Freestyle	HDW
102	Male/Female	1500m Freestyle	
Medals will be available for collection on Saturday 9th June 2018			
Session 2: Saturday 9 th June 2018 Warm up 9.00 am – Start 10.00 am			
201	Female	200 IM	HEAT DECLARED WINNERS
202	Male	400 IM	
203	Female	200m Butterfly	
204	Male	200m Backstroke	
Medals to be collected from poolside medal desk post result announcement for each event.			
Session 3: Saturday 9 th June 2018 Warm up 1.30 pm – Start 2.30 pm			
301	Female	400m Freestyle	HEAT DECLARED WINNERS
302	Male	200m Freestyle	
303	Female	200m Breaststroke	
Medals to be collected from poolside medal desk post result announcement for each event.			

Session 4: Sunday 10 th June 2018 Warm up 9.00 am – Start 10.00 am			
401	Male	200 IM	HEAT DECLARED WINNERS
402	Female	400 IM	
403	Male	200m Butterfly	
404	Female	200m Backstroke	
Medals to be collected from poolside medal desk post result announcement for each event.			
Session 5: Saturday 10 th June 2018 Warm up 1.30 pm – Start 2.30 pm			
501	Male	400m Freestyle	HEAT DECLARED WINNERS
502	Female	200m Freestyle	
503	Male	200m Breaststroke	
Medals to be collected from poolside medal desk post result announcement for each event.			





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HEALTH & SAFETY DECLARATION

*** This form must be completed and returned with your cheque ****

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to do so, will start in the water and notify the referee that this will be the case.

Signed _____ Print _____

Club Position _____

On behalf of _____ (Club)

Date ___/___/2018





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SUMMARY SHEET

****This sheet must be completed and returned with cheque & filled in and returned with Entries via E-mail****

CLUB:		
Contact Name:		
Address:		
Town:		Postcode:
Tel No:		
E-Mail:	_____@_____	
(Helps us speed up the communication of accepted entries & draft Programs)		

Breakdown of fees:		
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 Male Entries: @£8.50		£
Total Female Entries: @£8.50		£
Total Coaches Lunches: @£9.00		£
	Total	£

CLOSING DATE – 11TH MAY 2018

Paperwork to be received within 7 postal days of closing date

Cheques should be made payable to EAST LOTHIAN SWIM TEAM. If you have paid by BACS please indicate here
BACS Payment Reference DISTANCE followed by Club Code eg DISTANCEUELX. Bank Account Details: Sort Code: 80-17-68, Account No. 06002423

Have you enclosed or sent:

- Cheque (BACS by arrangement)
- Hy-tek Team Manager Entry File
- Declaration and Summary Sheet

Late payment will result in electronic entries being rejected.

Return to:

Senga Dent

78 Preston Crescent

Prestonpans

EH32 9RB

Tel: 07736943777 e-mail:- hc.swimhaddington@gmail.com please cc in elstfinace@gmail.com





East Lothian Swim Team Distance Meet 2018

Named STO's and Timekeepers

Name	Position	Sessions	Preferred Role	Contact Details
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		
	STO/TK	1 [] 2 []		

Please complete electronically and return to hc.swimhaddington@gmail.com

Thank you for your assistance

