

**200+ Distance Meet**

**Saturday 12th & Sunday 13th**

**October 2024**

At

Xcite Bathgate Swimming Pool,

Balbardie Park, Torphichen Road, Bathgate

EH48 4LA



*Would like to invite entry applications for their*

**200+ Distance Meet**

(Under SASA Laws and License Number L2/ED/052/OCT24)

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**Distance Meet – General Information**

*Dates:*Saturday 12th October & Sunday 13th October 2024

*Venue:*Xcite Bathgate Swimming Pool, Balbardie Park, Torphichen Road, Bathgate, EH48 4LA

*Pool:*6 lane, 25 metre pool with non-turbulent lane dividers, full electronic timing system with touch-pads and 6-lane time display board will be used.

*Spectators:*Spectating will be available for both sessions.

*Events:*  200m all strokes

200m Individual Medley, 400m Individual Medley

400m Freestyle, 800m Freestyle,1500m Freestyle

*Age Groups:*11-12 years, 13 years, 14 years, 15 years, 16 years and over, as at 13th October 2024

(last day of competition)

*Time:*Morning session: Warm Up 09.00– 09.50 for 10.00 Start

Afternoon session: Warm Up 13.30-14.20 for 14.30 Start

WARM UP TIMES MAYBE SUBJECT TO CHANGE ONCE A DRAFT PROGRAMME IS PREPARED

*Entry Fees:* £8.00 per 200m & 400m individual event / £8.50 per 800m & 1500m individual events

*Entry Closing Date:* **Noon Saturday 14th September 2024**

*Awards:*There is no presentation of medals as the object of the meet is for swimmers to update their distance times in advance of district meets, focusing on their own individual improvements and technical gain.

*Officials:* To help with accreditation clubs are respectively asked to provide 2 technical officials per session, one of which should be qualified to a minimum of Judge Level 1. The organisation of officials will be managed via SignUp Genius and a link to this will be provided once entry files are submitted. Once received, **please provide named technical officials no later than Friday 4th October 2024**

*Lunches:* We will provide a free lunch for STO’s attending both AM and PM sessions each day and can provide coaches lunches at £10 per day.

*Coaches Pass****:*** Free

*Spectators:* Spectating will be available for both days.

Entry to the spectator gallery: £3 per session or £5 per day.

*Withdrawals:*Withdrawals will be accepted via email up to Thursday 10th October 2024 and will be dealt with prior to the event. Any on the day should be notified to the recorder’s desk at least one hour prior to the start of the appropriate session. There are no refunds for entries withdrawn after the draft program has been issued unless a medical certificate is provided.

**2024 SWL 200+ Distance Meet – Specific Information**

**Meet Rules:**

* The current World Aquatics and SASA rules of competitive swimming will apply.
* Ages as at 13th October 2024.
* All swimmers of Scottish Clubs must have a current SASA 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, back-up manual timing will be used.
* Coaches and team managers must ensure that all their swimmers can safely dive into deep/shallow water as prescribed by current/planned legislation. There will be NO diving at the shallow end of the pool.
* It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
* Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times

**Transgender**

**Competition Policy:**

* As of the 1st January 2024 the Scottish Swimming Transgender & Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found [here](https://www.scottishswimming.com/our-sports/para-swimming/news/transgender-non-binary-competition-policy-statement). Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Manager and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. As a result of this policy being implemented, by entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.

**Entries:**

* Closing date for entries is: **Noon Saturday 14th September 2024**
* 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).
* Entry times can be based on the coaches best estimate and should be as accurate as possible.
* This is a level 2 meet. Coaches should make sure that all swimmers can comply with the technical requirements of the stroke when making the entry.
* Withdrawals will be accepted via email up to Thursday 10th October 2024 and will be dealt with prior to the event. Any on the day should be notified to the recorder’s desk at least one hour prior to the start of the appropriate session. There are no refunds for entries withdrawn after the draft program has been issued unless a medical certificate is provided.
* The promoters reserve the right to restrict entries to facilitate the smooth running of the meet. Rejected entries will be refunded in full. A draft programme will be made available to Entry Secretaries prior to the meet date.

