



# WARRENDER BATHS CLUB

## End of Season Short Course Meet

Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup>  
June 2024

At

Michael Woods Sport and Leisure Centre  
KY6 2RD



# WARRENDER BATHS CLUB

*Would like to invite entry applications for their*

## EOS SHORT COURSE MEET

(Under S.A.S.A. Laws and Licence Number L2/ED/023/JUN24)

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### **EOS Short Course Meet - General Information**

- Date:** Saturday 15<sup>th</sup> – Sunday 16<sup>th</sup> June 2024
- Venue:** Michael Woods Centre, Glenrothes KY6 2RD
- Pool:** 8 lane 25 metre; full electronic timing with 8 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria; swim shop.
- Time:**
- |                    | <b>Warm up</b> | <b>Start</b> | <b>Finish</b> |
|--------------------|----------------|--------------|---------------|
| Morning session:   | 09:00-09:50    | 10:00        | 12:45         |
| Afternoon session: | 13:15-13:55    | 14:00        | 16:45         |
- Ages:** As at 16<sup>th</sup> June 2024
- Age groups:** 10-12 years, 13 years, 14 years and 15 & over
- Categories:** There will be two categories, Female and "Male & Open"
- Events:** **10-12 years:** 50m & 100m all strokes, 200 Freestyle, 200 I.M.  
**All other age groups:** 100m & 200m all strokes, 200m I.M, 50m Freestyle
- Entry Fees:** £7.50 per individual event
- Awards:** The focus of the meet is to give swimmers the opportunity to update short course times before the end of the season, focussing on their own individual improvements and technical gain, therefore no medals or other awards will be handed out.
- Lunches:** Lunches will not be provided for coaches, team staff or STO's
- Officials:** To ensure accreditation, we would appreciate if visiting Clubs could assist by providing technical officials. Details of your STO support should be sent to [sto@swimwarrender.com](mailto:sto@swimwarrender.com).
- Closing date for entries:** **Noon Monday 20th May 2024**

*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)

## **EOS Short Course Meet - Specific Information**

### **Meet Rules**

- The meet shall be held under World Aquatics and S.A.S.A competition rules.
- Ages as at 16<sup>th</sup> June 2024
- 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 8 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 participants of the meet, meet staff, technical officials and coaches with meet passes will be admitted on to the poolside and must adhere to Scottish Swimming requirements with regard to PVGs and Child Protection training.
- 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**

- Closing date for entries is Noon Monday 20<sup>th</sup> May 2024. Late entries will not be accepted.
- All entries must be made on the relevant electronic files and submitted by email. Entry files can be accessed at [www.swimscotland.co.uk](http://www.swimscotland.co.uk).
- As this is a level 2 meet, coaches should ensure that all swimmers can comply with the technical requirements of the stroke when making the entry.
- Withdrawals must be made to the recorders no later than 6pm on Thursday 13<sup>th</sup> June, after which time the meet will be seeded and start sheets circulated electronically and by WhatsApp broadcast. A link to a google form will be circulated for withdrawals to be submitted.
- 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 promoters 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 withdrawals close
- 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:     | £7.50 per individual event                                     |
| Coaches passes: | Free (please indicate how many coaches will be with your team) |
| Other costs:    | Spectator entry £3 per session or £5 for the day               |

# WARRENDER BATHS CLUB

## EOS Short Course Meet: 15-16 June 2024

### Warm-ups and Session Times

- 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, 5 and 7 are to be swum in a clockwise direction and Lanes 2, 4, 6 and 8 swum in an anti-clockwise direction.
- Final warm up times and details will be published once final entries have been determined and the draft programme has been circulated

### Miscellaneous

- A licence number has been received under Licence Number (L2/ED/023/JUN24)
- Amenities for the meet: The Michael Woods Centre has vending machines and a cafeteria serving refreshments which will be open most of the day. The centre also provides good spectating facilities and ample parking.
- 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 the Michael Woods Centre, 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.

### 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](#). 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.

# WARRENDER BATHS CLUB

**EOS Short Course Meet:  
15-16 June 2024**

## **Health and 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.

Any concerns in relation to filming or photographing at the meet should be reported to the Meet Organiser.

