



WARRENDER BATHS CLUB

Annual Junior Age Group Open Meet

Saturday 23rd & Sunday 24th
March 2019

NEW FORMAT

At
Mercat Gait, Prestonpans
EH32 9EN



WARRENDER BATHS CLUB

Would like to invite entry applications for their

ANNUAL OPEN MEET

(Under S.A.S.A. Laws and Licence Numbers L3/ED/040/MAR19 – L2/ED/041/MAR19
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### Open Meet - General Information

- Date:** Saturday 23<sup>rd</sup> – Sunday 24<sup>th</sup> March 2019
- Venue:** Mercat Gait, Prestonpans EH32 9EN
- Pool:** 6 lane 25 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria; swim shop.
- Time:**
- |  | <b>Girls warm-up</b> | <b>Boys warm-up</b> | <b>Start</b> | <b>Finish</b> |
|--|----------------------|---------------------|--------------|---------------|
|  | 09:00-09:25          | 09:25-09:50         | 10:00        | 13:00         |
|  | 13:30-13:55          | 13:55-14:20         | 14:30        | 17:30         |
- Ages:** As at 23<sup>rd</sup> / 24<sup>th</sup> March 2019
- Age groups:** Saturday: 9/under, 10 years, 11 years  
Sunday: 12/13 years, 14/over
- Events:** **9/under, 10yrs, 11yrs:** 50m all strokes, 100m I.M, 200 Freestyle  
**12/13 years, 14/over:** 100m all strokes, 200m I.M, 400 Freestyle
- All events will be run as heat declared winner apart from the 100's (Sunday) which will have a final for each age category.
- Entry Fees:** £5.00 per individual event
- Coaches Pass:** £10.00 per day - covers: programme, results sheets, 1 meal each day
- Awards:** Top Club and Best Visiting Team Trophy, Top Girl/Boy in each age group  
Individual events - medals to 1-2-3-4-5-6
- Officials:** Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day.
- Closing date for entries:** Noon **Wednesday 6<sup>th</sup> of March 2018**

*All entries should be submitted by email on the appropriate file and returned to:*

**Susan Liddle**  
9 Rullion Road  
Penicuik EH26  
9HS  
E-mail: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

## **Open Meet - Specific Information**

### **Meet Rules**

- The meet shall be held under FINA Rules.
- Ages as at 23<sup>rd</sup> / 24<sup>th</sup> March 2019
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches with meet passes will be admitted on to the poolside.
- The venue management permits no photography of any kind. This includes mobile telephones with camera capability. Anyone found taking images would be asked to leave the premises.
- Swimmers must act on the instructions given by 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.

### **Entries and time cards**

- Closing date for entries is Noon Wednesday 6<sup>th</sup> of March 2019. Late entries will not be accepted.
- All entries must be made on the relevant electronic files and submitted by email. Entry files can be requested by returning the appropriate form enclosed in this information or via e-mail.
- Time cards will not be used.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.
- The promoter's reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full.

### **Events**

- Over the top starts may be used at the discretion of the promoter's in order to facilitate the smooth running of the meet.
- All events will be swum on a Heat Declared Winner basis.
- Heats will be seeded after the withdrawal table closes 45 minutes before the start of each session. All heats will be spearheaded based on entry times, fastest to slowest, with the fastest swimmers in the final heat. Start sheets will then be issued to clubs for information and marshalling purposes.
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance.

### **Costs**

|                 |                                                                |
|-----------------|----------------------------------------------------------------|
| Entry fees:     | £5.00 per individual event                                     |
| Coaches passes: | £8.00 per day. Covers meet pass, programme, results and 1 meal |
| Other costs:    | Programme £3.00 per day                                        |

## Warm-ups and Session Times

|            | <b>Girls warm-up</b> | <b>Boys warm-up</b> | <b>Start</b> | <b>Finish</b> |
|------------|----------------------|---------------------|--------------|---------------|
| Session 1: | 09:00-09:25          | 09:25-09:50         | 10:00        | 13:00         |
| Session 2: | 13:30-13:55          | 13:55-14:20         | 14:30        | 17:30         |

- 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.