**Events:**

* All events will be swum on a Heat Declared Winners basis and will be swum with age groups combined and swimmers seeded by entry times.
* Swimmers must report to the designated marshalling area a minimum of three heats in advance. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

**Costs:**

Entry fees: £8.00 per 200m & 400m individual event / £8.50 per 800m & 1500m individual event

Coaches meals: £10.00 per day

Spectators fees: £3.00 per session or £5.00 per day

**SWIM WEST LOTHIAN**

**200+ Distance Meet**

**Warm-ups:**

* Warm-up will commence when advised to do so.
* There will be no diving allowed during the warm-up other than those in the controlled sprint lanes.
* Sprint lanes will be made available during the final ten minutes of each warm-up period. Meet stewards may control these lanes as necessary to avoid congestion and prevent accidents.
* No congregating allowed at either end of the lanes.

**Miscellaneous:**

* A license number has been received under License Number (L2/ED/052/OCT24)
* Amenities for the meet: Xcite Bathgate has a café and vending machines.
* Adequate parking is available on site.
* The promoters reserve the right to exclude or refuse admission to any competitor or team official.
* Swimmers and coaches must not take glassware into the shower or poolside area and are liable for expulsion from the meet if found to do so.
* Neither Swim West Lothian or Xcite Bathgate can be held responsible for loss or damage to swimmers or team officials’ property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended.
* Swim West Lothian will take no responsibility for any accidents that occur throughout the duration of the Meet.
* Swimmers outside the pool area must wear dry clothing and footwear at all times.
* Outdoor footwear must not be worn on poolside.
* Anything not covered above and not printed in the meet programme will be at the Meet Managers discretion.
* In the event of cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of Swim West Lothian and said club will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel, catering and accommodation.

**SWIM WEST LOTHIAN**

**200+ Distance Meet**

**HEALTH & SAFETY ANNOUNCEMENT**

**Controlling the Use of Photographic Equipment**

By attending the event either as a participant, volunteer, team staff or spectator, you accept that

any photographs / videos taken will not be used for illicit purposes or that pictures /films produced

will not be altered in any way or uploaded onto the web without the consent in writing of the

person(s) photographed / filmed.

**The use of mobile phones or other electronic devices capable of photography are not permitted to be used at any time in the changing village, toilets or shower areas.**

Spectators who wish to take images are requested to focus on their own family member as much as reasonably possible and to avoid including other participants in images, particularly if those images are being shared with family and friends or through social media platforms.

The use of professional camera equipment and flash photography is prohibited at the Event. Only accredited media can use this type of equipment. Media wishing to gain accreditation must put the request in writing to the event organiser prior to the start of the competition.

**SWIM WEST LOTHIAN**

**200+ Distance Meet**

**Programme of Events**

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| **SESSION 1 Saturday 12th October 2024** | | | | |  | | **SESSION 3 Sunday 13th October 2024** | | | | |
| Warm up 9:00 – Start 10:00 | | | | |  | | Warm up 9:00 – Start 10.00 | | | | |
| 101 | | Mixed | 800m Freestyle | HDW | |  | | 301 | Mixed | 1500m Freestyle | HDW | |
| 102 | | Mixed | 200m Butterfly | HDW | |  | | 302 | Mixed | 200m Breaststroke | HDW | |
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| **SESSION 2 Saturday 12th October 2024** | | | | | |  | | **SESSION 4 Sunday 13th October 2024** | | | | |
| Warm up 13:30 – Start 14:30 | | | | | |  | | Warm up 13:30 – Start 14:30 | | | | |
| 201 | | Mixed | 400m I.M. | HDW | |  | | 401 | Mixed | 400m Freestyle | HDW | |
| 202 | | Mixed | 200m Freestyle | HDW | |  | | 402 | Mixed | 200m Backstroke | HDW | |
| 203 | | Mixed | 200m I.M. | HDW | |  | |  |  |  |  | |
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**SWIM WEST LOTHIAN**

**200+ Distance Meet**

**Saturday 12th October & Sunday 13th October 2024**

**Xcite Bathgate**

**Entries Summary Sheet**

*\*\* Please completed this form electronically and return it with your entries. \*\**

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| --- | --- |
| Club Name: |  |
| Contact Name: |  |
| Address: |  |
|  |  |
| Post Code: |  |
| Telephone: |  |
| Email Address: |  |

**Double click anywhere in this grid then add totals to column B**



**Hit <ENTER> & Click anywhere outside the grid to return to normal mode.**

**Please make payments by bank transfer to the following:**

**Account Name:** Swim West Lothian

**Sort Code:** 80-05-56

**Account No:** 00119426

**Reference:** Club Code / Distance

Return this form with entry file to: [swlgalaentrysecretary@gmail.com](mailto:swlgalaentrysecretary@gmail.com)

*Closing date for Entries*: **Noon Saturday 14th September 2024**