Meet Information

Licensed LC Time Trial

### **SASA EAST DISTRICT**

### **Licensed**

### **LONG COURSE**

### **TIME TRIAL**

**27th and 28th April 2019**

**Venue**

**Royal Commonwealth Pool**

**Edinburgh**

# **SASA EAST DISTRICT LICENSED LC TIME TRIAL**

**Licence No: L2/103/ED/Apr19**

27th and 28th April 2019

**MEET INFORMATION**

The East District is holding this time trial to provide an opportunity for swimmers to gain experience in competing over a range of events in a long course pool. Only those not accepted or who did not enter a 50m or 100m event at East District Age Group Championships (EDAGs) in December 2018 and February 2019 are eligible to take part in that event.

The events will be 50m and 100m for all strokes. All events will be swum mixed gender with results declared separately.

**RULES**

* All competitors must have paid the annual membership fee for 2019/20 to Scottish Swimming. The time trial is open to all eligible members of East District clubs AND to members of any clubs competing at the East District Open over the same weekend. However, priority will be given to entries from members of East District clubs.
* **Swimmers cannot enter an event for which they were accepted at the December 2018 or February 2019 EDAGs.** Entry times must be provided: short course converted times may be used where slower than the consideration times listed below. **Any entries that do not comply with this will be rejected outright with no refund.**
* Swimmer numbers for events will be agreed by the swim committee after entries are received. If it is necessary to reject entries, this will be done at the discretion of the meet organisers.

**POOL** 50m, eight lanes with anti-turbulence lane ropes. Electronic timing will be in operation.

**ENTRIES**

All entries should be submitted using Hy-Tek team manager events files. A proof of time report must accompany the entry file. Please ensure that it is completed correctly to show the **FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME.** Random checks of entries will be made prior to publication of the programme. In the event that entry times cannot be substantiated, or an entry time is not provided, the meet organisers reserve the right to reject the entry without refund.

Completed entry files are to be returned by email. The summary sheet and fees should be sent no later than three days following the closing date, to the entries secretary:

SUSAN LIDDLE, 9 RULLION ROAD PENICUIK EH26 9HS

E-mail: [sasaeastdistrictentries@gmail.com](mailto:sasaeastdistrictentries@gmail.com)

Closing date for entries will be **WEDNESDAY 10 April 2019 at 12 noon**

**ENTRY FEES:**

Entry fees are £5.00/event. Fees for oversubscribed entries will be returned to club secretaries after the time trial. There is no refund of entry fees for withdrawals made after the draft programme is published.

**WARM UP AND SESSION TIMES**

An indicative session time is shown on the programme of events, but may be subject to change at the meet organiser’s discretion. Advance notice of any changes and details of warm up times will be published at <http://www.swimscotland.co.uk/> and on the ED blog <http://www.sasaeastdistrict.org.uk/> the week before the event, and emailed to entry secretaries.

**POOLSIDE PASSES**

All coaches, team managers and poolside personnel must have a valid coaches’ pass for this event. This can be a:

* 2019 Scottish Swimming national coaches’ pass
* or an East District pass. Coaches, team managers and poolside helpers who do not have either a national or district pass MUST request a District pass from [sasaeastdistrictsecretary@gmail.com](mailto:sasaeastdistrictsecretary@gmail.com). Requests should be submitted at least 28 days before the date of the event for which it is required. An electronic photograph should accompany the request. The club’s child protection officer should also contact the secretary separately to confirm that the applicant has a PVG approval.

Coaches/chaperones without a poolside pass will not be permitted poolside. All coaches and poolside personnel MUST hold a current PVG/disclosure certificate. See declaration on the summary sheet.

**NUMBER OF PASSES**

The maximum number of coaches/team managers poolside for each club is determined by the highest number of accepted swimmers in any one session, as follows:

Up to 5 swimmers 1 pass

6 to 15 swimmers 2 passes

16 swimmers & over 1 additional pass per 15 swimmers or part thereof.

Clubs with fewer than 5 swimmers will receive one poolside assistant/chaperone pass also.

**TECHNICAL OFFICIALS**

Clubs are required to provide technical officials in line with the East District rules. Once accepted entries are confirmed, clubs will be notified of requirements. They will be asked to notify in advance the name and number of nominated officials to Alistair Shields at [sasaeastdistrictsto@gmail.com](mailto:sasaeastdistrictsto@gmail.com) Technical officials should wear poolside apparel as specified in STO rule 12.

