

Heart of Midlothian

Amateur Swimming Club

Novice Meet

Sunday 13th May 2018

at

Mercat Gait Centre, Prestonpans

### (LA3 License L3/ED/032/MAY18)

*SwimarkPlusLogoMaster***HEART OF MIDLOTHIAN ASC**

NOVICE MEET 2018

Entries are invited for our Novice Meet aimed specifically at swimmers who may not have competed before.

VENUE Mercat Gait Centre,

Preston Road, Prestonpans EH32 9EN

25m pool, 6 lanes, anti turbulence lane ropes.

**DATE**  Sunday 13th May 2018

### TIME Session 1 Warm up 10:15 Start 11:00

Session 2 Warm up 13:30 Start 14:15

**EVENTS** 9 years & under 25m Butterfly & 50m all other strokes

10 years 50m all strokes

11 years 50m all strokes

**RELAYS** 1 relay team per club with 2 swimmers from each age group i.e.

2 x 9yrs/under, 2 x 10yrs, 2 x 11 yrs (one boy/girl from each age group)

**AGE AT** 13/05/18

CLOSING DATE Entries (Hy-Tek Team Manager files preferred) must be received by

Midnight on Friday 20th April 2018

*Hy-Tek entry files can be obtained from:*

e-mail: [President@swimhearts.com](mailto:President@swimhearts.com)

**AWARDS** Medals: 1st, 2nd, 3rd places. Certificates for “too fast” swims.

**ENTRY FEES** £4.25 per individual entry & £6.00 per squadron relay (see payment sheet)

**ENTRY TIMES** Entries should be no faster than times listed on programme overleaf.

**REFRESHMENTS** A café service will be available all day.

**OFFICIALS** We require technical officials to help with the smooth running of the gala. Please indicate on the entry form who would be available. A light lunch will be provided for those covering both sessions.

**Warm-up and Session Times**

**Girls warm-up Boys warm-up Start Finish**

10.15 – 10.35 10.35- 10.55 11.00 13.00

13:30 - 13:50 13:50 – 14.10 14:15 16.15

* The warm-ups may only commence when advised to do so by the warm-up marshals.
* There will be no diving allowed in warm-ups other than those in controlled sprint lanes.
* 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 or push-start swimmers.
* 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.

**Miscellaneous**

* This is a Level 3 Licensed Meet: Licence NumberL3/ED/032/MAY18.
* The Mercat Gait Centre has a cafeteria and refreshment vending machines.
* 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 Heart of Midlothian ASC nor the Mercat Gait Centre can be held responsible for loss or damage to swimmer’s 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.
* Swimmers must adhere to the rules regarding the warm up arrangements
* Mobile phones may not be used in the changing areas, toilet or shower areas
* Anything not covered above and not printed in the event programme will be at the promoter’s discretion.
* Heart of Midlothian A.S.C. reserve the right to vary the above conditions as necessary.

**RULES** The meet will be run under SASA rules, disqualifications will be classed as ‘teaching points’.

PHOTOGRAPHY *No photography or mobile phone cameras allowed.*

**HEART OF MIDLOTHIAN ASC**

**NOVICE MEET 2018**

**PROGRAMME of EVENTS**

|  |  |
| --- | --- |
| SESSION 1 | No faster than: |
| Event |  |
| 1 25m Girls 9 & under Butterfly | 21.00 |
| 2 25m Boys 9 & under Butterfly | 21.00 |
| 3 50m Girls 10 years Butterfly | 47.00 |
| 4 50m Boys 10 years Butterfly | 47.00 |
| 5 50m Girls 11 years Butterfly | 44.00 |
| 6 50m Boys 11 years Butterfly | 44.00 |
| 7 50m Girls 9 & under Backstroke | 48.00 |
| 8 50m Boys 9 & under Backstroke | 48.00 |
| 9 50m Girls 10 years Backstroke | 45.00 |
| 10 50m Boys 10 years Backstroke | 45.00 |
| 11 50m Girls 11 years Backstroke | 42.00 |
| 12 50m Boys 11 years Backstroke | 42.00 |

|  |  |
| --- | --- |
| SESSION 2 | No faster than: |
| Event |  |
| 13 50m Girls 9 & under Breaststroke | 53.00 |
| 14 50m Boys 9 & under Breaststroke | 53.00 |
| 15 50m Girls 10 years Breaststroke | 50.00 |
| 16 50m Boys 10 years Breaststroke | 50.00 |
| 17 50m Girls 11 years Breaststroke | 47.00 |
| 18 50m Boys 11 years Breaststroke | 47.00 |
| 19 50m Girls 9 & under Freestyle | 43.00 |
| 20 50m Boys 9 & under Freestyle | 43.00 |
| 21 50m Girls 10 years Freestyle | 40.00 |
| 22 50m Boys 10 years Freestyle | 40.00 |
| 23 50m Girls 11 years Freestyle | 37.00 |
| 24 50m Boys 11 years Freestyle | 37.00 |
| 1. 6X25m Mixed Freestyle Relay   (one boy and girl from each age group) |  |

**HEART OF MIDLOTHIAN ASC**

**NOVICE MEET 2018**

**ENTRY FORM**

**CLUB NAME……..…………………………………… CLUB CODE…………..**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **NAME & SASA No.** | **m/f** | **Age at 13/05/18** | DoB | **FLY** | **BACK** | **BREAST** | **FREE** |
|  |  |  |  |  |  |  |  |
| **Only fill this form in**  **If you are not sending**  **Hi-Tek files** |  |  |  |  |  |  |  |
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**SQUADRON RELAY:**

**We will be entering a team for the Squadron Relay …..…….. YES / NO**

**PLEASE RETURN** by email to [President@swimhearts.com](mailto:President@swimhearts.com)

#### CLOSING DATE Midnight Friday 20th April 2018

#### HEART OF MIDLOTHIAN ASC

### NOVICE MEET 2018

### PAYMENT ADVICE

###### CLUB NAME: …………………………………………………

**CLUB REPRESENTATIVE**: ………………………………………..

##### ADDRESS:…………………………………………………………………..

…………………………………………………………………

**TEL. NO.** …………………………………………………………………

**EMAIL:** ……………………………………………………………………….

## Individual Entries ……. @ £4.25 per entry = £………………..

**Squadron Relay** ……. @ £6.00 per entry = £………………..

**Coaches Pack**................ @ £6.00 each = £.........................

(includes Meet Program and light lunch)

Total = £…………………

**Please return this payment advice together with cheque payable to: ‘HMASC’**

**If paying by BACS please pay to**

**Heart of Midlothian Amateur Swimming Club, Account No. 00273523, sort code 80-02-83 and email our treasurer to lert him know of your payment by BACS to**[treasurer@swimhearts.com](mailto:treasurer@swimhearts.com)

If emailing entries, please return this payment advice and cheque separately.

**Return to**: **Iain Muirden**

**5 Clerwood Gardens**

**Edinburgh**

**EH12 8PT**

**e-mail:** [treasurer@swimhearts.com](mailto:treasurer@swimhearts.com)

Please let us know who will be able to officiate:

Technical Officials: **1. ……………………………… Qualification: …………**

**2. ……………………………… Qualification: …………**

**3. ……………………………… Qualification: …………**