



# Open Meet

Saturday 15<sup>th</sup> June 2019

Mercat Gait, Prestonpans  
EH32 9EN

Licence Number L2/ED/063/JUN19

# Borders Elite Swim Team

## 100's OPEN TIME BANDED MEET

### General Information

<i>Date:</i>	Saturday 15 <sup>th</sup> June 2019	
<i>Venue:</i>	Mercat Gait, Prestonpans EH32 9EN	
<i>Pool:</i>	6 lane 25 metre; full electronic timing with 3 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria..	
<i>Time:</i>	<b>warm-up</b> 9:00-9:50am 01:30-02:20pm	<b>Start</b> 10:00am 02:30pm
<i>Ages:</i>	Age as on 15 <sup>th</sup> June 2019	
<i>Age groups:</i>	No age groups (minimum age for entry will be 8 years as on day of competition) Consideration times on page 7	
<i>Events:</i>	<b>100 Butterfly, 100 Backstroke, 100 Breaststroke, 100 Freestyle 400 Freestyle &amp; 400 Individual Medley</b>  All events will be run as heat declared winner	
<i>Entry Fees:</i>	£5.50 per 100 metre event £7.00 per 400 metre event	
<i>Meals</i>	£8.00 per meal	
<i>Awards:</i>	Medals will be awarded to the top 3 in each of the time bands. Those swimming faster than their entered time band will receive a 'Too Fast' award	
<i>Officials:</i>	Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day.	
<i>Closing date for entries:</i>	Noon <b>Wednesday 16<sup>th</sup> of May 2019</b>	

*All entries should be submitted by email on the appropriate file and returned to:*

**Susan Liddle**  
9 Rullion Road  
Penicuik  
EH26 9HS  
E-mail: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

## **Specific Information**

### **Meet Rules**

- The meet shall be held under FINA Rules & Scottish Swimming Rules.
- 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.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Coaches/ Team Managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by swimming legislation. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches will be admitted on to the poolside.
- Swimmers must act on the instructions given by 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.

### **Entries**

- Closing date for entries is Noon Wednesday 16<sup>th</sup> May 2019. Late entries will not be accepted.
- All entries must be made using Hytek electronic files and submitted by email. Entry files can be downloaded from SwimScotland.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.
- The promoter's reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure entry times are accurate. Any rejected entries will be refunded in full.  
NO refunds will be given once the draft programme has been distributed.
- Over the top starts may be used at the discretion of the promoter's in order to facilitate the smooth running of the meet.
- All events will Heat Declared Winner
- Heats will be seeded after withdrawals have closed before the start of each session.  
All heats will be spearheaded based on entry times, fastest to slowest, with the fastest swimmers in the final heat. Start sheets will then be issued to clubs for information and marshalling purposes.
- Swimmers must report to the competitor stewards in the designated marshalling area at least four heats in advance.

# Borders Elite Swim Team

## Warm-ups

Warm-up	Start
9:00-9:50am	10:00am
01:30-02:20pm	02:30pm

- The warm-ups may only commence when advised to do so by the warm-up marshals.
- No diving is allowed in warm-ups other than when sprint lanes are put in place.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on backstroke.
- Lanes 1, 3 and 5 are to be swum in a clockwise direction and Lanes 2, 4 and 6 swum in an anti-clockwise direction.

## Awards

*Individual events:* Medals presented to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed swimmers in each of the time bands

## Miscellaneous

- 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 Borders Elite Swim Team nor the Mercat Gait 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 lockers provided 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 area.
- Anything not covered above or not printed in the event programme will be at the promoter's discretion.
- Borders Elite Swim Team reserve the right to vary the above conditions as necessary.
- **We would appreciate visiting Clubs providing technical officials to assist with Judging and timekeeping to ensure level 2 accreditation is received.**

# Borders Elite Swim Team

## PROGRAMME OF EVENTS

### SESSION 1

Warm up 9am – Start 10am

Events Number	Description	Gender
101 - 103	100 Butterfly	Girls
104 - 106	100 Butterfly	Boys
107 - 109	100 Backstroke	Girls
110 - 112	100 Backstroke	Boys
113 - 115	400 Freestyle	Girls
116 - 118	400 Freestyle	Boys

### Session 2

Warm up 1:30pm – Start 2:30pm

Events Number	Description	Age/ Time
201 - 203	100 Breaststroke	Boys
204 - 206	100 Breaststroke	Girls
207 - 209	100 Freestyle	Boys
210 - 212	100 Freestyle	Girls
213 - 215	400 Individual Medley	Boys
216 - 218	400 Individual Medley	Girls

Dependent on entries the 400 events maybe combined as mixed gender but separated into single gender for results and presentations.

	Time band A	Time band B	Time band C
<b>100 Butterfly</b>	1:35.00 – 1:39.99	1:40.00 – 1:44.99	1:45.00 >
<b>100 Backstroke</b>	1:30.00 – 1:34.99	1:35.00 – 1:39.99	1:40.00 >
<b>100 Breaststroke</b>	1:35.00 – 1:39.99	1:40.00 – 1:44.99	1:45.00 >
<b>100 Freestyle</b>	1:10.00 – 1:14.99	1:25.00 – 1:29.99	1:30.00 >
<b>400 Freestyle</b>	4:50.00 – 4:59.99	5:00.00 – 5:09.99	5:10.00 >
<b>400 IM</b>	5:40.00 – 5:49.99	5:50.00 – 5:59.99	6:00.00 >

## Summary Entry Form

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

Club Name: .....

Contact Name: .....

Address: .....

..... Post Code .....

Telephone: .....

email: .....

Total 100 metre Entries ..... @ £5.50 each: = £.....

Total 400 metre Entries ..... @ £7.00 = £.....

Coach Meal .....@£8.00 = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **Borders Elite Swim Team**

Return this form along with entries no later than Noon **Wednesday 16<sup>th</sup> May 2019**  
to:

**Susan Liddle**

9 Rullion Road

Penicuik

EH26 9HS

Email:

Susan.liddle@googlemail.com