

# Meet Information

## **SASA**

### **EAST DISTRICT AGE GROUP CHAMPIONSHIPS**

**31st October & 1st November 2009**

**5th & 6th December 2009**

**6th & 7th February 2010**

**6th & 7th March 2010**

**Venue**

**Fife Institute of Physical &**

**Recreational Education**

**Glenrothes**

Age  
Groups

License nos: L1/253/ED/NOV09  
L1/254/ED/DEC09  
L1/255/ED/FEB10  
L1/256/ED/MAR10

# SASA East District

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July 2009*

## EAST DISTRICT AGE GROUP CHAMPIONSHIPS

31<sup>st</sup> October & 1<sup>st</sup> November 2009      5<sup>th</sup> & 6<sup>th</sup> December 2009      6<sup>th</sup> & 7<sup>th</sup> February 2010  
6<sup>th</sup> & 7<sup>th</sup> March 2010

### INFORMATION

The East District Age Group Championships will be held over eight days with the following age groups:  
10/11 years, 12/13 years, 14/15 years and 16+ years

Age as at last day of competition i.e. 7<sup>th</sup> March 2010

Events are outlined on the attached schedule. All Relays, 400m, 800m and 1500m events, together with the 10/11 years 200m events, will be **Declared Winner** events.

**Venue:** Fife Institute of Physical & Recreational Education, Glenrothes

**Pool:** 25m, six lanes with anti-turbulence lane ropes.  
Electronic Timing will be in operation.  
A swim down area will be available throughout the competition.

### RULES

All competitors must have paid the annual membership fee for 2009/2010 to the Scottish Amateur Swimming Association. Only SASA Aquatic membership categories 2 & 3 may compete in these Championships. Swimmers may only compete in their own Age Groups

During competition, swimmers shall only be permitted on the far side of the pool when marshalling for races and presentations. Coaches are not permitted on the far side of the pool. Neither coaches nor swimmers may go onto the boom.

Only small bags containing essential equipment will be allowed on poolside, LARGE bags are NOT PERMITTED on the poolside, swimmers MUST utilise storage facilities within the changing area. The organising committee will review this as necessary during the meet.

Football colours are not permitted to be worn on poolside

The fastest twenty entries in the 100m events will automatically go forward to the final weekend to be held 7<sup>th</sup> & 8<sup>th</sup> March 2009. Remaining entries will compete at either the November, December or February weekends with the fastest four swimmers from this group then proceeding to join the fastest twenty at the March weekend.

All relay events will be held during the March weekend and clubs are limited to an entry of 2 teams per event. Age groups for relay events are 10/11 years, 12 years, 13/14 years and 15/16 years and a senior age group of 17 & over. Swimmers can only swim in their own age group for relay events.

Session times for all sessions are listed on the Order of Events sheets attached.

## ENTRIES

Times submitted should have been achieved since 31st October 2008 and **must be capable of verification by a Club Official. The following types of event will be accepted:**

**SASA accredited meets (L1 & L2)**

**Non-accredited L3 meets**

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

**50m conversions may be used.**

**Entries will only be accepted from 1<sup>st</sup> Claim Clubs**

All entries should be submitted using Hy-Tek Team Manager and the events file provided. Please ensure that it is completed correctly to show the **FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER and ENTRY TIME.** In addition, printouts in respect of each entry, detailing the date and venue when the submitted time was achieved should be emailed with entries. Random checks of entries will be made prior to publication of the programme. In the event that entry times cannot be substantiated, the meet organisers reserve the right to reject the entry without refund.

Entry times for relays will be used for seeding purposes only.

Cut off numbers for each event will be determined, if necessary, by the Organising Committee after entries have been received. Consideration times are attached.

Completed entry files are to be returned by email. The summary sheet and fees should be sent no later than three days following the closing date to the Entries Secretary:

**JOHN BRUCE**  
**50 STATION ROAD**  
**ROSLIN**  
**EH25 9LR**  
**Tel: 0131 440 1752**  
**E-mail: [JBruce2160@aol.com](mailto:JBruce2160@aol.com)**

Closing date for entries for entries will be **Noon on TUESDAY 6<sup>TH</sup> OCTOBER 2009.**

### **ENTRY FEES:**

Entry fees are tiered as follows **100m events £4.50, 200m events £5.00, 400m events £5.50, the 800m event £6.00 and the 1500m event £6.50.** There will be no refund of entry fees for withdrawals made after the draft programme is published. Fees for team events will be £7.00 per team.

