

EAST KILBRIDE



SWIM TEAM

East Kilbride Long Course

Open Age Group Meet

MEET INFORMATION

27th – 29th April 2018

Dollan Aqua Centre

Brouster Hill

East Kilbride, G74 1AF

Under SASA and FINA Rules

Licence Number: L1/574/SS/APR18

EAST KILBRIDE OPEN AGE GROUP LONG COURSE MEET 2018 MEET INFORMATION

Date: Friday 27th, Saturday 28th & Sunday 29th April 2018

Venue: Dollan Aqua Centre, East Kilbride, G74 1AF

Pool: 6 lanes x 50m with full electronic timing

Time: **Session 1** Warm-up: 4.20pm Start: 5.30pm

Sessions 2 & 4 Warm-up: 8.20am Start: 9.30am

Sessions 3 & 5 Warm-up: 1.20pm Start: 2.30pm

Categories: 11 & Under, 13 and Under, 14/15 years,
16 – 18 years (Distance Events), 16 and Over

Age as at Sunday 29th April

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

11 & Under 50m on each of the 4 strokes

Age Groups 100m and 200m on each of the 4 strokes

200m and 400m Individual Medley

400m Freestyle

800m/1500m Freestyle (Mixed up to 18 years ONLY)

12 & Over 50m on each of the 4 strokes (Friday)

All 50m events on Friday will have Super Finals

All other events will be H.D.W

Entry Fee: £7.50 per event

Coaches Pass: £5 per day ALL Swimmers must be accompanied by at least ONE coach (includes start sheets, programme, morning roll/tea & coffee throughout the weekend)

Closing Date: Friday 6th April 2018

We would like to invite you to the East Kilbride Long Course Open Age Group Meet for 2018. We hope to provide you with a great opportunity for your swimmers to compete Long Course within the British Summer Meet and National Summer Meets qualifying window.

Entry Times: Consideration times are provided. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be long course times; however, short course times converted to long course are acceptable.

Entries: Entries should be submitted by the closing date using the 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. The events file will be supplied to clubs on request, along with instructions if needed. Files can be downloaded on www.swimscotland.co.uk or can be requested by email to del_mcg@yahoo.co.uk.

The summary sheet and entry fees should be forwarded within 3 days of the closing date to:

Derek McGown
37 MacBeth
Calderwood
East Kilbride
G74 3NH

Cheques should be made payable to 'EKASC'.

Withdrawals: Any withdrawals (including reserves) prior to the first day of the event should be notified to the entries/withdrawals secretary by email to del_mcg@yahoo.co.uk. Withdrawals can also be made up to 45 minutes before the start of each session.

Any swimmer who wishes to withdraw from a final must inform the recorders within 30 minutes of the results being posted. Where a reserve is brought in at short notice, they will occupy the vacant lane for that final – there will be no re-seeding.

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.

Prizes: Medals will be given for 1st, 2nd and 3rd in all Age Group events.

Open 50m events will have the following cash prizes:

1 st	-	£25
2 nd	-	£15
3 rd	-	£10

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

Officials: To help with accreditation, 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. Details of officials should be sent with the entry fee payment.

Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as on the final day of the competition.
- 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 50 metres long with 6 lanes separated by anti-wave lane ropes.
- 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 2 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 – L1/574/SS/APR18
- The centre has a cafeteria and there are various shops nearby.
- 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 the Dollan Aqua 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 FINA and SASA requirements in place on the day of the competition.

Order of Events

Friday 27th April

Session 1	Friday	Warm-Up: 4.20pm	Start: 5.30pm	
101	Women	12/13 14/15 16+	50m Backstroke	Heats
102	Men	12/13 14/15 16+	50m Backstroke	Heats
103	Women	12/13 14/15 16+	50m Butterfly	Heats
104	Men	12/13 14/15 16+	50m Butterfly	Heats
105	Women	12/13 14/15 16+	50m Breaststroke	Heats
106	Men	12/13 14/15 16+	50m Breaststroke	Heats
107	Women	12/13 14/15 16+	50m Freestyle	Heats
108	Men	12/13 14/15 16+	50m Freestyle	Heats
109	Mixed	12/13 14/15 16-18	800m Freestyle	HDW
110	Mixed	12/13 14/15 16-18	1500m Freestyle	HDW
111	Women	Super Final	50m Backstroke	Super Final
112	Men	Super Final	50m Backstroke	Super Final
113	Women	Super Final	50m Butterfly	Super Final
114	Men	Super Final	50m Butterfly	Super Final
115	Women	Super Final	50m Breaststroke	Super Final
116	Men	Super Final	50m Breaststroke	Super Final
117	Women	Super Final	50m Freestyle	Super Final
118	Men	Super Final	50m Freestyle	Super Final

Saturday 28th April

Session 2	Saturday	Warm-Up: 8.20am	Start: 9.30am	
201	Women	12/13 14/15 16+	200m Breaststroke	HDW
202	Men	12/13 14/15 16+	200m Breaststroke	HDW
203	Women	10/13 14/15 16+	100m Freestyle	HDW
204	Men	10/13 14/15 16+	100m Freestyle	HDW
205	Girls	10/11	50m Butterfly	HDW
206	Boys	10/11	50m Butterfly	HDW
207	Women	12/13 14/15 16+	400m Freestyle	HDW