**Safeguarding: The primary safeguarding point of contact for the event in relation to wellbeing & protection matters or accidents is the Meet Organiser. The secondary point of contact is the WBC WPO.**

# WARRENDER BATHS CLUB

## EOS Short Course Meet: 15-16 June 2024

### Programme of Events

#### SATURDAY 15 JUNE 2024:

| SESSION 1: |             | Warm up 09:00-09:50 | Start 10:00       | Finish 12:45 |
|------------|-------------|---------------------|-------------------|--------------|
| EVENT No.  |             | AGE                 | EVENT             |              |
| Female     | Male & Open |                     |                   |              |
| 101        | 102         | 13/over             | 100m Breaststroke | HDW          |
| 103        | 104         | 10-12yrs            | 50m Backstroke    | HDW          |
| 105        | 106         | 13/over             | 200m Butterfly    | HDW          |
| 107        | 108         | 10-12yrs            | 200m I.M          | HDW          |
| 109        | 110         | 13/over             | 50m Freestyle     | HDW          |

| SESSION 2: |             | Warm up 13:15-13:55 | Start 14:00       | Finish 16:45 |
|------------|-------------|---------------------|-------------------|--------------|
| EVENT No.  |             | AGE                 | EVENT             |              |
| Female     | Male & Open |                     |                   |              |
| 201        | 202         | 10-12yrs            | 50m Butterfly     | HDW          |
| 203        | 204         | 13/over             | 100m Backstroke   | HDW          |
| 205        | 206         | 10-12yrs            | 100m Breaststroke | HDW          |
| 207        | 208         | 13/over             | 200m Freestyle    | HDW          |
| 209        | 210         | 10-12yrs            | 100m Freestyle    | HDW          |

#### SUNDAY 16 JUNE 2024:

| SESSION 3: |             | Warm up 09:00-09:50 | Start 10:00       | Finish 12:45 |
|------------|-------------|---------------------|-------------------|--------------|
| EVENT No.  |             | AGE                 | EVENT             |              |
| Female     | Male & Open |                     |                   |              |
| 301        | 302         | 13/over             | 100m Butterfly    | HDW          |
| 303        | 304         | 10-12yrs            | 50m Freestyle     | HDW          |
| 305        | 306         | 13/over             | 200m Breaststroke | HDW          |
| 307        | 308         | 10-12yrs            | 100m Backstroke   | HDW          |
| 309        | 310         | 13/over             | 200m I.M          | HDW          |

| SESSION 4: |             | Warm up 13:15-13:55 | Start 14:00      | Finish 16:45 |
|------------|-------------|---------------------|------------------|--------------|
| EVENT No.  |             | AGE                 | EVENT            |              |
| Female     | Male & Open |                     |                  |              |
| 401        | 402         | 10-12yrs            | 200m Freestyle   | HDW          |
| 403        | 404         | 13/over             | 100m Freestyle   | HDW          |
| 405        | 406         | 10-12yrs            | 50m Breaststroke | HDW          |
| 407        | 408         | 13/over             | 200m Backstroke  | HDW          |
| 409        | 410         | 10-12yrs            | 100m Butterfly   | HDW          |

# WARRENDER BATHS CLUB

## EOS Graded Meet: 15-16 June 2024

### Summary Entry Form

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

Club Name: ..... Contact

Name: ..... Address:

.....

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

Telephone: .....

Email: .....

|                         |  |                 |            |
|-------------------------|--|-----------------|------------|
| Female entries          |  | @ £ 7.50 each:  | £ -        |
| Male & Open entries     |  | '@ £ 7.50 each: | £ -        |
| Coaches passes (free)   |  | '@ £ 0.00 each: | £ -        |
|                         |  |                 |            |
| <b>Total Remittance</b> |  | <b>Total</b>    | <b>£ -</b> |

Signed: .....

Position in club: .....

Please pay by BACS using the following details and reference:

Warrender Baths Club Meet Account

Reference: Warrender EOS Short Course Meet

Sort Code: 830608

Account number: 21826807

Return this form along with entries no later than **Noon Monday 20 May 2024**

to:

**Susan Liddle**

9 Rullion Road

Penicuik

EH26 9HS

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