Fees for rejected entries will be returned to the Club Secretaries following the February weekend.

**PLEASE NOTE: Cheques will not be presented to the Bank until after the December weekend**

## **AWARDS:**

District Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place competitors in each event. Mementos will be awarded to 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> place competitors in all events (including relays). For the 800m and 1500m Freestyle and events, heats will be combined across all age groups but results will be published and medals awarded by age group.

**The Solripe Trophy** will be awarded to the most successful club in the District Age Group Championships. Points will be awarded one (1) for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each event

There will be an award to the Top Male and Top Female competitor in each age group based on cumulative points from final events and Heat Declared Events throughout the four weekends that make up the Championships. Points will be awarded as follows:

1 <sup>st</sup> Place = 6 points	2 <sup>nd</sup> Place = 5 points	3 <sup>rd</sup> Place = 4 points
4 <sup>th</sup> Place = 3 points	5 <sup>th</sup> Place = 2 points	6 <sup>th</sup> Place = 1 point

## **TECHNICAL OFFICIALS**

Clubs will be required to provide technical officials in line with the East District Rules, failure to provide officials will result in clubs being fined in line with the rules. Clubs will be notified of their requirements once accepted entries are confirmed.

## **COACHES PASS:**

Clubs will receive two complimentary passes, one for a male and one for a female, which allows them, on presentation, poolside access and start sheets. Additional coaches passes can be purchased in advance at a cost of £7.00 per weekend.

## **MEALS FOR COACHES**

Lunches for coaches will be provided at a cost of £8.00 per day. Coaches wishing to avail themselves of this facility should complete the attached form and send a cheque for the appropriate amount along with entry forms.

## **PROGRAMMES AND RESULTS SHEETS**

Programmes will be available for each session. Results will be available on the Swim Scotland website, [www.swimscotland.org.uk](http://www.swimscotland.org.uk)

Should you wish any further information, please do not hesitate to contact me.

Yours sincerely

*Brian Gilchrist*

**District Swimming Convener**

**SCOTTISH AMATEUR SWIMMING ASSOCIATION  
EAST DISTRICT**

**AGE GROUP CHAMPIONSHIPS**

31<sup>st</sup> October & 1<sup>st</sup> November 2009      5<sup>th</sup> & 6<sup>th</sup> December 2009      6<sup>th</sup> & 7<sup>th</sup> February 2010  
6<sup>th</sup> & 7<sup>th</sup> March 2010

**SUMMARY SHEET**

Please forward this summary along with your fees within 3 days of the closing date to:

**JOHN BRUCE, 50 STATION ROAD, ROSLIN, MIDLOTHIAN, EH25 9LR**

Club:			
Contact:			
Address:			
Post Code:		Telephone No:	
e-mail address:			

	Additional Passes	Meals Saturday	Meals Sunday
November			
December			
February			
March			
Totals			

**Double click anywhere in grid below then add the number of entries, etc. in column B**

<b>No. of 100m Entries</b>		@ £ 4.50 each:	£	-
<b>No. of 200m Entries</b>		@ £ 5.00 each:	£	-
<b>No. of 400m Entries</b>		@ £ 5.50 each:	£	-
<b>No. of 800m Entries</b>		@ £ 6.00 each:	£	-
<b>No. of 1500m Entries</b>		@ £ 6.50 each:	£	-
<b>No. of Relay Entries</b>		@ £ 7.00 each:	£	-
<b>No. of Additional Coaches Passes</b>		@ £ 7.00 each:	£	-
<b>No. of Coaches Meals</b>		@ £ 8.00 each:	£	-
<b>Total Remittance</b>			£	-

**Click anywhere outside the grid to return to normal mode.**

Please make cheque payable to "SASA East District"

I confirm that all swimmers entered have paid the correct level of SASA membership fee for 2009/2010 and all entry times have been achieved since **31<sup>st</sup> October 2008** as laid out on the attached sheets. Results sheets can be provided if requested by the meet organizers.

