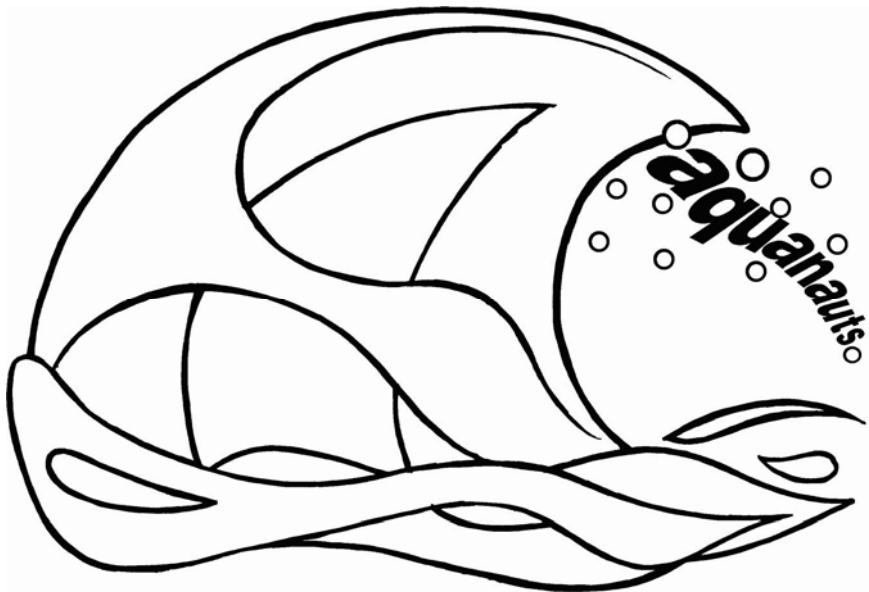


AQUANAUTS LIVINGSTON A.S.C.

MINI GRADED MEET



SATURDAY 17TH OCTOBER, 2009

PRESTONPANS SWIMMING POOL

S.A.S.A. Licence number: ED/LA2/313/0609

Venue	Prestonpans Swimming Pool, Prestonpans
Pool	6 lane, 25 metre, full electronic timing, anti-wave lane ropes; spectator area
Age Groups	Age on 17 th October 2009
Entry	£3.50 per individual event; £5.00 per relay
Events	All events are heat declared winners. Individual events are 50m all strokes, single age 8yrs 9yrs and 10yrs in session one, 11yrs, 12yrs and 13yrs in session two. Only individual events are time banded.
Sessions	Session 1 09.00 warm-up 10.00 start Session 2 13.30 warm-up 14.30 start All competitors will swim their heats as per their entry time
Awards	Awards will be presented to first 6 places. Mementoes will be issued to all who swim faster than the speed limit. There will be a trophy for the Top Club (this will be worked out using the following point system: 1 st =7, 2 nd =5, 3 rd =4, 4 th =3, 5 th =2, 6 th =1)

We have a SASA Level 2 Licence for this meet, no: ED/LA2/313/0609

Meals are available to coaches by prior booking at £7.00 each

We respectfully ask all clubs taking part to supply two officials.

Closing date for Entries: Noon Friday 16th September 2009

Entries to: John Bruce by email: jbruce2160@aol.com

PROGRAMME OF EVENTS

Session 1 - Heats

101	8 yrs Girls 50m Freestyle
102	8 yrs Boys 50m Freestyle
103	9 yrs Girls 50m Breaststroke
104	9 yrs Boys 50m Breaststroke
105	10 yrs Girls 50m Freestyle
106	10 yrs Boys 50m Freestyle
107	8 yrs Girls 50m Breaststroke
108	8 yrs Boys 50m Breaststroke
109	9 yrs Girls 50m Backstroke
110	9 yrs Boys 50m Backstroke
111	10 yrs Girls 50m Butterfly
112	10 yrs Boys 50m Butterfly
113	8 yrs Girls 50m Backstroke
114	8 yrs Boys 50m Backstroke
115	9 yrs Girls 50m Butterfly
116	9 yrs Boys 50m Butterfly
117	10 yrs Girls 50m Breaststroke
118	10 yrs Boys 50m Breaststroke
119	8 yrs Girls 50m Butterfly
120	8 yrs Boys 50m Butterfly
121	9 yrs Girls 50m Freestyle
122	9 yrs Boys 50m Freestyle
123	10 yrs Girls 50m Backstroke
124	10 yrs Boys 50m Backstroke
125	8, 9, 10 yrs Squadron Relay 6x50m Freestyle

