

# Heart of Midlothian

**Amateur Swimming Club**



## ***PREMIER DISTANCE MEET***

**Mercat Gait Centre,  
Prestonpans**

**Saturday 18<sup>th</sup> / Sunday 19<sup>th</sup> June 2022**

**L2/ED/039/JUN22**

**[www.swimhearts.com](http://www.swimhearts.com)**

# Heart of Midlothian

## Amateur Swimming Club

*invite you to their inaugural*

### PREMIER DISTANCE MEET

(Under S.A.S.A. Laws and Licence Number L2/ED/039/JUN22)

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#### General Information

**Date:** Saturday 18<sup>th</sup> / Sunday 19<sup>th</sup> June 2022

**Venue:** Mercat Gait Centre, Preston Road, Prestonpans, EH32 9EN

**Pool:** 6 lane 25 metre; full electronic timing with 3 lane display scoreboard; anti-wave lane ropes.

**Time:**

	<b>Warm-up</b>	<b>Start</b>	<b>Finish</b>
Session 1 & 3	09:00- 09:50	10:00	13:00
Session 2 & 4	13:30 - 14:20	14:30	17:30

**Ages:** As at 19<sup>th</sup> June 2022

**Age groups:** 11-13 years, 14 years, 15 years, 16 years / over

**Events:** 400 IM, 400 Free, 800 Free, 1500 Free (HDW)

**Entry Fees:** £7.50 per 400m event / £8.00 per 800m & 1500m event

**Awards:** There will be no medals / trophies awarded.

**Officials:** Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day. It would be appreciated if each club attending could provide a minimum of two STOs per session.

**Closing date for entries:** **12:00 (noon) Wednesday 1st June 2022**

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

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

**e-mail:** [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)  
**website:** [www.swimscotland.co.uk](http://www.swimscotland.co.uk)

## Specific Information

### Meet Rules

- The meet shall be held under S.A.S.A. Rules.
- Ages as at 19<sup>th</sup> June 2022.
- All swimmers of Scottish clubs / teams must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs / teams 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.
- No photographic/video equipment or mobile phones will be allowed in any area of the Mercat Gait Centre.
- 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 / team to ensure that their swimmers are aware of the meet rules and guidelines.

### Entries and Events

- Closing date for entries is **12:00 (noon) Wednesday 1<sup>st</sup> June 2022**. Late entries will not be accepted.
- All entries must be made by Hy-Tek entry files and these can be downloaded from [www.swimscotland.co.uk](http://www.swimscotland.co.uk) or requested via e-mail. Start sheets will be issued.
- Withdrawals should be made using the link that will be provided by 16:00 16<sup>th</sup> June 2022.
- The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs / teams should ensure entry times are accurate. Rejected entries will be refunded in full.
- Over the top starts may be used at the discretion of the promoters in order to facilitate the smooth running of the meet.
- Where possible the accepted entries for each age group will be equal, but if an age group is under subscribed the organising committee reserves the right to include additional entries from other age groups.
- All events are Heat Declared Winner and will be swum with age groups combined and swimmers seeded by entry times.
- Swimmers competing in the 800 Freestyle / 1500 Freestyle events must only enter one of the events for each of those distances (e.g. they cannot enter the 800 Freestyle on both days). In the event of oversubscription in these events we will do our best to provide alternative options.
- Swimmers must report to the competitor stewards in the designated marshalling area.

### Costs

Entry fees: £7.50 per 400m event / £8.00 per 800m & 1500m event  
Spectator costs: TBA

## Warm-up and Session Times

	<b>Warm-up</b>	<b>Start</b>	<b>Finish</b>
<i>Session 1 &amp; 3</i>	09:00- 09:50	10:00	13:00
<i>Session 2 &amp; 4</i>	13:30 - 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 / pace lanes.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint / pace 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 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 will be a Level 2 Licensed Meet: Licence Number L2/ED/039/JUN22. Accreditation will be applied for.
- Mercat Gait Centre has refreshment vending machines (but no café).
- 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 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 outwith 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.
- Heart of Midlothian ASC reserve the right to vary the above conditions as necessary.

## Premier Distance Meet - Saturday 18<sup>th</sup> June 2022

### Programme of Events – Session 1

#	EVENT
101	Girls 11-13 / 14 400 IM (HDW)
102	Boys 11-13 / 14 400 IM (HDW)
103	Mixed 11-13 / 14 / 15 / 16+over 800 Freestyle (HDW)

### Programme of Events – Session 2

#	EVENT
201	Girls 15 / 16+over 400 IM (HDW)
202	Boys 15 / 16+over 400 IM (HDW)
203	Mixed 11-13 / 14 / 15 / 16+over 1500 Freestyle (HDW)

## Premier Distance Meet - Sunday 19<sup>th</sup> June 2022

### Programme of Events – Session 3

#	EVENT
301	Girls 11-13 / 14 400 Freestyle (HDW)
302	Boys 11-13 / 14 400 Freestyle (HDW)
303	Mixed 11-13 / 14 / 15 / 16+over 800 Freestyle (HDW)

### Programme of Events – Session 4

#	EVENT
401	Girls 15 / 16+over 400 Freestyle (HDW)
402	Boys 15 / 16+over 400 Freestyle (HDW)
403	Mixed 11-13 / 14 / 15 / 16+over 1500 Freestyle (HDW)

# Heart of Midlothian

## Amateur Swimming Club

Premier Age Group Meet  
Saturday 18<sup>th</sup> / Sunday 19<sup>th</sup> June 2022

### Summary Entry Form

*## This form must be completed and returned with entries. ##*

Club Name: ..... Contact Name: .....

Club Code: ..... Address: .....

Telephone: .....

Total Female Entries (400m): ..... @ £7.50 each: £.....

Total Male Entries (400m): ..... @ £7.50 each: £.....

Total Female Entries (800m / 1500m): @ £8.00 each: £.....

Total Male Entries (800m / 1500m): @ £8.00 each: £.....

Total Amount Enclosed: £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **HMASc**

Payment can be made by BACS: **Sort Code: 80 02 83**  
**Account: 00273523**

Return this form with entry file quoting "Club Code / HMDM" no later than

**12:00 (noon) Wednesday 1<sup>st</sup> June 2022 to:**

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

e-mail: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)