

Meet Information

SASA

EAST DISTRICT

**LONG COURSE
OPEN CHAMPIONSHIPS**

31st May & 1st June 2008

The Royal Commonwealth Pool
Edinburgh

Open
Championships

License No:
LA/199/ED/MAY/08

Event Regulations

Entry and Entries to all events is expressly subject to each and all of these regulations and may, where appropriate, also require compliance with the facility provider's regulations:

- Permission for any person to enter or to remain within the venue notwithstanding possession of any ticket by that person is at the absolute discretion of the stewards and officers of the East District and/or any police officer.
- No guarantee can be given by the East District that the event will take place at a particular time or any particular date and the East District reserves the right to reschedule the event without notice and without any liability for so doing.
- In the event of postponement, cancellation or abandonment of the event, refunds if any, will be made at the absolute discretion of the East District. The East District will have no legal liability to make a refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs.
- The following are articles, which must not be brought within the venue (glasses, fireworks, smoke canisters, air horns, flares, glass bottles, weapons of any sort). Any person in possession of such items will be refused entry at the absolute discretion of any steward or officer of the East District and/or police officer.
- No object may be thrown by spectators within the venue.
- No foul or abusive language or other offensive words such as racial or sexual abuse may be used within venues.
- No alcohol may be consumed within events except in those areas specifically designated for such purposes and in accordance with any terms displayed in those areas.
- No person may for commercial purposes take photographs or use any video recording equipment inside events without the express written permission of the East District. The taking of photographs or use of video equipment for non-commercial purposes is permitted subject to compliance with SASA Ltd Guidelines with regard to video recording and zoom photography. The use of flash photography is not permitted.
- No articles, periodicals, publications, flyers or goods of any nature may be offered either free or for sale by any persons save only the East District within events without the express written permission of the East District.
- Any person entering events must at all times comply with any and all instructions of any steward or officer of the East District and/or police officer. Failure to comply within a reasonable time with any such instruction will lead to the person being invited to leave.
- No tickets may be offered for resale within events. Any such tickets offered for sale may be confiscated by any steward or officer of the East District or any police officer.
- The East District reserves absolutely the right to eject from events any person failing to comply with each and all of the Event Regulations.

EAST DISTRICT LONG COURSE OPEN CHAMPIONSHIPS

31st May & 1st June 2008

The Royal Commonwealth Pool
Edinburgh

Entry applications are invited for the above Championships.

MEET INFORMATION

Venue: The Royal Commonwealth Pool, Dalkeith Road, Edinburgh EH16 5BB

Pool: 50m, 8 lanes with anti-turbulence lane ropes.
Electronic Timing will be in operation.
A swim down area will be available throughout the competition. The meet organisers reserve the right to withdraw this facility in the event of repeated disruptive behaviour. During competition, swimmers shall only be permitted on poolside when marshalling for races and presentations. Coaches are not permitted on poolside.

Events: As per attached programme.

Entries: All entries should be submitted by computer files, which can be obtained by applying by email (giving full contact details – club, name, telephone number) to:

JBruce2160@aol.com

John Bruce
Entries Secretary
50 Station Road
Roslin EH25 9LR

Tel: 0131 440 1752

Accredited times must be submitted for all events. Times submitted should have been achieved on or after 1st May 2007 and must be capable of verification by a Club Official. The following types of event will be accepted:

SASA accredited meets (LA1 to LA2)

Equivalent meets organized by ASA affiliated counties or clubs or other FINA affiliated organizations.

25m conversions may be used.

A Hy-Tek entry report, that includes proof of time, must be submitted with the entry file. For entrants who do not have access to the Hy-Tek reporting system, an electronic spreadsheet detailing the date and venue where each entry time was achieved

must accompany the entry. Random checks of entries will be made prior to publication of the finalised programme. If entry times cannot be substantiated, the meet organisers reserve the right to reject the entry without refund.

Consideration times for entries are set out on the attached sheet. **Do not submit entries that are slower than the consideration times.** The organising committee reserves the right to restrict heats to meet the constraints of time once entries have been received. Entry times for relays will be used for seeding purposes only.

