

# Midlothian Swimming Club



## Midlothian Spring Gala

on

Sunday 25<sup>th</sup> of February 2024

at

The Mercat Gait Centre

Preston Road,

Prestonpans,

EH32 9EN

<b>Date:</b>	Sunday 25 <sup>th</sup> of February 2024
<b>Venue:</b>	Mercat Gait Sports Centre, Prestonpans, East Lothian, EH32 9EN
<b>Pool Features:</b>	6-Lane 25-Metre, full electronic timing with 3-lane display scoreboard, anti- wave lane ropes.
<b>Age:</b>	As at 25 <sup>th</sup> of February 2024
<b>Age Groups:</b>	10- 12 years, 13 years, 14 years, 15 years and over.
<b>Events:</b>	100m Backstroke, Breaststroke, Butterfly, Freestyle. 400m Freestyle, 400m IM All events will be seeded and swum on pure time and sorted into age groups after the completion of each event
<b>Entry Fees:</b>	£6.00 for all 100m events £7.00 for all 400m events.
<b>Sessions:</b>	Session 1: 9.00am for 10.00am start. Session 2: 1.30pm for 2.30pm start Warm up and Start Times maybe subject to change
<b>Awards:</b>	All events are heat declared winners. Medals will be awarded for 1 <sup>st</sup> , 2 <sup>nd</sup> and 3 <sup>rd</sup> places in each event. These will be presented at the end of each session (time allowing) or, alternatively, will be collected from a medal table. Top male and female for each age group and top club/ visiting club awards will be presented at the end of the final session. Please make sure swimmers stay for the presentation ceremony or arrange for a representative to collect them.
<b>Spectators:</b>	Spectator numbers may be restricted to give priority to swimmers. Swimmers may be accommodated in part of the spectator gallery.
<b>Officials:</b>	Clubs entering this meet are requested to provide a minimum of two officials in order that we can apply for accreditation. Our STO Co-ordinator will contact clubs after the Draft has been issued.
<b>Lunch:</b>	Morning coffee and lunch will be provided for officials attending both sessions.
<b>Closing Date:</b>	Entries should be made on Hy-tek entry files no later than midday on the 1 <sup>st</sup> of February 2024. Entries should be emailed to Susan Liddle at <a href="mailto:susan.liddle@googlemail.com">susan.liddle@googlemail.com</a>

## Schedule of Events

### Session One

<u>EVENT NUMBER</u>	<u>GENDER</u>	<u>DISTANCE &amp; STROKE</u>
<u>101</u>	<u>Male</u>	<u>400m Individual Medley</u>
<u>102</u>	<u>Female</u>	<u>100m Fly</u>
<u>103</u>	<u>Male</u>	<u>100 Freestyle</u>
<u>104</u>	<u>Female</u>	<u>400 Freestyle</u>
<u>105</u>	<u>Male</u>	<u>100 Back</u>
<u>106</u>	<u>Female</u>	<u>100 Breaststroke</u>

### Session Two

<u>EVENT NUMBER</u>	<u>GENDER</u>	<u>DISTANCE &amp; STROKE</u>
<u>201</u>	<u>Female</u>	<u>400m Individual Medley</u>
<u>202</u>	<u>Male</u>	<u>100m Fly</u>
<u>203</u>	<u>Female</u>	<u>100 Freestyle</u>
<u>204</u>	<u>Male</u>	<u>400 Freestyle</u>
<u>205</u>	<u>Female</u>	<u>100 Back</u>
<u>206</u>	<u>Male</u>	<u>100 Breaststroke</u>

## Meet Rules

- The current World Aquatics and SASA rules of competitive swimming will apply
- All events will be **Heat Declared Winners**.
- No swimmer under the age of 10 will be permitted to swim on day of the competition. Age as at 25<sup>th</sup> of February 2024.
- All swimmers must have a current SASA or equivalent registration number.
- Electronic timing will be in operation. In the event of electronic timing failure, then back-up manual timing will be used.
- The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries will be refunded in full.
- Withdrawals on the day must be made to the recorders no later than 45 minutes prior to the start of each session. There are no refunds for entries withdrawn after the draft programme is prepared.
- Swimmers must act on the instructions given by the 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.
- Swimmers must report to the designated marshalling area a **minimum of four heats in advance**. It is the responsibility of the clubs/ coaches to ensure that their swimmers report to marshalling on time.
- Over the top starts may be used to help the smooth running of the event.
- The meet will adhere to Scottish Swimming "Swimwear Policies". The policies are included in full in the appendices of Scottish Swimming Regulations.

## Warm up

- Warm up may only commence when advised to do so.
- No diving other than in sprint lanes.
- Swimmers must keep moving during warm-up, to avoid congestion in the pool.
- The meet stewards will determine sprint lanes.
- No congregating allowed at either end of the lanes.

## Miscellaneous

- The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Neither Midlothian Swimming Club nor the Mercat Gait Leisure Centre can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. Bags should not be taken onto poolside they should remain in lockers.
- No glassware may be taken into the showers or poolside. Anyone doing so will be liable to expulsion from the meet.
- Outdoor footwear must not be worn on the poolside area.
- Swimmers MUST wear dry clothing and footwear at all times when not in poolside area.
- The Midlothian SC committee retains the right to amend any of the above conditions as necessary.
- Mobile telephones MUST NOT be used in showers, changing village and toilets under any circumstances
- No guarantee can be given by Midlothian Swimming Club that the event will take place at a particular time, place, or date and they reserve the right to reschedule the event without notice and without liability for doing so. It is expected that this would only be as a result of unforeseen circumstances, e.g., venue/facility failure or adverse weather.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Midlothian Swimming Club. MSC will have no liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- Anything not covered in the above or in the event programme will be at the organisers' discretion.

## Health and Safety Announcement

### Controlling the Use of Photographic Equipment

The meet organisers are aware of the wide range of devices including mobile telephones which have photographic and filming capabilities. This enables the capture of both static and moving images. It should be acknowledged that most images taken within Scottish Swimming licensed meets are appropriate and taken in good faith. However, images of children and adults can be misused, and sharing images widely without consent may betray a confidence or identity of a child or adult, which could present a risk of harm to that individual if common sense procedures are not followed.

Parents and carers of participants under the age of 18 who wish to take images are requested to focus on their own children as much as reasonably possible and to avoid including other children in images, particularly if those images are being shared with family and friends or through social media platforms.

Whilst it is acknowledged that parents/carers wish to celebrate the achievements of their own children when taking part in aquatic events, it should be recognised and respected that other parents/carers may not wish for their child's images to be taken and shared in this way.

The meet organisers are committed to ensuring that all children who participate in this meet can take part in an enjoyable, safe environment and be safeguarded from harm. If there are any child safeguarding concerns at the event, please contact the Events Convenor immediately to disclose your concerns.

Please scan the QR code to read the Scottish Swimming wellbeing statement



**Midlothian Swimming Club**

# Midlothian Spring Gala- Sunday 24<sup>th</sup> of February 2024

## Entry Form Summary Sheet

**\*\*This sheet must be completed and returned with entries via email\*\***

Club:			
Club Code:			
Contact Name:			
E-mail:			
Total Male Entries:		Total Male Entry Cost @£6 per event:	
		Total Male Entry Cost @£7 per event:	
Total Female Entries:		Total Female Entry Cost @£6 per event:	
		Total Female Entry Cost @£7 per event:	
Signed:			
Position:			
Please make payments by bank transfer to the following:			
Midlothian Swimming Club			
Bank of Scotland			
Sort Code: 80 06 29			
Account Number: 06007144			
Reference (Please quote): <b>Spring/club code</b>			