Session 2 - Heats

201	11 yrs Girls 50m Freestyle
202	11 yrs Boys 50m Freestyle
203	12 yrs Girls 50m Breaststroke
204	12 yrs Boys 50m Breaststroke
205	13 yrs Girls 50m Freestyle
206	13 yrs Boys 50m Freestyle
207	11 yrs Girls 50m Breaststroke
208	11 yrs Boys 50m Breaststroke
209	12 yrs Girls 50m Backstroke
210	12 yrs Boys 50m Backstroke
211	13 yrs Girls 50m Butterfly
212	13 yrs Boys 50m Butterfly
213	11 yrs Girls 50m Backstroke
214	11 yrs Boys 50m Backstroke
215	12 yrs Girls 50m Butterfly
216	12 yrs Boys 50m Butterfly
217	13 yrs Girls 50m Breaststroke
218	13 yrs Boys 50m Breaststroke
219	11 yrs Girls 50m Butterfly
220	11 yrs Boys 50m Butterfly
221	12 yrs Girls 50m Freestyle
222	12 yrs Boys 50m Freestyle
223	13 yrs Girls 50m Backstroke
224	13 yrs Boys 50m Backstroke
225	11, 12, 13 yrs Squadron Relay 6x50m Freestyle

Boys & Girls	8 yrs		9 yrs		10 yrs		11 yrs		12 yrs		13 yrs	
	Entry Time	Speed Limit	Entry Time	Speed Limit	Entry Time	Speed Limit	Entry Time	Speed Limit	Entry Time	Speed limit	Entry time	Speed limit
Free	44.00	42.00	42.00	40.00	39.00	37.00	38.00	36.00	36.00	34.00	34.00	32.00
Breast	59.00	57.00	57.00	55.00	53.00	51.00	51.00	49.00	49.00	47.00	47.00	45.00
Fly	56.00	54.00	54.00	52.00	50.00	48.00	48.00	46.00	43.00	41.00	40.00	38.00
Back	56.00	54.00	54.00	52.00	50.00	48.00	48.00	46.00	43.00	41.00	40.00	38.00

No swimmer may be entered with or swim faster than the above times.

SPECIFIC INFORMATION

MEET RULES

The meet shall be held under S.A.S.A. Rules.

Age on 17th October 2009.

All competitors of Scottish clubs must have a current SASA Registration number.

The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.

Full automatic timing will be used.

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.

It is the responsibility of each club to ensure that their swimmers are aware of the meet rules.

ENTRIES

Closing date for entries is: **Noon Friday 16th September 2009**

All entries must be by an easy to use meet entry file system. File applications should be made by email to jbruce2160@aol.com - No cards required.

The organisers reserve the right to restrict entries in order to facilitate the smooth running of the meet. Clubs should ensure entry details are accurate, as no amendments will be made on the day. A draft programme will be issued prior to the event. Rejected entries will be refunded in full. Aquanauts reserve the right to fill empty lanes with Aquanauts swimmers.

Notification of withdrawals and reserve swimmers must be made to the recorders no later than 45 minutes prior to the start of each session.

EVENTS

Swimmers must report to the designated marshalling area at least three heats in advance.

There will be a maximum of three reserves per event. Swimmers may swim up an age group but must not be faster than the individual entry times. Squadron relays to consist of one boy and one girl from each age group, swimming boy then girl in age order.

MISCELLANEOUS

The organisers reserve the right to exclude or refuse admission to any competitor, spectator or team official. Neither Aquanauts nor Prestonpans Swimming Pool can be held responsible for loss or damage to any property. Swimmers should use the lockers provided and not leave belongings lying around unattended. No glassware may be taken into the showers or poolside. Anyone doing so is liable to expulsion from the meet. Swimmers outwith the poolside must wear dry clothing and footwear at all times.

Anything not covered above or in the event programme will be at the organiser's discretion.

Aquanauts Livingston Swimming Club reserve the right to vary the above conditions as necessary.

**AQUANAUTS LIVINGSTON
MINI GRADED MEET**

17th October 2009

Entry Form Summary

Name of Club _____

District & Code _____

Contact Name _____

Return Address _____

Post Code _____

Tel _____

Email _____

No. of entries Girls _____ @ £3.50 = £ _____

Boys _____ @ £3.50 = £ _____

Relay _____ @ £5.00 = £ _____

Coaches passes _____ @ £7.00 = £ _____

Total = £ _____

Please return this form along with the cheque (made payable to Aquanauts Livingston) to:

John Bruce
50 Station Road
Roslin EH25 9LR

Closing date for entries: Noon Friday 16th September 2009