

TROJAN SWIMMING CLUB

WHITBURN & DISTRICT

OPEN TIME BANDED GALA

Sunday 30th May 2010



At Whitburn Swimming Pool

West Main Street, Whitburn,
Bathgate EH47 0QD



MORNING SESSION: WARM-UP 9.00 AM - 9.45 AM START
AFTERNOON SESSION: WARM-UP 1.30 PM - 2.15 START

SASA Licence Number: ED/LA3/342/1009

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VENUE

Whitburn Swimming Pool
West Main Street
Whitburn
Bathgate EH47 0QD

6 lane - 25m pool, spectator area

SESSIONS: There will be two sessions:-

Morning: Warm-up 9.00am - Start 9.45am

Afternoon: Warm-up 1.30pm - Start 2.15pm

AWARDS: Heat declared winners with awards to the first six in each time band.

A Trophy will be awarded to the best Overall Club.

Swimmers who swim faster than the 5% permitted tolerance in their allocated Time Band will lose their place but shall receive a token.

ENTRY FEES: Individual Entries: £4.00
Relay: £5.00

RELAYS: 1 boy and 1 girl, in that order, slowest to fastest from each of the 4 freestyle bands.
Where there is no swimmer in a particular band a slower swimmer may occupy the place.

ENTRIES: The closing date for entries is 21st April 2009 at 12 noon.
Applications by e-mail susan@dwliddle.co.uk

COACHES PASS: £5.00 includes lunch, refreshments and start sheets.

MEET-RULES: The meet shall be held under SASA rules.

Scottish swimmers must have paid their annual competitive fee to SASA, and be in possession of a current competitive number. Non-Scottish Club swimmers must be similarly registered with their Governing Body.

Coaches and Team Managers must ensure that all their swimmers can safely dive into the water in accordance with current legislation.

There will be no diving at the shallow end of the pool.

Photographic or video equipment will be allowed in any area of the pool or spectator area without the prior approval of the Meet Director. Application to use such equipment must be made on the appropriate form and handed to the Meet Director for signature before such use will be permitted.

Withdrawals must be made to the recorders table no later than 40 minutes prior to the start of each session.

MARSHALLING: Swimmers should marshal in the designated area at least two events in advance of their own.

GENERAL: Trojan Swimming Club or Whitburn Swimming Pool will not accept responsibility for loss or damage to swimmers', coaches' or spectators' property.

DISABLED SWIMMERS: Trojan SC would appreciate pre notification of the participation of disabled swimmers, who will be required to provide certification to the referee.

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Requests for entry files should be sent by email to: susan@dwliddle.co.uk

And contain the following information

Name of Club

Contact Name

Address

Tel. No.

E-mail address

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PROGRAMME OF EVENTS

SESSION 1:		9.00am warm-up	9.45am start	
Event 101	Boys	50m Butterfly	BAND D	50.00 seconds and over
Event 102	Girls	50m Butterfly	BAND D	50.00 seconds and over
Event 103	Boys	50m Butterfly	BAND C	45.00 - 49.99 seconds
Event 104	Girls	50m Butterfly	BAND C	45.00 - 49.99 seconds
Event 105	Boys	50m Butterfly	BAND B	40.00 - 44.99 seconds
Event 106	Girls	50m Butterfly	BAND B	40.00 - 44.99 seconds
Event 107	Boys	50m Butterfly	BAND A	35.00 - 39.99 seconds
Event 108	Boys	50m Butterfly	BAND A	35.00 - 39.99 seconds

Presentation of Awards for Events 101 - 108

Event 109	Boys	50m Backstroke	BAND D	50.00 seconds and over
Event 110	Girls	50m Backstroke	BAND D	50.00 seconds and over
Event 111	Boys	50m Backstroke	BAND C	45.00 - 49.99 seconds
Event 113	Boys	50m Backstroke	BAND B	40.00 - 44.99 seconds
Event 114	Girls	50m Backstroke	BAND B	40.00 - 44.99 seconds
Event 115	Boys	50m Backstroke	BAND A	35.00 - 39.99 seconds
Event 116	Boys	50m Backstroke	BAND A	35.00 - 39.99 seconds

Presentation of Awards for Events 109 - 116

SESSION 2:		1.30pm warm-up	2.15pm start	
Event 201	Boys	50m Breaststroke	BAND D	55.00 seconds and over
Event 202	Girls	50m Breaststroke	BAND D	55.00 seconds and over
Event 203	Boys	50m Breaststroke	BAND C	50.00 - 54.99 seconds
Event 204	Girls	50m Breaststroke	BAND C	50.00 - 54.99 seconds
Event 205	Boys	50m Breaststroke	BAND B	45.00 - 49.99 seconds
Event 206	Girls	50m Breaststroke	BAND B	45.00 - 49.99 seconds
Event 207	Boys	50m Breaststroke	BAND A	40.00 - 44.99 seconds
Event 208	Boys	50m Breaststroke	BAND A	40.00 - 44.99 seconds

Presentation of Awards for Events 201 - 208

Event 209	Boys	50m Freestyle	BAND D	45.00 seconds and over
Event 210	Girls	50m Freestyle	BAND D	45.00 seconds and over
Event 211	Boys	50m Freestyle	BAND C	40.00 - 44.99 seconds
Event 212	Girls	50m Freestyle	BAND C	40.00 - 44.99 seconds
Event 213	Boys	50m Freestyle	BAND B	35.00 - 39.99 seconds
Event 214	Girls	50m Freestyle	BAND B	35.00 - 39.99 seconds
Event 215	Boys	50m Freestyle	BAND A	31.00 - 34.99 seconds
Event 216	Boys	50m Freestyle	BAND A	31.00 - 34.99 seconds

Event 217 Squad Relay 50m x 8(1 boy and 1 girl - in that order –from each of the 4 Freestyle bands)

Presentation of Events 209 - 217
Presentation of Best Overall Club

TROJAN SWIMMING CLUB - WHITBURN AND DISTRICT

Summary Sheet - Open Time Banded Gala – Sunday 30th May 2010

CLUB

CONTACT NAME

ADDRESS

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POST CODE

TELEPHONE NO

E-MAIL.

Total Entries for Boys @ £4.00 = £.....

Total Entries for Girls @ £4.00 = £.....

Total Entries for Relays @ £7.00 = £.....

Total for coaches passes @ £6.00 = £.....

Total cheque payable to Trojan Swimming Club = £.....

In order that the event runs smoothly we would ask assistance from all Clubs attending by supplying 2 officials for each session

Name of Official/Session Timekeeper/Judge

Name of Official	Session	Timekeeper/Judge

Send to:

**Susan Liddle, Meet Entry Secretary, 9 Rullion Road, Penicuik. EH26 9HS
01968 673471**