

Meet Information

SASA EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2014/15

**1st & 2nd November 2014
29th & 30th November 2014
10th & 11th January 2015**

Venues

**November & December - Michael Wood Centre, Glenrothes
January - Royal Commonwealth Pool, Edinburgh**

**Licence Numbers: L1/426/ED/NOV14
 L1/427/ED/DEC14
 L1/428/ED/FEB15**

East District Age Groups

SASA East District

EAST DISTRICT AGE GROUP CHAMPIONSHIPS

1st - 2nd November 2014, 29th- 30th November 2014, 10th – 11th January 2015

INFORMATION

The East District Age Group Championships will be held over six days. Five age groups for individual events as follows: 10/11/12 years, 13 years, 14 years, 15 years and 16+ years.

Age groups for relay events are, 10-12 years, 13/14 years and 15 years and over.

Age as at last day of competition –11th January 2015.

Events are outlined on the attached schedule.

Relays, 400m freestyle and 400m IM, 800m and 1500m freestyle events will be heat declared winner. Most individual events will be swum in 'Open' heats, with age group finals in the 100m and 200m events. However, the 200m IM events on Sunday (10-12 years and age 13 years) will be swum as heat declared winner. For seeding purposes the fastest 8 entry times in each of these two age groups will be seeded to swim in a heat of 10-12 years and 13 years.

Relays will be swum by age group.

The 100m IM (swum 1st /2nd November) is not part of the championships and no points or medals will be awarded. It is included in the programme to give swimmers an opportunity to gain entry times for the Scottish SC championships in December. Entries will be accepted from the fastest until the available time is full, but priority in each session will be given to events that are part of the East District championship. Where swimmers do not have an accredited time to enter the 100m IM, we ask that an accurate estimate is submitted.

Dates	1/2 November	: Michael Wood Centre, Glenrothes
and	29/30 November	: Michael Wood Centre, Glenrothes
Venue	10/11 January	: Royal Commonwealth Pool, Edinburgh

Pools: MWC: 25m, eight lanes with anti-turbulence lane ropes. 20m swim down pool
RCP : 50m, eight lanes with anti-turbulence lane ropes. 25m swim down pool
Electronic timing will be in operation.

ENTRIES

Times submitted should have been achieved since **1st November 2013** and must be capable of verification by a club official. 50m conversions may be used. The following types of event will be accepted:

SASA accredited meets (L1 & L2)

Non-accredited L3 meets

Equivalent meets organised by ASA affiliated counties or clubs or other FINA affiliated organizations.

All entries should be submitted using Hy-Tek team manager and the events file provided. Please ensure that it is completed correctly to show the **FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME**. In addition, printouts in respect of each entry, detailing the date and venue when the submitted time was achieved should be emailed with entries. Random checks of entries will be made prior to publication of the programme. In the event that entry times cannot be substantiated, the meet organisers reserve the right to reject the entry without refund.

All relay events will be held during the January weekend. Clubs may enter a maximum of 2 relay teams per event/age group, both of which are eligible to score points in the team competition. Swimmers can only swim in their own age group for relay events. Entry times for relays will be used for seeding purposes only.

Cut off numbers for each event will be determined, if necessary, by the organising committee after entries have been received. Subject to an appropriate entry, an even spread of heats across the age group will be accepted. Consideration times are attached.

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:

JOHN BRUCE
50 STATION ROAD
ROSLIN
EH25 9LR
Tel: 0131 440 1752
E-mail: JBruce2160@aol.com

Closing dates for entries will be

1/2 November : Noon on **WEDNESDAY 8th OCTOBER 2014**.

29/30 November : Noon on **WEDNESDAY 29th OCTOBER 2014**.

10/11 January 2015 : Noon on **WEDNESDAY 17th December 2014**.

ENTRY FEES:

Individual events £7.25
Team events £12.00 per team.

SPECTATOR PASSES:

Each swimmer will be entitled to one free spectator pass for each session in which they compete. Spectator passes may not be offered for resale. Any that are may be confiscated by a steward or officer of the East District and/or the facility management.

If clubs have not already done so for other ED events, those wishing to receive spectator passes should email Andra Laird at Norman.laird@talktalk.net, to request passes and to provide a club member's address to allow passes to be posted out.

SWIMMER EDUCATION SESSION:

During the January finals weekend, we hope to hold a swimmer education event on both afternoons, open to East District swimmers only – further details will be posted on the East District website in January and circulated to clubs.

AWARDS:

Medals will be awarded to 1st, 2nd and 3rd placed competitors in each event. An award will be given for 4th to 8th place in each event.

The Solripe Trophy will be awarded to the club with the highest number of points in the East District Age Group Championships.

Solripe Trophy points will be awarded for individual and relay events as follows:

1st = 3 points 2nd = 2 points 3rd = 1 point.