**SPECTATORS** There are no charges for spectators.

**CONTACT DETAILS FOR EVENT TEAM**

|  |  |  |
| --- | --- | --- |
| [**sasaeastdistrictentries@gmail.com**](mailto:sasaeastdistrictentries@gmail.com) | **For enquiries about entries and the draft programme** | **Susan Liddle** |
| [**sasaeastdistrictsecretary@gmail.com**](mailto:sasaeastdistrictsecretary@gmail.com) | **For coaches’/poolside passes** | **Tony Dane** |
| [**sasaeastdistrictsto@gmail.com**](mailto:sasaeastdistrictsto@gmail.com) | **For judge and timekeeper enquiries and to request mentoring or assessments** | **Alistair Shields** |
| [**sasaeastdistrictgalas@gmail.com**](mailto:sasaeastdistrictgalas@gmail.com) | **All other enquiries** | **Andra Laird** |

**PROGRAMME OF EVENTS**

**Saturday; events 101-104 Sunday; events 105-106**

**Times tbc: Broadly 13:00 warm-up, 13:45 start each day**

**All events are mixed gender. However, each session may commence with a male 800 freestyle and a female 1500 freestyle, (available only to swimmers competing in the East District open over the same weekend and dependent on the number of entries received for the whole meet.).**

|  |  |  |  |
| --- | --- | --- | --- |
| **Saturday** | **101** | **50m Butterfly** | **Age groups are defined by year of birth;**  Group 1 – born in 2007 & 2008  Group 2 – born in 2006  Group 3 – born in 2005  Group 4 – born in 2004  Group 5 – born in 2003  Group 6 – born in 2002 or earlier |
| **102** | **50m Backstroke** |
| **103** | **100m Freestyle** |
| **104** | **100m Breaststroke** |
| **Sunday** | **201** | **100m Butterfly** |
| **202** | **100m Backstroke** |
| **203** | **50m Freestyle** |
| **204** | **50m Breaststroke** |

**CONSIDERATION TIMES FOR THE LONG COURSE TIME TRIAL**

**All entries to be equal to or slower than:**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **EAST DISTRICT LC TIME TRIALS CONSIDERATION TIMES – 2019 (long course times)** | | | | | | |
| **Year of birth** | **2007 & 2008** | **2006** | **2005** | **2004** | **2003** | **2002 or earlier** |
| **MALES** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** |
| 50m Freestyle | 37.90 | 34.90 | 31.40 | 31.10 | 28.70 | 27.20 |
| 100m Freestyle | 1.22.40 | 1.17.55 | 1.11.94 | 1.06.77 | 1.03.90 | 59.60 |
| 50m Backstroke | 44.40 | 41.80 | 37.30 | 37.30 | 34.40 | 33.90 |
| 100m Backstroke | 1.36.00 | 1.28.10 | 1.22.77 | 1.15.00 | 1.11.60 | 1.09.30 |
| 50m Butterfly | 45.60 | 41.90 | 36.90 | 34.75 | 33.00 | 29.70 |
| 100m Butterfly | 1.41.80 | 1.30.67 | 1.23.10 | 1.18.30 | 1.12.50 | 1.06.88 |
| 50m Breaststroke | 52.50 | 47.50 | 44.40 | 42.30 | 39.10 | 38.20 |
| 100m Breaststroke | 1.54.10 | 1.40.70 | 1.33.00 | 1.27.80 | 1.23.80 | 1.16.88 |
| **Year of birth** | **2007 & 2008** | **2006** | **2005** | **2004** | **2003** | **2002 or earlier** |
| **FEMALES** | **Group 1** | **Group 2** | **Group 3** | **Group 4** | **Group 5** | **Group 6** |
| 50m Freestyle | 35.20 | 33.10 | 32.00 | 31.60 | 30.70 | 31.00 |
| 100m Freestyle | 1.18.25 | 1.13.90 | 1.09.18 | 1.08.15 | 1.07.20 | 1.06.20 |
| 50m Backstroke | 41.40 | 39.10 | 37.30 | 36.50 | 35.60 | 37.10 |
| 100m Backstroke | 1.29.99 | 1.24.80 | 1.20.60 | 1.19.25 | 1.19.25 | 1.17.10 |
| 50m Butterfly | 41.00 | 38.90 | 36.50 | 36.20 | 34.30 | 34.00 |
| 100m Butterfly | 1.41.10 | 1.32.47 | 1.23.60 | 1.21.10 | 1.20.00 | 1.16.70 |
| 50m Breaststroke | 48.30 | 45.70 | 42.50 | 41.60 | 41.20 | 42.20 |
| 100m Breaststroke | 1.46.60 | 1.36.90 | 1.33.36 | 1.30.53 | 1.28.80 | 1.25.58 |

**SCOTTISH AMATEUR SWIMMING ASSOCIATION**

**EAST DISTRICT**

**Accredited Time Trial 27th and 28th April 2019**

**Summary Sheet**

|  |  |
| --- | --- |
| **Club Name:** |  |
| **Contact Name:** |  |
| **Address:** |  |
|  |  |
| **Post Code:** |  |
| **Telephone:** |  |
| **e-mail-address:** |  |

**Double click anywhere in grid below, add the number of entries, etc. in column B & [ENTER]**

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**Click anywhere outside the grid to return to normal mode.**

***This form is to be completed electronically and returned by email with the entry file.***

***A second signed copy must accompany the payment and be posted to:-***

#### SUSAN LIDDLE, 9 RULLION ROAD, PENICUIK, MIDLOTHIAN, EH26 9HS

Please make your cheque payable to “SASA East District”

I confirm that all swimmers entered have paid their SASA membership fee for 2019/2020 and that all poolside personnel have completed a current PVG check and have an East District or national swimming pass.

Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_Position : \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_