



Haddington & District A.S.C.

Haddington International, Saturday 24<sup>th</sup> July 2010

Mercat Gait Pool

Prestonpans



**Meet Information:**

This competition is being held to coincide with the visit of 40 swimmers from the French Club A.L. Serres-Castet. There will be a buffet and disco or ceilidh following the competition to which all competitors will be invited

Date: Saturday 24<sup>th</sup> July 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 - Heats & Finals  
200m Individual Medley – Heat Declared Winners  
If meet is oversubscribed all events may be changed to heat declared winners

Age groups: 100m events: 12 & under, 13 years, 14 years, 15 & over –

**Age as of 24<sup>th</sup> July 2010.** Events will be swum as mixed age groups, with results sorted as age groups.

**Please note we will not accept entries from swimmers under the age of 8 on 24<sup>th</sup> July 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: £4.50 per 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 **2<sup>nd</sup> July 2010**. No time cards will be required. Withdrawals must be made to recorders no later than 45 mins prior to the start of each session. Entries will be accepted, with our French visitors having priority, and all other entries on a time basis  
Clubs should ensure that entry times are accurate. 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 2<sup>nd</sup> July 2010**



Haddington & District A.S.C.

Haddington International, Saturday 24<sup>th</sup> July 2010

Mercat Gait Pool

Prestonpans



- Awards: Medals will be awarded to first three places in each age group  
Best Boy and best girl in each age group  
Best Club based on overall points
- 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.
- 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 within the centre  
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: This venue does **NOT** allow photography within the centre.



Haddington & District A.S.C.

Haddington International, Saturday 24<sup>th</sup> July 2010

Mercat Gait Pool

Prestonpans



Events

Morning Session 9am warm up 9.45am start

- 101 100m Back Female
- 102 100m Back Male
- 103 100m Breast Female
- 104 100m Breast Male
- 105 200m I.M. Female

Finals of events 101-104

Afternoon Session 13.30 warm up 14.15 start

- 201 100m Fly Male
- 202 100m Fly Female
- 203 100m Free Male
- 204 100m Free Female
- 205 200m I.M. Male

Finals of events 201-204

Presentations



Haddington & District A.S.C.  
Haddington International, Saturday 24<sup>th</sup> July 2010  
Mercat Gait Pool  
Prestonpans



**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.



Haddington & District A.S.C.  
Haddington International, Saturday 24<sup>th</sup> July 2010



Mercat Gait Pool

Prestonpans

**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: @£4.50</b>		<b>£</b>
	<b>Total Female: @£4.50</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)



Haddington & District A.S.C.

Haddington International, Saturday 24<sup>th</sup> July 2010

Mercat Gait Pool

Prestonpans



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