



Haddington & District A.S.C.

Haddington 100's Meet, Sunday 12<sup>th</sup> September 2010

Mercat Gait Pool

Prestonpans



**Meet Information:**

- Date: Sunday 12<sup>th</sup> September 2010
- Venue: Mercat Gait Pool, Prestonpans, East Lothian, EH32 9EN
- Pool: 6 lane, 25m pool, electronic timing, anti-wave lane ropes, spectator facilities
- Events: 100m Backstroke, Breaststroke, Butterfly & Freestyle  
400m Freestyle and Individual Medley  
ALL EVENTS WILL BE HDW
- Age groups: 100m events: 10 & under, 11 years, 12 years, 13 years, 14 & over –  
**Age as of 12<sup>th</sup> September 2010.** Events will be swum as mixed age groups, with results sorted as age groups.  
400m events will be a swim as open events

**Please note we will not accept entries from swimmers under the age of 8 on 12<sup>th</sup> September 2010**

- Sessions: There will be two sessions as follows:  
Morning warm-up 09.00 Start 09.45  
Afternoon warm up 13.30 Start 14.15
- Entry Fees: £4.25 per 100m event, £5.00 per 400m event  
Cheques should be made payable to **Haddington & District ASC**  
Cheques should be received within 7 days of closing date
- Entries: Entries should be made on Hy-Tek entry files which can be obtained by e-mailing entries secretary quoting your club name. Entries should be received by midnight **20<sup>th</sup> August 2010**. No time cards will be required. A draft meet sheet will be made available to entry secretaries prior to meet date. It is the responsibility of entry secretaries to ensure all entry times and dates of birth are correct.
- Entry file requests, entries and cheques to be returned to:  
Senga Restorick e-mail:- [senga@senga9.orangehome.co.uk](mailto:senga@senga9.orangehome.co.uk)  
78 Preston Crescent  
Prestonpans  
EH32 9RB **Closing date Midnight Friday 20<sup>th</sup> August 2010**
- Awards: Medals will be awarded to first three places in each age group
- Officials: Clubs entering this meet should provide a minimum of two officials in order that we can apply for accreditation. Please provide these and return with entries.
- Lunch: We will provide lunch for all officials attending. Coaches lunches may be booked At a cost of £7.



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Accreditation: SASA level 2 license and accreditation will be applied for

**MEET RULES:-**

The meet shall be held under FINA and SASA Rules.  
No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director. Application must be made on the approved SASA form.  
The organisers reserve the right to restrict entries to allow for the smooth running of the meet. Rejected entries on this basis will be refunded in full.  
All competitors must have current S.A.S.A. or equivalent registration numbers  
Over the top starts may be used to help the smooth running of the meet

Warm up: Warm up may only commence when advised to do so  
No diving other than sprint lanes  
The meet stewards will determine sprint lanes  
No congregating allowed at either end of the lanes  
Swimmers must report to marshalling area **four** heats in advance

Miscellaneous: The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official.  
Neither Haddington & District ASC 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.  
Swimmers must act on the instructions of the meet officials and behave in a responsible manner at all times.  
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 use of mobile phones is prohibited by the Mercat Gait Leisure Centre anywhere within the building.  
The Haddington and District ASC committee retains the right to amend any of the above conditions as necessary.  
Anything not covered in the above or in the event program will be at the organisers' discretion.

Photographic  
Equipment:

Due to warnings issued by the SASA we are obliged to inform you that the use of photographic equipment (cameras, camcorders, mobile phones incorporating cameras, etc.) will be restricted as follows:

- No photographic equipment will be allowed either on poolside or the viewing gallery or any other area under the jurisdiction of the organising club without the written prior approval of that club.
- Application to use the above named equipment can be made on the day to the organising clubs' nominated official. Any person wishing to do this must be able to provide identification, and evidence that they have swimmer(s) competing in the gala.
- Application must be made on the official SASA form (attached to the end of this Meet info please fill in and send in advance of meet where possible. Note H&DASC Reserve the right to check the applicant's identity and affiliation with the club)



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Events

Session 1: Warm up : 9.00      Start time 09.45

101	Girls	100m	Backstroke
102	Boys	100m	Backstroke
103	Girls	400m	Freestyle
104	Boys	100m	Breaststroke
105	Girls	100m	Breaststroke
106	Boys	400m	Freestyle

Session 2: Warm up: 13.30      Start time 14.15

201	Girls	100m	Butterfly
202	Boys	100m	Butterfly
203	Girls	400m	Individual Medley
204	Boys	100m	Freestyle
205	Girls	100m	Freestyle
206	Boys	400m	Individual Medley



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## HEALTH & SAFETY DECLARATION

**\* This form must be completed and returned with your cheque \*\***

In order to comply with accreditation and Health & Safety legislation, please complete and return this form with your entry.