WITHDRAWALS

Withdrawal Forms showing all withdrawals including those with NIL returns must be submitted at least 45 minutes before the start of each session. Clubs failing to comply with the above will be deemed to have no swimmers present and will be automatically withdrawn. No shows will be liable to a fine as prescribed by the District rules.

FINALS

Withdrawals from finals must be notified to the Recorder in writing on the appropriate form before the publication of the Finals Start List. Swimmers who fail to appear for Finals will be fined and may be subject to further disciplinary action.

Any competitor withdrawing from a Final in such a manner as to prevent a reserve taking part shall be immediately suspended from all other events at the Championship. In the event of a late withdrawal due to illness or injury the swimmer concerned shall take no further part in that session. Where a reserve is brought in at short notice, the reserve shall occupy the vacant lane.

CHAMPIONSHIP AWARDS:

Medals will be presented to the first three swimmers in each event. The first East District Senior and Junior swimmer, from the Open events only, will also be required for presentation if not already included in the first three places. For relay events, presentations will be made only to the swimmers participating in the event.

In the 11yr 12yr, 13yr & 14yr age group, mementoes will be presented to the first three swimmers in each event.

Prize money will be paid as follows for times set in Open Events only:

East District Junior Record	£25
East District Senior Record	£50
Scottish Junior Record	£50
Scottish Senior Record	£100

In the event that more than one record is broken in any one event, only the highest eligible payment will be made.

Championship trophies will be presented for each event but the trophies cannot be taken out with the boundaries of the East District.

PRESENTATIONS:

Appropriate clothing must be worn for the presentations. It is the responsibility of the Coach/Team Manager to ensure that medallists or a deputy be available for presentation as per the presentation schedule, a copy of which will be included in your club envelope and posted around the pool.

SWIM FEES:

Individual	-	£5.00
Relay	-	£8.00

Fees for rejected entries will be returned as soon as possible after the event.

CLUB PASS:

Clubs will receive two complimentary passes, one for a male and one for a female, which allows them, on presentation, poolside access (during warm up only), start and result sheets. Additional coaches' passes can be purchased in advance at a cost of £7.00 for the weekend.

TECHNICAL OFFICIALS:

Clubs will be required to provide technical officials in line with the current East District Rules. Clubs will be notified of their requirements once accepted entries are confirmed and will be required to notify in advance the name and Official Number of nominated officials. Technical Officials should wear appropriate pond-side apparel.

CLOSING DATE; 2pm on Tuesday 6th May 2008

SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT

LONG COURSE OPEN CHAMPIONSHIPS

21st May & 1st June 2008

SUMMARY SHEET

Please complete electronically and return by email along with the entry file to:

JOHN BRUCE, 50 STATION ROAD, ROSLIN, MIDLOTHIAN, EH26 9LR

Club:			
Contact Name:			
Address:			
Address:		Post Code:	
Telephone No:			
email address:			

			Total
No. of Male Entries		@ £5.00 per Entry	£
No. of Female Entries		@ £5.00 per Entry	£
No. of Male Relay Entries		@ £8.00 per Entry	£
No. of Female Relay Entries		@ £8.00 per Entry	£
No. of Additional Coaches Passes		@ £7.00 per Pass	£
TOTAL REMITTANCE			£

Please make cheque payable to "SASA East District"

I confirm that all swimmers entered have paid their SASA membership fee for 2008/09 (or ASA / WASA equivalent) and that all entry times have been achieved at an accredited meet as laid out in the meet information. **Proof of entry times** must be provided in accordance with the meet regulations, see page 3

Confirmed by:	Date:
Position in Club:	

CONSIDERATION TIMES

MEN	EVENT	WOMEN
28.70	50m Freestyle	32.60
1.02.00	100m Freestyle	1.08.00
2.20.50	200m Freestyle	2.25.50
4.55.00	400m Freestyle	5.15.00
N/A	800m Freestyle	10.51.00
19.30.00	1500m Freestyle	N/A
34.50	50m Backstroke	38.00
1.15.00	100m Backstroke	1.17.50
2.31.00	200m Backstroke	2.41.00
37.00	50m Breaststroke	41.30
1.20.50	100m Breaststroke	1.27.50
2.54.00	200m Breaststroke	3.07.50
32.00	50m Butterfly	35.50
1.11.00	100m Butterfly	1.19.00
2.37.00	200m Butterfly	2.52.00
2.33.00	200m Individual Medley	2.50.50
5.33.00	400m Individual Medley	5.58.00