Top male and top female competitor in each age group.

Points for all awards are based on cumulative points from final events and heat declared events throughout the three weekends that make up the championships. Points are awarded as follows:

1st Place = 8 points 2nd Place = 7 points 3rd Place = 6 points 4th Place = 5 points
5th Place = 4 points 6th Place = 3 points 7th Place = 2 points 8th Place = 1 point

Andrew Taylor Award

The Andrew Taylor trophy will be awarded to the boy and girl swimmer in the youngest age group who achieves the highest FINA points for an individual swim. The most up to date FINA points available at the start of the championships will be used.

The Bob Greenlees Trophy

The Bob Greenlees Trophy will be awarded to the coach(s) of the winners of the Andrew Taylor Trophy.

WARM UPS AND SESSION TIMES

Indicative session times are shown on the programme of events, but may be subject to change at the meet organiser's discretion. Advance notice of any changes 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.

Warm up details will be posted on the East District blog the week before each event also.

POOLSIDE PASS:

All coaches and poolside personnel must have a valid coaches' pass for this event. This can be either a:

- 2014 Scottish Swimming national coaches' pass
- or an East District pass (or equivalent from other districts). Coaches and poolside helpers who do not have either a national or district pass **MUST** request a 3-year East District pass from 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 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.

MEALS FOR TEAM PERSONNEL

Lunches will be provided at a cost of £10.50 per day. At the RCP a light snack will also be served before the start of the evening session. Team personnel wishing to avail themselves of this facility should complete the attached form and send a cheque for the appropriate amount along with entry forms.

Coffee and tea will be available at the RCP in the coaches meeting area for holders of poolside passes.

TECHNICAL OFFICIALS

Clubs will be required to provide technical officials in line with East District rules, failure to provide officials will result in clubs being fined. Once accepted entries are confirmed, clubs will be notified of requirements. They will be asked to notify in advance the name and official number of nominated officials. Technical officials should wear appropriate poolside apparel.

PROGRAMMES, START SHEETS AND RESULTS

Programmes and start sheets will be available for each session. Results will be available on the swimscotland website, www.swimscotland.org.uk

RULES

All competitors must have paid the annual membership fee for 2014/2015 to Scottish Swimming. Only members registered as swimmers may compete in these championships. Swimmers may only compete in their own age groups.

Only small bags containing essential equipment will be allowed on poolside, swimmers **MUST** use storage facilities within the changing area.

Coaches are asked to ensure that their swimmers leave the poolside tidy after each session.

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT AGE GROUP CHAMPIONSHIPS**

1st and 2nd November 2014, 29th and 30th November 2014, 10th and 11th January 2015

SUMMARY SHEET

Please forward this summary along with your fees within 3 days of the closing dates to:

JOHN BRUCE, 50 STATION ROAD, ROSLIN, MIDLOTHIAN, EH25 9LR

Club:			
Contact:			
Address:			
Post Code:		Telephone No:	
e-mail			

	Meals Saturday	Meals Sunday
Totals		

Double click anywhere in grid below then add the number of entries, etc. in column B

No. of Boys Entries		@ £ 7.25 each:	£	-
No. of Girls Entries		@ £ 7.25 each:	£	-
No. of Relay Entries		@ £12.00 each:	£	-
No. of Coaches Lunches		@ £ 10.50 each:	£	-
Total Remittance			£	-

Click anywhere outside the grid to return to normal mode.

Please make cheque payable to "SASA East District"

I confirm that all swimmers entered have paid the correct level of SASA membership fee for 2014/2015 and all entry times have been achieved since **1st November 2013** as laid out on the attached sheets. Results sheets have been provided as requested by the meet organizers.

I confirm that all poolside personnel have completed a current PVG check.

Signed: _____ Position: _____ Date: _____.

CONSIDERATION TIMES

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2014/2015

Event	AGE					
	MALES	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
100m Freestyle		1:19.00	1:15.00	1:10.00	1:06.00	1:01.00
200m Freestyle		2:55.00	2:40.00	2:25.00	2:15.00	2:10.00
400m Freestyle		6:00.00	5:43.00	5:17.00	4:49.00	4:30.00
1500m Freestyle		21:20.00	20:45.00	20:00.00	19:10.00	18:00.00
100m Backstroke		1:33.00	1:29.00	1:20.00	1:17.00	1:12.00
200m Backstroke		3:15.00	3:10.00	3:00.00	2:43.00	2:32.00
100m Butterfly		1:32.00	1:27.00	1:22.00	1:16.00	1:08.00
200m Butterfly		3:15.00	3:10.00	3:07.00	2:50.00	2:32.00
100m Breaststroke		1:44.00	1:40.00	1:31.00	1:26.00	1:21.00
200m Breaststroke		3:45.00	3:37.00	3:15.00	3:05.00	2:55.00
200m IM		3:18.00	3:10.00	2:55.00	2:50.00	2:32.00
400m IM		6:38.00	6:04.00	5:50.00	5:40.00	5:10.00