- I confirm that all swimmers are current members of the SASA and have paid the appropriate membership fee.
- I understand that any swimmer entered without a Registration number will be automatically rejected.
- I confirm that the notice about the use of photographic equipment has been brought to the attention of all swimmers, parents and coaches who will be attending the gala.
- I confirm that all swimmers have trained and are competent to dive into the pool, any swimmer unable to so, will start in the water and notify the referee that this will be the case.

signed \_\_\_\_\_ Print \_\_\_\_\_

Club Position \_\_\_\_\_

On behalf of \_\_\_\_\_ (club)

Date \_\_\_/\_\_\_/2010.



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**SUMMARY SHEET**

**\*\*This sheet must be completed and returned with cheque & filled in and returned with Entries via E-mail\*\***

<b>CLUB:</b>			
<b>Contact Name:</b>			
<b>Address:</b>			
<b>Town:</b>		<b>Postcode:</b>	
<b>Tel No:</b>			
<b>E-Mail:</b>	@		
	(Helps us speed up the communication of accepted entries & draft Programs)		
<b>Breakdown of fees:</b>			
	<b>Total Male Entries: @£4.25</b>		<b>£</b>
	<b>Total Female Entries: @£4.25</b>		<b>£</b>
	<b>Total Female Entries : @£5</b>		<b>£</b>
	<b>Total Male Entries : @£5</b>		<b>£</b>
	<b>Total Coaches Lunches: @£7</b>		<b>£</b>
		<b>Total</b>	<b>£</b>
<b>Please Make Cheques Payable to Haddington &amp; District ASC</b>			

Return to:  
 Senga Restorick  
 78 Preston Crescent  
 Prestonpans  
 EH32 9RB  
 Tel: 07736943777  
 e-mail:- [senga@senga9.orangehome.co.uk](mailto:senga@senga9.orangehome.co.uk)



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Named STO's and Timekeepers

Name	Position	Sessions	Preferred Role	Contact Details
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		
	STO/TK	1     2		

Please complete electronically and return to [senga@senga9.orangehome.co.uk](mailto:senga@senga9.orangehome.co.uk)

Thank you for your assistance



APPLICATION  
NUMBER \_\_\_\_\_

**REQUEST FOR PERMISSION TO USE CAMERA & VIDEO EQUIPMENT  
EXTERNAL USE**

The form must be completed by individuals who would like permission to use camera or video equipment with \_\_\_\_\_ club.

**SECTION A TO BE COMPLETED BY APPLICANT.**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

COMPANY: \_\_\_\_\_

PURPOSE OF APPLICATION: \_\_\_\_\_

EQUIPMENT TO BE USED DURING (tick): COMPETITION  TRAINING

VENUE: \_\_\_\_\_

DATE(S): \_\_\_\_\_

EQUIPMENT TYPE: \_\_\_\_\_

MODEL: \_\_\_\_\_

SERIAL NO: \_\_\_\_\_

**DECLARATION: I declare that the pictures/film(s) produced by the equipment stated above will not be altered in any way, without prior approval in writing of the person(s) photographed. I understand that the swimmers modesty must be ensured at all times, and that I will only use pictures/films for the purpose stated above. I have read and agree to abide by the guidelines set out in the POLICY FOR USE OF PHOTOGRAPHIC & VIDEO EQUIPMENT.**

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_

**SECTION B FOR OFFICIAL USE ONLY**

APPROVED  REFUSED

DATE: \_\_\_\_\_

SIGNED: \_\_\_\_\_

PRINT NAME: \_\_\_\_\_

DESIGNATION: \_\_\_\_\_

REASON FOR REFUSAL: