



# EAST DISTRICT 11<sup>th</sup> OPEN MASTERS CHAMPIONSHIPS

Mercat Gait Leisure Centre – Prestonpans

License Number: L2/115/ED/NOV19

EAST DISTRICT  
OPEN MASTERS  
CHAMPIONSHIPS

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SATURDAY 16<sup>th</sup>  
NOVEMBER 2019

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MERCAT GAIT LEISURE  
CENTRE

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ONLINE ENTRIES ONLY



# PROGRAMME OF EVENTS

## Session 1

Warm up 9am

Start time 9:45am

Event Number	Distance	Stroke
101	25 metres (not a splash but a dash)	Backstroke
102	100 metres	Freestyle
103	50 metres	Breaststroke
104	100 metres	Backstroke
105	50 metres	Butterfly
106	100 metres	Individual Medley
107	200 metres	Freestyle
108	25 metres (not a splash but a dash)	Breaststroke
109	4 x 50 metres	Mixed Medley Relay

## Session 2

Warm up 1:00pm (provisional)

Start Time 1:45m (provisiona)

Event Number	Distance	Stroke
201	400 Metre	East District Special Event
202	25 metres (not a splash but a dash)	Butterfly
203	25 metres (not a splash but a dash)	Freestyle
204	100 metres	Breaststroke
205	50 metres	Backstroke
206	200 metres	Individual Medley
207	50 metres	Freestyle
208	100 metres	Butterfly
209	4 x 50 metres	Mixed Freestyle Relay

**ENTRIES WILL BE ONLINE ONLY AND PAYMENT WILL BE BY PAYPAL**

**The organisers reserve the right to**

- Introduce over the top starts where required
- Adjust the warm up/ start times of any of the sessions
- Limit the event entries to comply with license rules

## MEET INFORMATION

### EVENTS

<b>Individual</b>	50 & 100 metre events in all strokes 100 & 200 metre Individual Medley, 200 Freestyle.
<b>Relays</b>	Mixed 4 x 50 metre Medley and Freestyle Relays
<b>Special Event</b>	East District 400 metre (This allows entrants to swim any stroke including an individual Medley. This event is open to A – O age categories) Stroke must be declared in advance of the swim taking place.

### NOT A SPLASH BUT A DASH

25 metre events in all strokes – swimmers will start in the water at the shallow end.

### ENTRY FEES

<b>Individual events</b>	£6.00 per individual event OR £25 for 5 individual events for the 50, 100 & 200 events.
<b>No Splash but dash</b>	£3.50 per 25 metre event
<b>East District 400</b>	£6.00 per entry (this is a stand-alone event and not included in the discounted individual event costs.)
<b>Relays</b>	No cost for relay events – All clubs guaranteed 1 relay per age group per event but may request additional entries which may be accepted dependent on time available and will be at the discretion of the Meet Organisers.
<b>Buffet</b>	£5.00 per individual OR free to any swimmer entering 5 or more events.  £5.00 for any additional tickets or for swimmers entering less than 5 events.
<b>Age Groups</b>	Age groups as per published and taken as age at 31 <sup>st</sup> December 2019
<b>Eligibility</b>	Open to all nationalities. Entrants must be registered with a FINA affiliated National Swimming body. Non GB swimmers <b>must</b> have authority from their governing body to swim in the event.
<b>Closing date</b>	Closing for online entries noon 24 <sup>th</sup> October 2019 (no late entries will be accepted as the online link will be live from August 2019.

### TEMPORARY MEMBERSHIPS ARE AVAILABLE UPON REQUEST

Please email [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com) for more information and applications. Any application for temporary membership should be requested by 14<sup>th</sup> October at the latest as the process can take up to 10 days to be completed.

# AGE GROUPS

## INDIVIDUAL EVENTS

A	25 – 29 year	H	60 - 64 year		
B	30 – 34 year	I	65 – 69 year		
C	35 – 39 year	J	70 – 74 year		
D	40 – 44 year	K	75 – 79 year		
E	45 – 49 year	L	80 – 84 year		
F	50 – 54 year	M	85 + years		
G	55 – 59 year				

**Special Categories**

Y	16 – 17 year
X	18 – 24 year

## RELAYS (combined age groups)

- 72 – 99 years
- 100 - 119 years
- 120 – 159 years
- 160 – 199 years
- 200 – 239 years
- 240 – 279 years

# COMPETITORS SAFETY CODE

- It is important that all Competitors read the 'Competitors Safety Code' entering the competition.
- By submitting and paying for entries online the competitors confirms that he/ she has read, understood and agrees to abide by this code.
- I am aware of the need to seek appropriate medical advice if I have any concerns as to the stat of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in the Masters Swimming event or any other associated activities.
- Accordingly, I hereby certify that I am physically fit and well to participate in the East District Open Masters Championships.
- I am aware of and appreciate the inherent risks involved in such a competition including the possibilities of injury and accident. I undertake to always conduct myself in a responsible and professional manner.
- I undertake at all times to use my best endeavors and compete in a safe and proper manner and not to do anything which would expose myself or fellow swimmers to unnecessary risk or injury.
- I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concerns I may have as regards safety.
- I acknowledge that the organisers of the east District Open Masters Championships cannot be held responsible for any loss or damage to personal belongings and that I must take all reasonable steps against any such loss or damage.
- I hereby agree to abide by and be governed by the rules of the Meet information, Scottish Swimming and all other laws and restrictions applicable.

For further information on the meet please contact: Susan Liddle - [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

# AWARDS AND PRESENTATIONS

**Age groups** Best Male and Female in each age group

**Top Club** The trophy will be awarded to the Club to gains the most overall points throughout the competition as follows

## Individual and Relay Event Points system

	1 <sup>st</sup> Place	2 <sup>nd</sup> Place	3 <sup>rd</sup> Place	4 <sup>th</sup> Place	5 <sup>th</sup> Place	6 <sup>th</sup> Place
Individual	8	6	4	3	2	1
Relays	12	10	8	6	4	2

In the event of a tie for any award placing within swum events will be used to determine the outcome.

**Sprints** Trophy for Top Male and Female FINA points scorer in any one of the 50 metre events (age converted.)

**400metre** Award to the male and female (25+) closest to or exceeding, in percentage terms, the Australian Masters national record for her/ her age group and chosen stroke.

**25 metre events** Fastest Male & Female, age converted swim in each event will received an award.

**No Medals will be presented for these events.**

**Top Junior Team** Trophy for Top Team in the 16 -17 year category. Points will be awarded for the individual events.

**PLEASE NOTE** Whilst the 16 -17 year old individual swims have their own Team Trophy, points gained in any relay team which includes this age group will count in the overall Top Team Trophy.

## BUFFET & PRESENTATIONS

The buffet and all presentations will take place at the end of the competition

Relay participants not taking part in and paying for individual swims should purchase a buffet ticket at a cost of £5.00.

## Online Entries

**Online entries only using the links provided below:**

### **Individual entries:**

This link will be available from:

<http://www.swimmingresults.org/events/eastdistrictmasters19/index.php>

entries live from 12<sup>th</sup> August 2019

### **Relay entries:**

email :- [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com) to request entry and receive team lines paperwork for the relay events.

### **Awards Buffet:**

After completing the event entries and payment details the option is available to book buffet tickets, select the number required and the cost will be added to the bill.

If you are experiencing difficulties with the above, please contact the entries secretary

<b>CLOSING DATE FOR INDIVIDUAL ENTRIES:</b>	Noon on the 24 <sup>th</sup> October 2019
<b>CLOSING DATE FOR RELAY ENTRIES:</b>	Noon on the 24 <sup>th</sup> October 2019