

Heart of Midlothian

Amateur Swimming Club



PREMIER

AGE GROUP MEET

**Mercat Gait Centre,
Prestonpans**

Saturday 7th / Sunday 8th October 2017



www.swimhearts.com

Heart of Midlothian

Amateur Swimming Club

invite you to their annual

PREMIER AGE GROUP MEET

(Under S.A.S.A. Laws and Licence Number **L2/ED/036/OCT17**)

General Information

<i>Date:</i>	Saturday 7 th / Sunday 8 th October 2017			
<i>Venue:</i>	Mercat Gait Centre, Preston Road, Prestonpans, EH32 9EN			
<i>Pool:</i>	6 lane 25 metre; full electronic timing with 3 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria; swim shop.			
<i>Time:</i>	Girls warm-up 08:50 - 09:10 13:00 - 13:25	Boys warm-up 09:10- 09:30 13:25 - 13:50	Start 09:30 14:00	Finish 12:30 17:00
<i>Ages:</i>	As at 8 th October 2017			
<i>Age groups:</i>	11/under*, 12, 13 ,14 (*youngest age permitted is 8 years)			
<i>Events:</i>	50m all strokes ,100m all strokes, 100 IM (HDW with fastest heat per age group) 200m all strokes, 200 IM (HDW)			
<i>Entry Fees:</i>	£5.50 per individual event			
<i>Coaches Pack:</i>	£5.00 - covers: poolside access, meet programme, results sheet			
<i>Coaches Meal:</i>	£8.50 - must be booked using the form provided			
<i>Awards:</i>	Individual events - medals to 1-2-3 in each single-band age group Top Club, Top Girl/Boy in each age group.			
<i>Officials:</i>	Any Swimming Technical Officials travelling with clubs are asked to make themselves available for assistance on the day. It would be appreciated if each club attending could provide at least one timekeeper per session.			
<i>Closing date for entries:</i>	12:00 (noon) Wednesday 13th September 2017			

Hy-Tek entry files can be obtained from:

**Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS**

e-mail: susan.liddle@googlemail.com

Specific Information

Meet Rules

- The meet shall be held under S.A.S.A. Rules.
- Ages as at 8th October 2017.
- All swimmers of Scottish clubs / teams must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs / teams must be registered with their governing body.
- The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.
- No photographic/video equipment or mobile phones will be allowed in any area of the Mercat Gait Centre.
- 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 / team to ensure that their swimmers are aware of the meet rules and guidelines.

Entries and Events

- Closing date for entries is **12:00 (noon) Wednesday 13th September 2017**. Late entries will not be accepted.
- All entries must be made by Hy-Tek entry files and these can be requested by returning the appropriate form or via e-mail. Time cards will not be used. Start sheets will be issued.
- 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 promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs / teams should ensure entry times are accurate. Rejected entries will be refunded in full.
- Over the top starts may be used at the discretion of the promoters in order to facilitate the smooth running of the meet.
- Where possible the accepted entries for each age group will be equal, but if an age group is under subscribed the organising committee reserves the right to include additional entries from other age groups.
- 200 metre events are Heat Declared Winner and will be swum with all age groups combined and swimmers seeded by entry times.
- 50 metre and 100 metre events are Heat Declared Winner but will be swum with a fastest heat (based on the fastest 6 entries) for each of the four age groups (11/under, 12, 13 ,14)
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance.

Costs

Entry fees:	£5.50 per individual event
Coaches' packs:	£5.00 - this will include poolside access, programme, results sheets
Coaches' meals:	£8.50
Other costs:	All day spectator entry: £3.00
	Per session spectator entry: £2.00
	Under 16's: FREE
	Meet Programme: £1.00 per session £1.50 both daily sessions

Warm-up and Session Times

Girls warm-up	Boys warm-up	Start	Finish
09:00 - 09:20	09:20- 09:40	09:45	12:45
13:15 - 13:35	13:35 - 13:55	14:00	17:00

- The warm-ups may only commence when advised to do so by the warm-up marshals.
- There will be no diving allowed in warm-ups other than those 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. Stewards 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 anti-clockwise direction.

Awards

Individual events: Medals presented to swimmers placing 1st, 2nd and 3rd in each individual age group (11/under, 12, 13, 14).

Top Club: Trophy to be returned after 1 year. Small trophy to be retained. Awarded to the club / team scoring the most points from all events on the following scale: 1st = 7, 2nd = 5, 3rd = 4, 4th = 3, 5th = 2, 6th = 1. Disqualifications will score no points. In the event of a tie, the highest number of gold medals, silver medals etc will decide the winner. In the event of a tie thereafter, the organisers will decide the qualifying criteria.

Top Girl/Boy: Awarded to the Girl and Boy scoring most points in each age group (11/under, 12, 13, 14) according to the same scale as the Top Club Award. In the event of a tie, the highest number of gold medals, silver medals etc will decide the winner. In the event of a tie thereafter, the organisers will decide the qualifying criteria.

