



East Lothian Swim Team Age Group Meet

Saturday 2nd & Sunday 3rd February 2019

Mercat Gait Centre, Prestonpans



Licence Number: L2\ED\031\FEB19

#threeclubsoneteam





East Lothian Swim Team Age Group Meet 2019

Licensed by: SASA East District

Date: Saturday 2nd and Sunday 3rd February 2019

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

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

Events: 50m, 100m, 200m – Backstroke, Breaststroke, Butterfly, Freestyle
100m, 200m Individual Medley
400m Freestyle & Individual Medley

All events are Heat Declared Winners

Age Groups: 8/9, 10/12, 13/14, 15 & over

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

Age: Age as at 3rd February 2019

Please note we will not accept entries from swimmers under the age of 8 on the 3rd Feb 2019.

Sessions: There will be two sessions per day as follows:

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

Entry Fees: £6.00 per 50m event
£6.00 per 100m event
£7.00 per 200m event
£7.50 per 400m 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 AGE followed by your club code eg AGEUELX. Please contact the East Lothian Swim Team Treasurer for details if required.

eltsfinance@gmail.com.

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 **13th January 2019**. 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. 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 There are no refunds for entries withdrawn after the draft programme is prepared.

Meet Entry Secretary: Neil Craigmile: elstmeetsec@gmail.com





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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.





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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.





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Events

Session 1: Saturday 2 nd February 2019				
Warm up 9.00 am – Start 10.00 am				
101	Girls	10 & Over	200 IM	HEAT DECLARED WINNERS
102	Boys	10 & Over	400 IM	
103	Girls	8/9 Years	100m Butterfly	
104	Boys	10 & Over	200m Backstroke	
105	Girls	8/9 Years	100m Breaststroke	
106	Boys	8/9 Years	100m Freestyle	
107	Girls	8 & Over	50m Butterfly	
108	Boys	8 & Over	50m Backstroke	
Medals to be collected from poolside medal desk post result announcement for each event.				
Session 2: Saturday 2 nd February 2019				
Warm up 1.30 pm – Start 2.30 pm				
201	Boys	10 & Over	400m Freestyle	HEAT DECLARED WINNERS
202	Girls	10 & Over	200m Freestyle	
203	Boys	10 & Over	200m Breaststroke	
204	Girls	8 & Over	50m Freestyle	
205	Boys	8 & Over	50m Breaststroke	
206	Girls	8/9 Years	100m Backstroke	
207	Boys	10 & Over	200m Butterfly	
208	Girls	8/9 Years	100 IM	
Medals to be collected from poolside medal desk post result announcement for each event.				

Session 3: Sunday 3 rd February 2019				
Warm up 9.00 am – Start 10.00 am				
301	Boys	10 & Over	200 IM	HEAT DECLARED WINNERS
302	Girls	10 & Over	400 IM	
303	Boys	8/9 Years	100m Butterfly	
304	Girls	10 & Over	200m Backstroke	
305	Boys	8/9 Years	100m Breaststroke	
306	Girls	8/9 Years	100m Freestyle	
307	Boys	8 & Over	50m Butterfly	
308	Girls	8 & Over	50m Backstroke	
Medals to be collected from poolside medal desk post result announcement for each event.				
Session 4: Sunday 3 rd February 2019				
Warm up 1.30 pm – Start 2.30 pm				
401	Girls	10 & Over	400m Freestyle	HEAT DECLARED WINNERS
402	Boys	10 & Over	200m Freestyle	
403	Girls	10 & Over	200m Breaststroke	
404	Boys	8 & Over	50m Freestyle	
405	Girls	8 & Over	50m Breaststroke	
406	Boys	8/9 Years	100m Backstroke	
407	Girls	10 & Over	200m Butterfly	
408	Boys	8/9 Years	100 IM	
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 ___/___/2019





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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: @£6.00			£
Total Female Entries: @£6.00			£
Total Male Entries: @£7.00			£
Total Female Entries: @£7.00			£
Total Male Entries: @£7.50			£
Total Female Entries: @£7.50			£
Total Coaches Lunches: @£9.00			£
		Total	£
CLOSING DATE – 13TH JANUARY 2019			
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 <input type="checkbox"/>			
BACS Payment Reference AGE followed by Club Code eg AGEUELX			
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:
 Neil Craigmile
 6 Winton Terrace
 New Winton
 EH33 2NQ
 Tel: 07757595717
 Email: elstmeetsec@gmail.com





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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 []		
	STO/TK	1 [] 2 []		

Please complete electronically and return to elstmeetsec@gmail.com

Thank you for your assistance