Signed:

Position:

Date:

**CONSIDERATION TIMES  
EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2009/10**

<b>Event</b>	<b>AGE GROUP</b>			
<b>MALES</b>	<b>10/11yrs</b>	<b>12/13yrs</b>	<b>14/15yrs</b>	<b>16+</b>
100m Freestyle	1.30.00	1.22.00	1.11.00	1.04.00
200m Freestyle	3.17.00	3.00.00	2.37.00	2.21.00
400m Freestyle	6.50.00	6.05.00	5.20.00	5.00.00
800m Freestyle	13.10.00	10.30.00	9.55.00	9.30.00
1500m Freestyle	25.00.00	20.30.00	19.20.00	18.00.00
100m Backstroke	1.39.00	1.31.00	1.19.00	1.11.00
200m Backstroke	3.36.00	3.19.00	2.53.00	2.35.00
100m Butterfly	1.36.00	1.28.00	1.17.00	1.09.00
200m Butterfly	3.32.00	3.15.00	2.50.00	2.33.00
100m Breaststroke	1.51.00	1.42.00	1.28.00	1.20.00
200m Breaststroke	4.00.00	3.40.00	3.11.00	2.53.00
200m IM	3.38.00	3.20.00	2.55.00	2.37.00
400m IM	7.05.00	6.35.00	5.45.00	5.10.00

<b>FEMALES</b>	<b>10/11yrs</b>	<b>12/13yrs</b>	<b>14/15yrs</b>	<b>16+</b>
100m Freestyle	1.30.00	1.24.00	1.15.00	1.10.00
200m Freestyle	3.15.00	3.03.00	2.43.00	2.32.00
400m Freestyle	6.50.00	6.25.00	5.25.00	5.19.00
800m Freestyle	12.50.00	11.00.00	10.30.00	10.00.00
1500m Freestyle	24.45.00	20.00.00	19.20.00	19.00.00
100m Backstroke	1.41.00	1.35.00	1.26.00	1.19.00
200m Backstroke	3.37.00	3.23.00	3.03.00	2.48.00
100m Butterfly	1.38.00	1.32.00	1.23.00	1.17.00
200m Butterfly	3.35.00	3.22.00	3.03.00	2.48.00
100m Breaststroke	1.53.00	1.46.00	1.35.00	1.28.00
200m Breaststroke	4.02.00	3.47.00	3.24.00	3.08.00
200m IM	3.41.00	3.26.00	3.07.00	2.52.00
400m IM	7.05.00	6.40.00	6.00.00	5.35.00

**Age as at 7th March 2010**

Schedule of Events follows.

<b>2009/10 East District Age Group Championships – Programme of Events - Weekend 1 – 31<sup>st</sup> October &amp; 1<sup>st</sup> November</b>																			
<b>Saturday - Session 1</b>					<b>Session 2</b>					<b>Sunday – Session 3</b>					<b>Session 4</b>				
<b>Girls W/U 09:00 Boys 09:25 Start 10:00</b>					<b>Boys W/U 13:30 Girls 13:55 Start 14:30</b>					<b>Girls W/U 09:00 Boys 09:25 Start</b>					<b>Boys W/U 13:30 Girls 13:55 Start 14:30</b>				
101	Girls	10/11	400m Ind Medley	HDW	121	Boys	14/15	200 Butterfly	H/F	201	Girls	14/15	400m Ind Medley	HDW	221	Boys	12/13	100 Freestyle	
102	Boys	10/11	400m Ind Medley	HDW	122	Girls	14/15	200 Butterfly	H/F	202	Boys	14/15	400m Ind Medley	HDW	222	Girls	12/13	100 Freestyle	
103	Girls	12/13	200 Backstroke	H/F	123	Boys	12/13	400m Ind Medley	HDW	203	Girls	12/13	200 Butterfly	H/F	223	Boys	14/15	200 Backstroke	
104	Boys	12/13	200 Backstroke	H/F	124	Girls	12/13	400m Ind Medley	HDW	204	Boys	12/13	200 Butterfly	H/F	224	Girls	14/15	200 Backstroke	
105	Girls	14/15	100 Breaststroke	H/QF	125	Boys	16+	100 Freestyle	H/QF	205	Girls	10/11	100 Breaststroke	H/QF	225	Boys	10/11	200 Breaststroke	
106	Boys	14/15	100 Breaststroke	H/QF	126	Girls	16+	100 Freestyle	H/QF	206	Boys	10/11	100 Breaststroke	H/QF	226	Girls	10/11	200 Breaststroke	
107	Girls	16+	200 Butterfly	H/F	127	Boys	10/11	200 Freestyle	HDW	207	Girls	16+	200 Backstroke	H/F	227	Boys	16+	400m Ind Medley	
108	Boys	16+	200 Butterfly	H/F	128	Girls	10/11	200 Freestyle	HDW	208	Boys	16+	200 Backstroke	H/F	228	Girls	16+	400m Ind Medley	
109	Girls	10/11	100 Freestyle	H/QF						209	Girls	14/15	100 Freestyle	H/QF					
110	Boys	10/11	100 Freestyle	H/QF						210	Boys	14/15	100 Freestyle	H/QF					