Miscellaneous

- This will be a Level 2 Licensed Meet: Licence Number **L2/ED/036/OCT17**. Accreditation will be applied for.
- Mercat Gait Centre has a cafeteria and refreshment vending machines.
- 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 Heart of Midlothian ASC nor Mercat Gait Centre can be held responsible for loss or damage to swimmer's, team staff or spectator's 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.
- Heart of Midlothian ASC reserve the right to vary the above conditions as necessary.

Heart of Midlothian

Amateur Swimming Club

Premier Age Group Meet - Saturday 7th October 2017

Programme of Events – Session 1

#	EVENT
101	Girls 11/u -14 years 50 Freestyle (HDW)
102	Boys 11/u -14 years 50 Freestyle (HDW)
103	Girls 11/u -14 years 200 Backstroke (HDW)
104	Boys 11/u -14 years 200 Backstroke (HDW)
105	Girls 11/u -14 years 50 Butterfly (HDW)
106	Boys 11/u -14 years 50 Butterfly (HDW)
107	Girls 11/u -14 years 200 Breaststroke (HDW)
108	Boys 11/u -14 years 200 Breaststroke (HDW)
	PRESENTATIONS

Programme of Events – Session 2

#	EVENT
201	Girls 11/u -14 years 50 Backstroke (HDW)
202	Boys 11/u -14 years 50 Backstroke (HDW)
203	Girls 11/u -14 years 200 Freestyle (HDW)
204	Boys 11/u -14 years 200 Freestyle (HDW)
205	Girls 11/u -14 years 50 Breaststroke (HDW)
206	Boys 11/u -14 years 50 Breaststroke (HDW)
207	Girls 11/u -14 years 200 Butterfly (HDW)
208	Boys 11/u -14 years 200 Butterfly (HDW)
	PRESENTATIONS

Heart of Midlothian

Amateur Swimming Club

Premier Age Group Meet - Sunday 8th October 2017

Programme of Events – Session 3

#	EVENT
301	Girls 11/u -14 years 100 Individual Medley (HDW)
302	Boys 11/u -14 years 200 Individual Medley (HDW)
303	Girls 11/u -14 years 100 Freestyle (HDW)
304	Boys 11/u -14 years 100 Freestyle (HDW)
305	Girls 11/u -14 years 100 Breaststroke (HDW)
306	Boys 11/u -14 years 100 Breaststroke (HDW)
	PRESENTATIONS

Programme of Events – Session 4

#	EVENT
401	Girls 11/u -14 years 200 Individual Medley (HDW)
402	Boys 11/u -14 years 100 Individual Medley (HDW)
403	Girls 11/u -14 years 100 Backstroke (HDW)
404	Boys 11/u -14 years 100 Backstroke (HDW)
405	Girls 11/u -14 years 100 Butterfly (HDW)
406	Boys 11/u -14 years 100 Butterfly (HDW)
	PRESENTATIONS

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Premier Age Group Meet Saturday 7th / Sunday 8th October 2017

In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.

I confirm that all the entered swimmers have paid their current S.A.S.A. Annual Membership Fee (Scottish clubs) or are affiliated members of their governing body (non-Scottish clubs).

I understand that any swimmer entered without a registration number (British clubs) or not affiliated to their governing body (non-British clubs) will be automatically rejected.

I confirm that all entered swimmers have been trained and are competent to dive into deep or shallow water in a safe manner as prescribed by current/planned legislation.

I confirm that information regarding the use of photographic equipment has been passed on to swimmers and parents intending to travel to the meet.

Signed:

Position in club:

On behalf of: (Name of club)

Return this form with entries no later than
12:00 (noon) Wednesday 13th September 2017 to:

Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS

e-mail: susan.liddle@googlemail.com

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Summary Entry Form

This form must be completed and returned with any entries.

Club Name: Contact Name:
Club Code: Address:
.....
.....
.....
Telephone:
Fax:

Total Female Entries: @ £5.50 each: £.....
Total Male Entries @ £5.50 each: £.....
Number of Coaches Packs: @ £5.00 each: £.....
Number of Coaches Meals: @ £8.50 each: £.....

Total Amount Enclosed: £.....

Signed:

Position in club:

Please make cheques payable to: **HMASC**

Return this form with appropriate cheque no later than
12:00 (noon) Wednesday 13th September 2017 to:

**Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS**

e-mail: susan.liddle@googlemail.com

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Entry Files Request Form

Please send the entry files for the above meet to:

Club _____

Contact Name _____

Address _____

Telephone _____

Fax _____

E-mail _____

Return this completed form to:

Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS

e-mail: susan.liddle@googlemail.com

Latest request date (by email) – Friday 8th September 2017