## Awards

|                            |                                                                                                                                                                                                                                                                          |
|----------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <i>Top Club:</i>           | Trophy to be returned after 1 year. Awarded to the club scoring the most points from all events on the following scale: 1 <sup>st</sup> = 7, 2 <sup>nd</sup> = 5, 3 <sup>rd</sup> = 4, 5 <sup>th</sup> = 2, 6 <sup>th</sup> = 1. Disqualifications will score no points. |
| <i>Best Visiting Team:</i> | <i>Trophy to be returned after 1 year. Awarded to the club scoring the most points from all the events. 1<sup>st</sup>=7, 2<sup>nd</sup>=5, 3<sup>rd</sup>=4, 5<sup>th</sup>=2, 6<sup>th</sup>=1. Disqualification will score no points.</i>                             |
| <i>Top Girl/Boy:</i>       | Retainable trophy. Awarded to the Girl and Boy scoring most points in each age group (9/under, 10, 11, 12) according to the same scale as the Top Club Award.                                                                                                            |
| <i>Individual events:</i>  | Medals presented to swimmers placing 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup> and 6 <sup>th</sup> .                                                                                                                       |

## Miscellaneous

- A licence number has been received for Saturday 23<sup>rd</sup> under Licence Number L3/ED/040/MAR19
- A licence number has been received for Sunday 24<sup>th</sup> under Licence Number L2/ED/041/MAR19
- Mercat Gait has vending machines and a cafeteria serving refreshments.
- A swim shop will be open during the meet.
- 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 Warrender Baths Club nor Mercat Gait, can be held responsible for loss or damage to swimmers, 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.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Warrender Baths Club reserve the right to vary the above conditions as necessary.
- Mobile phones may not be used anywhere within the building
- **We would appreciate visiting Clubs providing technical officials to assist with Judging and timekeeping to ensure accreditation. Details of your STO support should be sent to [sto@swimwarrender.com](mailto:sto@swimwarrender.com) the week after the draft has been issued.**

# **WARRENDER BATHS CLUB**

**Annual Open Meet: 23<sup>rd</sup> – 24<sup>th</sup> March 2019**

## **Health and Safety Announcement**

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

Due to a warning received on paedophile activity the Scottish Amateur Swimming Association has decided that control of photographic equipment is required at all meets.

In view of this, the meet will run under the following guidelines:

No photographic equipment (e.g., camera, camcorder etc,) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.

Application to use photographic equipment must be made on the approved S.A.S.A. form enclosed with this information.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

# WARRENDER BATHS CLUB

## Annual Open Meet: 23<sup>rd</sup> – 24<sup>th</sup> March 2019

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed: .....

Position in club: .....

On behalf of: ..... (Name of club)

Return this form along with entries no later than Noon Wednesday 6<sup>th</sup> of March to:

**Susan Liddle**  
**9 Rullion Road**  
Penicuik  
EH26 9HS  
Susan.liddle@googlemail.com

# WARRENDER BATHS CLUB

## Annual Open Meet: 23<sup>rd</sup> – 24<sup>th</sup> March 2019

### Programme of Events

#### **SATURDAY 23<sup>rd</sup> March: 9/under, 10yrs, 11yrs License no. : L3/ED/040/MAR19**

SESSION 1:                      Girls warm-up: 09:00 - 09:25                      Start: 10:00  
                                         Boys warm-up: 09:25 - 09:50                      Finish: 13:30

| EVENT NO. | GENDER | EVENT            |     |
|-----------|--------|------------------|-----|
| 101       | Girls  | 100m I.M.        | HDW |
| 102       | Boys   | 200m Freestyle   | HDW |
| 103       | Girls  | 50m Backstroke   | HDW |
| 104       | Boys   | 50m Breaststroke | HDW |
| 105       | Girls  | 50m Butterfly    | HDW |
| 116       | Boys   | 50m Freestyle    | HDW |

SESSION 2:                      Girls warm-up: 13:30 - 13:55                      Start: 14:30  
                                         Boys warm-up: 13:55 - 14:20                      Finish: 17:30

| EVENT NO. | GENDER | EVENT            |     |
|-----------|--------|------------------|-----|
| 201       | Girls  | 200m Freestyle   | HDW |
| 202       | Boys   | 100m I.M.        | HDW |
| 203       | Girls  | 50m Breaststroke | HDW |
| 204       | Boys   | 50m Backstroke   | HDW |
| 205       | Girls  | 50m Freestyle    | HDW |
| 206       | Boys   | 50m Butterfly    | HDW |

