

**HADDINGTON INTERNATIONAL MEET**

**SATURDAY 26<sup>TH</sup> JULY 2008**

**MERCAT GAIT POOL, PRESTONPANS**

Licence No. ED/LA2/177/1207

**Haddington & District ASC**  
**Haddington International Meet, Saturday 26<sup>th</sup> July 2008**

**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 following the competition to which all competitors will be invited.

Venue: Mercat Gait Pool, Prestonpans, East Lothian

Pool: 6 lane, 25m pool, electronic timing, anti-wave lane ropes, spectator facilities

Age Groups: 12 & under, 13 years, 14 years, 15 and over. Age as at 26<sup>th</sup> July 2008.

Events: 100m Backstroke, Breaststroke, Butterfly and Freestyle  
200m Individual Medley  
100m events will be swum as mixed age group heats with single age group finals.  
200m Individual Medley events will be heat declared winner.  
If the Meet is oversubscribed all events may be changed to be heat declared winner.

Sessions: Morning Warm up 09:00 Start 09:45  
Afternoon Warm up 13:30 Start 14:15

Entry Fees: £4.00 per event. Cheques should be made payable to Haddington & District ASC.  
Cheques must be received within 7 days of receipt of entry files.

Entries: Entries should be made on Hy-Tek entry files which can be obtained by e-mailing the entry secretary. Entries should be returned to the entry secretary by the closing date, **Friday 20<sup>th</sup> June 2008**. Time cards will not be required. Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form. The organisers reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure that entry times are accurate. Rejected entries will be refunded in full.

Entry requests, entries and cheques should be returned to:

Duncan McKinnell  
Friars Croft  
Sidegate  
Haddington  
East Lothian EH41 4BU  
Tel: 01620 825085

E-mail: [DuncMcK@aol.com](mailto:DuncMcK@aol.com)

Awards: Trophies/Medals will be awarded to:  
the top three in each event  
Best boy and girl in each age group  
Best club based on overall points.

Officials: Would any Swimming Technical Officials who are available to assist on the day of the meet please notify John Sluman on 0131 665 3560.

**Lunch:** Lunch will be provided for all officials. Coaches lunch tickets may be booked - £6.00 each. Please note that the Mercat Gait Pool has no café facilities for swimmers or spectators.

**Accreditation:** SASA Level 2 licence. Accreditation will be applied for.

**Meet Rules:**

- The meet will be held under FINA and SASA Rules.
- All swimmers of Scottish clubs must have a current SASA registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches will be admitted onto the poolside.
- 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 S.A.S.A. form.
- Swimmers must act on the instructions given by meet officials and behave in a reasonable manner at all times.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
- The warm-ups may only commence when advised to do so by the announcer / warm-up marshalls. There will be no diving allowed in warm-ups other than in controlled sprint lanes. Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool. Sprint lanes will be made available during the final ten minutes of each warm-up period. Marshalls may control these as necessary to avoid congestion and diving in on backstroke or push-start swimmers. Lanes 1, 3 and 5 are to be swum in a clockwise direction and Lanes 2, 4 and 6 swum in an anticlockwise direction.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Haddington & District ASC nor the Mercat Gait Centre can be held responsible for loss or damage to swimmers, team staff or spectators property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Haddington & District ASC reserve the right to vary the above conditions as necessary

## Programme of events

### Session 1

#### Warm up 9.00am    Start 9.45am

101	Girls	100m	Backstroke	Heats
102	Boys	100m	Backstroke	Heats
103	Girls	100m	Breaststroke	Heats
104	Boys	100m	Breaststroke	Heats
105	Girls	200m	Individual Medley	HDW
	Boys 12/under	100m	Backstroke	Final
	Girls 12/under	100m	Backstroke	Final
	Boys 13 years	100m	Backstroke	Final
	Girls 13 years	100m	Backstroke	Final
	Boys 14 years	100m	Backstroke	Final
	Girls 14 years	100m	Backstroke	Final
	Boys 15/over	100m	Backstroke	Final
	Girls 15/over	100m	Backstroke	Final
	Boys 12/under	100m	Breaststroke	Final
	Girls 12/under	100m	Breaststroke	Final
	Boys 13 years	100m	Breaststroke	Final
	Girls 13 years	100m	Breaststroke	Final
	Boys 14 years	100m	Breaststroke	Final
	Girls 14 years	100m	Breaststroke	Final
	Boys 15/over	100m	Breaststroke	Final
	Girls 15/over	100m	Breaststroke	Final

### Session 2

#### Warm up 1.30pm    Start 2.15pm

201	Boys	100m	Butterfly	Heats
202	Girls	100m	Butterfly	Heats
203	Boys	100m	Freestyle	Heats
204	Girls	100m	Freestyle	Heats
205	Boys	200m	Individual Medley	HDW
	Girls 12/under	100m	Butterfly	Final
	Boys 12/under	100m	Butterfly	Final
	Girls 13 years	100m	Butterfly	Final
	Boys 13 years	100m	Butterfly	Final
	Girls 14 years	100m	Butterfly	Final
	Boys 14 years	100m	Butterfly	Final
	Girls 15/over	100m	Butterfly	Final
	Boys 15/over	100m	Butterfly	Final
	Girls 12/under	100m	Freestyle	Final
	Boys 12/under	100m	Freestyle	Final
	Girls 13 years	100m	Freestyle	Final
	Boys 13 years	100m	Freestyle	Final
	Girls 14 years	100m	Freestyle	Final
	Boys 14 years	100m	Freestyle	Final
	Girls 15/over	100m	Freestyle	Final
	Boys 15/over	100m	Freestyle	Final