Session 3	Saturday	Warm-Up: 1.20pm	Start: 2.30pm	
301	Women	12/13 14/15 16+	200m Backstroke	HDW
302	Men	12/13 14/15 16+	200m Backstroke	HDW
303	Women	10/13 14/15 16+	100m Breaststroke	HDW
304	Men	10/13 14/15 16+	100m Breaststroke	HDW
305	Girls	10/11	50m Freestyle	HDW
306	Boys	10/11	50m Freestyle	HDW
307	Men	12/13 14/15 16+	400m Freestyle	HDW

Sunday 29th April

Session 4	Sunday	Warm-Up: 8.20am	Start: 9.30am	
401	Men	12/13 14/15 16+	200m Freestyle	HDW
402	Women	12/13 14/15 16+	200m Freestyle	HDW
403	Men	10/13 14/15 16+	100m Butterfly	HDW
404	Women	10/13 14/15 16+	100m Butterfly	HDW
405	Boys	10/11	50m Backstroke	HDW
406	Girls	10/11	50m Backstroke	HDW
407	Men	12/13 14/15 16+	400 IM	HDW
408	Women	12/13 14/15 16+	400 IM	HDW

Session 5	Sunday	Warm-Up: 1.20pm	Start: 2.30pm	
501	Men	10/13 14/15 16+	100m Backstroke	HDW
502	Women	10/13 14/15 16+	100m Backstroke	HDW
503	Men	12/13 14/15 16+	200m Butterfly	HDW
504	Women	12/13 14/15 16+	200m Butterfly	HDW
505	Boys	10/11	50m Breaststroke	HDW
506	Girls	10/11	50m Breaststroke	HDW
507	Men	12/13 14/15 16+	200 IM	HDW
508	Women	12/13 14/15 16+	200 IM	HDW

Consideration Times

FEMALE					Event	MALE				
12+	16 & Over	14/15	12/13	10/11	Age Group	10/11	12/13	14/15	16 & Over	12+
34:00				40:00	50m Freestyle	40:00				32:00
	1:12:00	1:14:00	1:18:00	1:18:00	100m Freestyle	1:16:00	1:16:00	1:12:00	1:10:00	
	2:30:00	2:35:00	2:40:00		200m Freestyle		2:38:00	2:34:00	2:28:00	
	5:10:00	5:20:00	5:30:00		400m Freestyle		5:15:00	5:00:00	4:50:00	
	10:30:00	10:45:00	11:00:00		800m Freestyle (mixed 12-18yrs)		11:00:00	10:45:00	10:30:00	
	18:30:00	19:30:00	20:30:00		1500m Freestyle (mixed 12-18yrs)		20:30:00	19:30:00	18:30:00	
36:00				50:00	50m Butterfly	50:00				34:00
	1:22:00	1:25:00	1:30:00	1:30:00	100m Butterfly	1:24:00	1:24:00	1:20:00	1:16:00	
	3:10:00	3:20:00	03:30:00		200m Butterfly		3:20:00	3:10:00	3:00:00	
36:00				50:00	50m Backstroke	50:00				34:00
	1:20:00	1:24:00	1:28:00	1:28:00	100m Backstroke	1:26:00	1:26:00	1:22:00	1:18:00	
	2:55:00	3:00:00	3:10:00		200m Backstroke		3:00:00	2:55:00	2:50:00	
42:00				53:00	50m Breaststroke	53:00				40:00
	1:32:00	1:35:00	1:38:00	1:38:00	100m Breaststroke	1:39:00	1:39:00	1:35:00	1:30:00	
	3:20:00	3:25:00	3:30:00		200m Breaststroke		3:35:00	3:25:00	3:15:00	
	2:50:00	2:58:00	3:06:00		200m I.M		3:00:00	2:55:00	2:50:00	
	6:00:00	6:15:00	6:30:00		400m I.M		6:30:00	6:15:00	6:00:00	

Health and Safety Announcement

Controlling the Use of Photographic Equipment

The S.A.S.A has a strict child protection policy, brought about by concerns over paedophile activity. This policy has been adopted by each member club and requires that meet organisers strictly control the use of photographic and video equipment. Therefore the use of such equipment shall be subject to the following guidelines:

No photographic equipment (e.g., camera, camcorder, cameraphones etc,) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.

Application to use photographic equipment must be made on the approved S.A.S.A. form which is available on request.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

SWIM TEAM

Health and Safety Declaration

In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed:

Print Name:

Position in club:

On behalf of:
(Name of club)

Return this form along with entries no later than **Friday 6th April 2018** to:

**Derek McGown
37 MacBeth
Calderwood
East Kilbride
G74 3NH
07825327889**

Summary Entry Form

*** This form must be completed and returned with any entries. ***

Club Name: Club Contact:

Club Code:

Address:

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EAST KILBRIDE

Telephone:

Email:

Total Entries @ £7.50 each Total:

No. of Coaches @ £5 per coach per day Total:

No. of Lunches @ £10 pp per day Total:

Total:

Signed:

Position in club:

Please make cheques payable to: **EKASC**

Return this form along with entries no later than **Friday 6th April 2018** to:

**Derek McGown
37 MacBeth
Calderwood
East Kilbride
G74 3NH
07825327889**