



TROJAN SWIMMING CLUB  
WHITBURN & DISTRICT  
OPEN TIME BANDED GALA

Sunday 15 June 2025



Xcite Whitburn  
77 West Main Street  
Whitburn, EH47 0QD



MORNING SESSION: WARM-UP 9.00 AM - START 9.45 AM

AFTERNOON SESSION: WARM-UP 1.00 PM - START 1.45 PM

SASA Licence Number: L3/ED/024/JUN25

# TROJAN SWIMMING CLUB - WHITBURN AND DISTRICT

## OPEN TIME BANDED GALA

**Sunday 15 June 2025**

**VENUE:** Xcite, Whitburn Swimming Pool, 77 West Main Street, Whitburn, EH47 0QD

**POOL:** 6 lane - 25m pool

**AGES:** Age on the day. No entries under age 8 years.

**AGE GROUPS:** No age group, swimmers will swim in timebands

**SESSIONS:** There will be two sessions: -

Morning: Warm-up 9.00am Start 9.45am

Afternoon: Warm-up 1.00pm Start 1.45pm

**AWARDS:** Heat declared winners with awards to the first six in each time band.

Swimmers who swim faster than the 10% permitted tolerance in their allocated Time Band will lose their place but shall receive a token medal.

A Trophy will be awarded to the best Overall Club.

**ENTRY FEES:** Individual Entries: £5.25  
Relay: £7.00

**RELAY:** The relay is a 4 x 50m mixed relay and should comprise 2 Male/Open and 2 Females who cross the 4 freestyle bands and **who are accepted and swim in the freestyle event.** The relay order should be slowest swimmer (Band D) to fastest (Band A). Where there is no swimmer in a particular band a swimmer in the band below may occupy the place. Only 2 entries per club. (Please note if gala is oversubscribed only 1 relay team per club will be accepted).

**ENTRIES:** **CLOSING DATE FOR ENTRIES: 12noon – Wednesday 21 May 2025**

Entries are via Hytek files which can be downloaded from [Swim Scotland](#)

Entries should be sent to Colin Matthews at [trojanasc@outlook.com](mailto:trojanasc@outlook.com)

## **LUNCH**

- Lunch will be provided for officials and coaches attending both sessions.

## **OFFICIALS**

- In order that the event runs smoothly we would ask assistance from all clubs attending by supplying officials for each session. Please forward note of your officials to [trojanasc@outlook.com](mailto:trojanasc@outlook.com)

## **MEET RULES:**

- All swimmers must have a current SASA or equivalent registration number.
- The current FINA and SASA rules of competitive swimming will apply.
- Only certified Coaches and Team Managers who possess a valid PVG and CWPS will be allowed on poolside, otherwise will be refused entry.
- Clubs will be limited to one member of staff (Coach or Team Manager) for the first 10 athletes per session, thereafter a ratio of 1:10 should be applied.
- Coaches and Team Managers must ensure that all their swimmers can safely dive into the water in accordance with current legislation.
- 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.
- There will be no diving at the shallow end of the pool.
- Electronic timing will be in operation. In the event of electronic timing failure, manual timing will be used.
- Spectating will be available, though this may be limited.
- Swimmers must act on the instructions given by the meet officials and always behave in a reasonable manner.
- It is the responsibility of each club to ensure their swimmers are aware of the meet rules and safety guidelines.

## **WITHDRAWALS**

- Withdrawals must be made to the recorders table no later than 45 minutes prior to the start of each session. There will be no refunds for entries withdrawn after the draft programme has been issued unless a medical certificate has been provided.

## **WARM-UPS:**

- Warm-ups will be split to accommodate the numbers attending.

**MARSHALLING:**

- Swimmers should marshal in the designated area at least four events in advance of their own.

**AWARDS:**

- Medals will be presented at the end of each session. 1<sup>st</sup> to 3<sup>rd</sup> will be podium awarded. 4<sup>th</sup> to 6<sup>th</sup> and Swim Too Fast will be collected from the medals desk. The Trojan Time Banded Trophy will be presented to the winning club.

**PARA-SWIMMING:**

- Trojan Swimming Club would appreciate pre notification of the participation of para-swimmers, who may be required to provide certification to the referee.

**STO POOLSIDE UNIFORM:**

- The poolside uniform for technical officials at this meet will be:
  - White top, black trousers, dress or skirt and must be below the knees. Shorts will not be permitted.
  - Black poolside shoes, black socks, and black accessories

**GENERAL:**

- Neither Trojan Swimming Club or Whitburn Swimming Pool 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 and should remain in lockers. 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.
- Please note in the event of postponement, cancellation or abandonment of the event, refunds, if any, will be made at the absolute discretion of Trojan Swimming Club. Trojan Swimming Club will have no legal liability to make a refund or pay any form of consequential or indirect damage such as loss of equipment, travel and accommodation costs.
- Trojan Swimming Club retains the right to amend any of the above conditions as necessary.