#### **SUNDAY 24<sup>th</sup> March: 12/13yrs and 14/over License no: L2/ED/041/MAR19**

SESSION 3:                      Girls warm-up: 09:00 - 09:25                      Start: 10:00  
                                         Boys warm-up: 09:25 - 09:50                      Finish: 13:30

| EVENT NO. | GENDER | EVENT             |     |
|-----------|--------|-------------------|-----|
| 301       | Boys   | 200m I.M.         | HDW |
| 302       | Girls  | 400m Freestyle    | HDW |
| 303       | Boys   | 100m Backstroke   | HDW |
| 304       | Girls  | 100m Breaststroke | HDW |
| 305       | Boys   | 100m Butterfly    | HDW |
| 316       | Girls  | 100m Freestyle    | HDW |

SESSION 4:                      Girls warm-up: 13:30 - 13:55                      Start: 14:30  
                                         Boys warm-up: 13:55 - 14:20                      Finish: 17:30

| EVENT NO. | GENDER | EVENT             |     |
|-----------|--------|-------------------|-----|
| 401       | Boys   | 400m Freestyle    | HDW |
| 402       | Girls  | 200m I.M.         | HDW |
| 403       | Boys   | 100m Breaststroke | HDW |
| 404       | Girls  | 100m Backstroke   | HDW |
| 405       | Boys   | 100m Freestyle    | HDW |
| 406       | Girls  | 100m Butterfly    | HDW |

# WARRENDER BATHS CLUB

## Annual Open Meet: 23<sup>rd</sup> – 24<sup>th</sup> March 2019 Summary Entry Form

*\*\* This form must be completed and returned with any entries. \*\**

Club Name: .....

Contact Name: .....

Address: .....

..... Post Code .....

Telephone: .....

email: .....

Total Female Entries ..... @ £5.00 each: = £.....

Total Male Entries ..... @ £5.00 each: = £.....

Coach Passes (per day).....@£8.00 includes lunch = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **Warrender Baths Club**

Return this form along with entries no later than Noon **Wednesday 6<sup>th</sup> of March 2019**  
to:

**Susan Liddle**  
9 Rullion Road  
Penicuik EH26  
9HS  
Susan.liddle@googlemail.com



# WARRENDER BATHS CLUB

Annual Open Meet: 23<sup>rd</sup> and 24<sup>th</sup> March 2019

## Entry Files Request Form

Please email the entry files for the above meet to:

|           |                         |              |       |
|-----------|-------------------------|--------------|-------|
| Club      | _____                   | Contact Name | _____ |
| Address   | _____<br>_____<br>_____ |              |       |
| Telephone | _____                   | E-mail       | _____ |

Return this completed form to:

**Susan Liddle**  
9 Rullion Road  
Penicuik EH26  
9HS

Alternatively, send an e-mail with the same information to  
Susan Liddle at: [Susan.liddle@googlemail.com](mailto:Susan.liddle@googlemail.com)

# Warrender Baths Club

## Annual Age Group Open Meet Records

| 9 YEARS AGE GROUP |            |         |      |                 |                  |                 |         |      |
|-------------------|------------|---------|------|-----------------|------------------|-----------------|---------|------|
| MALE              |            |         |      | EVENT           | FEMALE           |                 |         |      |
| Name              | Club       | Time    | Year |                 | Name             | Club            | Time    | Year |
| Jamie Coulter     | Fauldhouse | 32.21   | 2003 | 50 Freestyle    | Lexie Waller     | Hearts ASC      | 33.91   | 2011 |
| Harris Bruce      | InCAS      | 39.22   | 2011 | 50 Backstroke   | Danielle Joyce   | North Ayrshire  | 37.56   | 2006 |
| Scott Goadby      | Step Rock  | 43.97   | 2008 | 50 Breaststroke | Geaorgina Sellyn | City of Glasgow | 45.82   | 2004 |
| Duncan Scott      | Alloa      | 35.83   | 2007 | 50 Butterfly    | Lexie Waller     | Hearts ASC      | 37.09   | 2011 |
| Duncan Scott      | Alloa      | 1:21.75 | 2007 | 100 I.M.        | Lexie Waller     | Hearts ASC      | 1:22.76 | 2011 |
| Duncan Scott      | Alloa      | 2:29.68 | 2007 | 200 Freestyle   | Lexie Waller     | Hearts ASC      | 2:38.83 | 2011 |