Event	AGE					
	FEMALES	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
100m Freestyle		1:18.00	1:15.00	1:13.00	1:11.00	1:08.00
200m Freestyle		2:45.00	2:39.00	2:30.00	2:26.00	2:22.00
400m Freestyle		5:50.00	5:30.00	5:12.00	5:05.00	4:55.00
800m Freestyle		11:27.00	11:14.00	10:51.00	10:28.00	9:53.00
100m Backstroke		1:32.00	1:29.00	1:27.00	1:24.00	1:19.00
200m Backstroke		3:08.00	3:04.00	3:00.00	2:55.00	2:44.00
100m Butterfly		1:34.00	1:30.00	1:27.00	1:24.00	1:18.00
200m Butterfly		3:30.00	3:20.00	3:07.00	2:56.00	2:44.00
100m Breaststroke		1:40.00	1:37.00	1:35.00	1:31.00	1:27.00
200m Breaststroke		3:35.00	3:22.00	3:17.00	3:12.00	3:06.00
200m IM		3:10.00	3:05.00	3:00.00	2:55.00	2:50.00
400m IM		6:43.00	6:19.00	6:05.00	5:54.00	5:32.00

Age as at 11th January 2015

Schedule of Events

2014/15 East District Age Group Championships - Programme of Events - Weekend 1 – 1st and 2nd November 2014															
Saturday - Session 1				Saturday - Session 2				Sunday - Session 3				Sunday - Session 4			
W/U tbc, c09:00 Start tbc, c10:05				W/U tbc, c13:30 Start tbc, c14.35				W/U tbc, c09:00 Start tbc, c10:05				W/U tbc, c13:30 Start tbc, 14.35			
101	Girls	800m Freestyle	HDW	121	Boys	400m Freestyle	HDW	201	Boys	1500m Freestyle	HDW	221	Girls	400m Freestyle	HDW
102	Boys	100m Ind Medley	-	122	Girls	400m Individual Medley	HDW	202	Girls	100m Ind. Medley	-	222	Boys	400m Individual Medley	HDW

HDW = Heat Declared Winner events
 - = Non championship event, no medals

2014/15 East District Age Group Championships – Programme of Events - Weekend 29/30th November 2014																			
Saturday - Session 5					Session 6					Sunday – Session 7					Session 8				
W/U tbc, c09:00 Start tbc, c10:05					W/U tbc, c13:30 Start tbc, c14.35					W/U tbc, c09:00 Start tbc, c10:05					W/U tbc, c13:30 Start tbc, c14.35				
301	Girls	Open	200m Butterfly	H	321	Girls	Open	200m Freestyle	H	401	Boys	Open	200m Butterfly	H	421	Boys	Open	200m Freestyle	H
302	Boys	Open	200m Backstroke	H	322	Boys	Open	200m Breaststroke	H	402	Girls	Open	200m Backstroke	H	422	Girls	Open	200m Breaststroke	H
301	Girls	10/11/12	200m Butterfly	F	321	Girls	10/11/12	200m Freestyle	F	401	Boys	10/11/12	200m Butterfly	F	421	Boys	10/11/12	200m Freestyle	F
301	Girls	13	200m Butterfly	F	321	Girls	13	200m Freestyle	F	401	Boys	13	200m Butterfly	F	421	Boys	13	200m Freestyle	F
301	Girls	14	200m Butterfly	F	321	Girls	14	200m Freestyle	F	401	Boys	14	200m Butterfly	F	421	Boys	14	200m Freestyle	F
301	Girls	15	200m Butterfly	F	321	Girls	15	200m Freestyle	F	401	Boys	15	200m Butterfly	F	421	Boys	15	200m Freestyle	F
301	Girls	16+	200m Butterfly	F	321	Girls	16+	200m Freestyle	F	401	Boys	16+	200m Butterfly	F	421	Boys	16+	200m Freestyle	F
302	Boys	10/11/12	200m Backstroke	F	322	Boys	10/11/12	200m Breaststroke	F	402	Girls	10/11/12	200m Backstroke	F	422	Girls	10/11/12	200m Breaststroke	F
302	Boys	13	200m Backstroke	F	322	Boys	13	200m Breaststroke	F	402	Girls	13	200m Backstroke	F	422	Girls	13	200m Breaststroke	F
302	Boys	14	200m Backstroke	F	322	Boys	14	200m Breaststroke	F	402	Girls	14	200m Backstroke	F	422	Girls	14	200m Breaststroke	F
302	Boys	15	200m Backstroke	F	322	Boys	15	200m Breaststroke	F	402	Girls	15	200m Backstroke	F	422	Girls	15	200m Breaststroke	F
302	Boys	16+	200m Backstroke	F	322	Boys	16+	200m Breaststroke	F	402	Girls	16+	200m Backstroke	F	422	Girls	16+	200m Breaststroke	F