**TRANSGENDER & NON-BINARY**

As of 1 January 2024, the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found [here](#).

Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event.

As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

## **HEALTH AND SAFETY ANNOUNCEMENT**

### **Controlling the Use of Photographic Equipment**

By attending the event either as a participant, volunteer, team staff or spectator, you accept that any photographs / videos taken will not be used for illicit purposes or that pictures / films produced will not be altered in any way or uploaded onto the web without the consent in writing of the person(s) photographed / filmed.

The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets, or shower areas.

Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

Please scan the QR code to read the Scottish Swimming wellbeing statement.



### **Safeguarding**

The primary safeguarding point for the event in relation to wellbeing and protection matters or accidents is the Meet Organiser. The secondary point is the Scottish Swimming Safeguarding Manager.

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### PROGRAMME OF EVENTS

<b>SESSION 1:</b>		9.00am warm-up	9.45am start	
Event 101	Male/Open	50m Butterfly	BAND D	55.00 seconds and over
Event 102	Female	50m Butterfly	BAND D	55.00 seconds and over
Event 103	Male/Open	50m Butterfly	BAND C	50.00 - 54.99 seconds
Event 104	Female	50m Butterfly	BAND C	50.00 - 54.99 seconds
Event 105	Male/Open	50m Butterfly	BAND B	45.00 - 49.99 seconds
Event 106	Female	50m Butterfly	BAND B	45.00 - 49.99 seconds
Event 107	Male/Open	50m Butterfly	BAND A	40.00 - 44.99 seconds
Event 108	Female	50m Butterfly	BAND A	40.00 - 44.99 seconds
Event 109	Male/Open	50m Backstroke	BAND D	55.00 seconds and over
Event 110	Female	50m Backstroke	BAND D	55.00 seconds and over
Event 111	Male/Open	50m Backstroke	BAND C	50.00 - 54.99 seconds
Event 112	Female	50m Backstroke	BAND C	50.00 - 54.99 seconds
Event 113	Male/Open	50m Backstroke	BAND B	45.00 - 49.99 seconds
Event 114	Female	50m Backstroke	BAND B	45.00 - 49.99 seconds
Event 115	Male/Open	50m Backstroke	BAND A	40.00 - 44.99 seconds
Event 116	Female	50m Backstroke	BAND A	40.00 - 44.99 seconds
<b>SESSION 2:</b>		1.00pm warm-up	1.45pm start	
Event 201	Male/Open	50m Breaststroke	BAND D	1.00.00 minute and over
Event 202	Female	50m Breaststroke	BAND D	1.00.00 minute and over
Event 203	Male/Open	50m Breaststroke	BAND C	55.00 - 59.99 seconds
Event 204	Female	50m Breaststroke	BAND C	55.00 - 59.99 seconds
Event 205	Male/Open	50m Breaststroke	BAND B	50.00 - 54.99 seconds
Event 206	Female	50m Breaststroke	BAND B	50.00 - 54.99 seconds
Event 207	Male/Open	50m Breaststroke	BAND A	45.00 - 49.99 seconds
Event 208	Female	50m Breaststroke	BAND A	45.00 - 49.99 seconds
Event 209	Male/Open	50m Freestyle	BAND D	50.00 seconds and over
Event 210	Female	50m Freestyle	BAND D	50.00 seconds and over
Event 211	Male/Open	50m Freestyle	BAND C	45.00 - 49.99 seconds
Event 212	Female	50m Freestyle	BAND C	45.00 - 49.99 seconds
Event 213	Male/Open	50m Freestyle	BAND B	40.00 - 44.99 seconds
Event 214	Female	50m Freestyle	BAND B	40.00 - 44.99 seconds
Event 215	Male/Open	50m Freestyle	BAND A	35.00 - 39.99 seconds
Event 216	Female	50m Freestyle	BAND A	35.00 - 39.99 seconds
Event 217	Relay		4x 50m Mixed Freestyle Relay	

# TROJAN SWIMMING CLUB - WHITBURN AND DISTRICT

## Entry Form Summary Sheet

NAME OF CLUB

CLUB CODE

CONTACT NAME

ADDRESS

TELEPHONE NO

E-MAIL

Total Entries for Male/Open @ £5.25..... = £.....

Total Entries for Female @ £5.25..... = £.....

Total Entries for Relays @ £7.00..... = £.....

**Total payable to Trojan Swimming Club** £.....

Signed .....

Position.....

Please make payment via Bank Transfer (BACS) to the following:

Account Name: Trojan Swimming Club  
Bank Royal Bank of Scotland  
Sort Code: 83-28-05  
Account No: 00281866  
Reference: [Your Club Code] eg. ETNX – TBAND

Alternatively, if paying by cheque, please make cheque payable to '**Trojan Swimming Club**'

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