| 10 YEARS AGE GROUP |                |         |      |                 |                  |               |         |      |
|--------------------|----------------|---------|------|-----------------|------------------|---------------|---------|------|
| MALE               |                |         |      | EVENT           | FEMALE           |               |         |      |
| Name               | Club           | Time    | Year |                 | Name             | Club          | Time    | Year |
| Mark Szaranek      | Glenrothes     | 31.01   | 2006 | 50 Freestyle    | Molly Redford    | Dundee City   | 31.25   | 2007 |
| Jordan Lamb        | Carnegie       | 35.68   | 2007 | 50 Backstroke   | Caitlyn Morrison | Aquanauts     | 34.97   | 2002 |
| Scott Goadby       | Dundee City Aq | 41.19   | 2009 | 50 Breaststroke | Ruth Gordon      | Skye Dolphins | 40.77   | 2009 |
| Mark Szaranek      | Glenrothes     | 33.86   | 2006 | 50 Butterfly    | Keanna McInnes   | Hearts ASC    | 34.95   | 2012 |
| Mark Szaranek      | Glenrothes     | 1:19.44 | 2006 | 100 I.M.        | Ruth Gordon      | Skye Dolphins | 1:20.60 | 2009 |
| Jack Dalgety       | Dundee City Aq | 2:30.85 | 2013 | 200 Freestyle   | Lexie Waller     | Hearts ASC    | 2:27.54 | 2012 |

| 11 YEARS AGE GROUP |                |         |      |                 |                 |             |         |      |
|--------------------|----------------|---------|------|-----------------|-----------------|-------------|---------|------|
| MALE               |                |         |      | EVENT           | FEMALE          |             |         |      |
| Name               | Club           | Time    | Year |                 | Name            | Club        | Time    | Year |
| Mark Szaranek      | Carnegie       | 29.16   | 2007 | 50 Freestyle    | Jenna Lafferty  | Falkirk     | 30.34   | 2011 |
| Zach Courtney      | Warrender      | 32.80   | 2006 | 50 Backstroke   | Natalie Jones   | Warrender   | 34.62   | 2016 |
| Scott Goadby       | Dundee City Aq | 38.53   | 2010 | 50 Breaststroke | Eloise Barber   | Incas       | 39.27   | 2004 |
| Mark Szaranek      | Carnegie       | 32.48   | 2007 | 50 Butterfly    | Aimee Adams     | Carnegie    | 33.78   | 2009 |
| TBE                |                |         |      | 100 I.M.        | TBE             |             |         |      |
| Scott Goadby       | Dundee City Aq | 2:18.94 | 2010 | 200 Freestyle   | Leanna Marshall | Cumbernauld | 2:20.85 | 2006 |

| 12/13 YEARS AGE GROUP |            |         |      |                 |                   |          |         |      |
|-----------------------|------------|---------|------|-----------------|-------------------|----------|---------|------|
| MALE                  |            |         |      | EVENT           | FEMALE            |          |         |      |
| Name                  | Club       | Time    | Year |                 | Name              | Club     | Time    | Year |
| Mark Szaranek         | Carnegie   | 27.58   | 2008 | 50 Freestyle    | Rachael O'Donnell | InCAS    | 28.76   | 2009 |
| Zach Courtney         | Warrender  | 30.52   | 2007 | 50 Backstroke   | Rachael O'Donnell | InCAS    | 32.63   | 2009 |
| Craig Benson          | Livingston | 34.41   | 2007 | 50 Breaststroke | Rachael O'Donnell | InCAS    | 36.66   | 2009 |
| Mark Szaranek         | Carnegie   | 29.96   | 2008 | 50 Butterfly    | Rachael O'Donnell | InCAS    | 31.37   | 2009 |
| James Collyer         | Carnegie   | 2:32.60 | 2012 | 200 I.M.        | Sarah Donnelly    | Carnegie | 2:36.59 | 2012 |
| TBE                   |            |         |      | 400 Freestyle   | TBE               |          |         |      |

All records are set as 'Age on the day of Competition'. The 14/over records will be established in 2019.