Boys 11 years	EVENT	Girls 11 yrs
3.00.33	200m Freestyle	2.58.98
3.18.26	200m Backstroke	3.18.25
3.40.66	200m Breaststroke	3.41.86
3.20.27	200m Individual Medley	3.22.52
Boys 12 years	EVENT	Girls 12 yrs
2.25.98	200m Freestyle	2.48.25
3.02.48	200m Backstroke	3.06.37
3.23.10	200m Breaststroke	3.28.56
3.04.33	200m Individual Medley	3.10.39
Boys 13 years	EVENT	Girls 13 yrs
2.34.36	200m Freestyle	2.39.28
2.49.70	200m Backstroke	2.56.43
3.08.88	200m Breaststroke	3.17.44
2.51.42	200m Individual Medley	3.00.24
Boys 14 years	EVENT	Girls 14 yrs
2.24.87	200m Freestyle	2.31.68
2.39.27	200m Backstroke	2.48.01
2.57.27	200m Breaststroke	3.08.20
2.40.89	200m Individual Medley	2.51.64

DO NOT SUBMIT ENTRIES THAT ARE SLOWER THAN THE CONSIDERATION TIMES.

SASA EAST DISTRICT LONG COURSE OPEN - EVENTS

SESSION 1 Saturday 31 May

Warm Up 09.00 Start 10.00

101	Men	400m Freestyle	HDW
102	Women	200m Freestyle	Heats
103	Men	50m Breaststroke	Heats
104	Women	200m Individual Medley	Heats
105	Boys 11 to 14	200m Individual Medley	HDW
106	Girls 11 to 14	200m Breaststroke	HDW
107	Men	100m Backstroke	Heats
108	Women	100m Butterfly	Heats
109	Men	200m Butterfly	Heats
110	Women	50m Backstroke	Heats

Finals of events 102, 103, 104, 107, 108, 109, 110

111	Women	4 x 100 Medley Relay	HDW
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SESSION 2 Saturday 31 May

Warm Up 13.30 Start 14.30

201	Women	800m Freestyle	HDW
202	Men	100m Freestyle	Heats
203	Women	50m Freestyle	Heats
204	Men	200m Breaststroke	Heats
205	Boys 11 to 14	200m Breaststroke	HDW
206	Girls 11 to 14	200m Individual Medley	HDW
207	Women	200m Backstroke	Heats
208	Men	50m Butterfly	Heats
209	Women	100m Breaststroke	Heats
210	Men	400m Individual Medley	HDW

Finals of events 202, 203, 204, 207, 208, 209

211	Men	4 x 100 Medley Relay	HDW
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SESSION 3 Sunday 1st June

Warm Up 09.00 Start 10.00

301	Women	400m Freestyle	HDW
302	Men	200m Freestyle	Heats
303	Women	50m Breaststroke	Heats
304	Men	100m Breaststroke	Heats
305	Women	200m Butterfly	Heats
306	Men	200m Backstroke	Heats
307	Girls 11 to 14	200m Backstroke	HDW
308	Boys 11 to 14	200m Freestyle	HDW
309	Women	100m Backstroke	Heats
310	Men	50m Freestyle	Heats

Finals of events 302, 303, 304, 305, 306, 309, 310

311	Men	4 x 100m Freestyle Relay	HDW
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SESSION 4 Sunday 1st June

Warm Up 13.30 Start 14.30

401	Women	400m Individual Medley	HDW
402	Men	50m Backstroke	Heats
403	Women	100m Freestyle	Heats
404	Men	200m Individual Medley	Heats
405	Women	200m Breaststroke	Heats
406	Boys 11 to 14	200m Breaststroke	HDW
407	Girls 11 to 14	200m Freestyle	HDW
408	Men	100m Butterfly	Heats
409	Women	50m Butterfly	Heats
410	Men	1500m Freestyle	HDW

Finals of events 402, 403, 404, 405, 408, 409

411	Women	4 x 100m Freestyle Relay	HDW
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