2014/15 East District Age Group Championships – Programme of Events – Weekend 3 – 10th & 11th January 2015

Saturday - Session 9				
W/U tbc, c09:00 Start tbc, c10:05				
501	Girls	Open	100m Butterfly	H
502	Boys	Open	100m Backstroke	H
503	Girls	Open	100m Freestyle	H
504	Boys	Open	100m Breaststroke	H

Session 10				
W/U tbc, c13:30 Start tbc, c14.35				
521	Boys	14,15,16+	200 I.M	H
522	Girls	14, 15, 16+	200 I.M	H
521	Boys	14	200 I.M	F
521	Boys	15	200 I.M	F
521	Boys	16+	200 I.M	F
522	Girls	14	200 I.M	F
522	Girls	15	200 I.M	F
522	Girls	16+	200 I.M	F

Session 11				
W/U tbc, c16:30 Start tbc, c17.35				
531	Girls	10-12	4x50m Medley Relay	HDW
532	Boys	10-12	4x50m Medley Relay	HDW
501	Girls	10/11/12	100m Butterfly	F
501	Girls	13	100m Butterfly	F
501	Girls	14	100m Butterfly	F
501	Girls	15	100m Butterfly	F
501	Girls	16+	100m Butterfly	F
502	Boys	10/11/12	100m Backstroke	F
502	Boys	13	100m Backstroke	F
502	Boys	14	100m Backstroke	F
502	Boys	15	100m Backstroke	F
502	Boys	16+	100m Backstroke	F
503	Girls	10/11/12	100m Freestyle	F
503	Girls	13	100m Freestyle	F
503	Girls	14	100m Freestyle	F
503	Girls	15	100m Freestyle	F
503	Girls	16+	100m Freestyle	F
504	Boys	10/11/12	100m Breaststroke	F
504	Boys	13	100m Breaststroke	F
504	Boys	14	100m Breaststroke	F
504	Boys	15	100m Breaststroke	F
504	Boys	16+	100m Breaststroke	F
533	Girls	10-12	4x50m Freestyle Relay	HDW
534	Boys	10-12	4x50m Freestyle Relay	HDW

Sunday - Session 12				
W/U tbc, c09:00 Start tbc, c10:05				
601	Boys	Open	100m Butterfly	H
602	Girls	Open	100m Backstroke	H
603	Boys	Open	100m Freestyle	H
604	Girls	Open	100m Breaststroke	H

Session 13				
W/U tbc, c13:30 Start tbc, c14.35				
621	Girls	10-12, 13	200m I.M	HDW*
622	Boys	10-12, 13	200m I.M	HDW*
HDW* - the fastest 8 entry times in each age group will be seeded to swim against each other in the final two heats of the event. 10-12 yrs will swim in the penultimate heat and 13 year olds in the final heat.				

Session 14				
W/U tbc, c16:30 Start tbc, c17.35				
631	Boys	13/14	4x50m Medley Relay	HDW
632	Girls	13/14	4x50m Medley Relay	HDW
633	Boys	15+	4x50m Medley Relay	HDW
634	Girls	15+	4x50m Medley Relay	HDW
601	Boys	10/11/12	100m Butterfly	F
601	Boys	13	100m Butterfly	F
601	Boys	14	100m Butterfly	F
601	Boys	15	100m Butterfly	F
601	Boys	16+	100m Butterfly	F
602	Girls	10/11/12	100m Backstroke	F
602	Girls	13	100m Backstroke	F
602	Girls	14	100m Backstroke	F
602	Girls	15	100m Backstroke	F
602	Girls	16+	100m Backstroke	F
603	Boys	10/11/12	100m Freestyle	F
603	Boys	13	100m Freestyle	F
603	Boys	14	100m Freestyle	F
603	Boys	15	100m Freestyle	F
603	Boys	16+	100m Freestyle	F
604	Girls	10/11/12	100m Breaststroke	F
604	Girls	13	100m Breaststroke	F
604	Girls	14	100m Breaststroke	F
604	Girls	15	100m Breaststroke	F
604	Girls	16+	100m Breaststroke	F
635	Boys	13/14	4 x 50m Freestyle Relay	HDW
636	Girls	13/14	4 x 50m Freestyle Relay	HDW
637	Boys	15+	4 x 50m Freestyle relay	HDW
638	Girls	15+	4 x 50m Freestyle relay	HDW

HDW = HEAT DECLARED WINNER EVENTS

H = HEAT

F = FINAL

HDW = Heat Declared Winner Events