<b>2009/10 East District Age Group Championships – Programme of Events - Weekend 2 – 5<sup>th</sup> &amp; 6<sup>th</sup> December</b>																			
<b>Saturday - Session 5</b>					<b>Session 6</b>					<b>Sunday – Session 7</b>					<b>Session 8</b>				
<b>Girls W/U 09:00 Boys 09:25 Start 10:00</b>					<b>Boys W/U 13:30 Girls 13:55 Start 14:30</b>					<b>Girls W/U 09:00 Boys 09:25 Start 10:00</b>					<b>Boys W/U 13:30 Girls 13:55 Start 14:30</b>				
301	Girls	12/13	200 Freestyle	H/F	321	Boys	14/15	200 Breaststroke	H/F	401	Girls	12/13	200 Breaststroke	H/F	421	Boys	16+	400 Freestyle	
302	Boys	12/13	200 Freestyle	H/F	322	Girls	14/15	200 Breaststroke	H/F	402	Boys	12/13	200 Breaststroke	H/F	422	Girls	16+	400 Freestyle	
303	Girls	14/15	100 Butterfly	H/QF	323	Boys	16+	100 Butterfly	H/QF	403	Girls	10/11	100 Butterfly	H/QF	423	Boys	12/13	100 Breaststroke	
304	Boys	14/15	100 Butterfly	H/QF	324	Girls	16+	100 Butterfly	H/QF	404	Boys	10/11	100 Butterfly	H/QF	424	Girls	12/13	100 Breaststroke	
305	Girls	16+	200 Breaststroke	H/F	325	Boys	10/11	200 Backstroke	HDW	405	Girls	16+	200 Freestyle	H/F	425	Boys	14/15	200 Freestyle	
306	Boys	16+	200 Breaststroke	H/F	326	Girls	10/11	200 Backstroke	HDW	406	Boys	16+	200 Freestyle	H/F	426	Girls	14/15	200 Freestyle	
307	Girls	10/11	400 Freestyle	HDW	327	Boys	12/13	400 Freestyle	HDW	407	Girls	14/15	400 Freestyle	HDW	427	Boys	10/11	200 Butterfly	
308	Boys	10/11	400 Freestyle	HDW	328	Girls	12/13	400 Freestyle	HDW	408	Boys	14/15	400 Freestyle	HDW	428	Girls	10/11	200 Butterfly	
															429	Boys	16+	100 Backstroke	
															430	Girls	16+	100 Backstroke	

<b>2009/10 East District Age Group Championships – Programme of Events – Weekend 3 – 6<sup>th</sup> &amp; 7<sup>th</sup> February</b>																			
<b>Saturday - Session 9</b>					<b>Session 10</b>					<b>Session 11</b>					<b>Session 12</b>				
<b>Boys W/U 09:00 Girls 09:25 Start 10:00</b>					<b>Mixed W/U 13:30 Start 14:30</b>					<b>Girls W/U 09:00 Boys 09:25 Start 10:00</b>					<b>Girls W/U 13:30 Boys 13:55 Start 14:30</b>				
501	Boys	10/11	200 Ind Medley	HDW	521	Girls	10/11	200 Ind Medley	HDW	601	Girls	10+	1500m Freestyle	HDW	621	Girls	10/11	100 Backstroke	
502	Girls	16+	100 Breaststroke	H/QF	522	Girls	14/15	200 Ind Medley	H/F	602	Boys	16+	200 Ind Medley	H/F	622	Boys	10/11	100 Backstroke	
503	Boys	16+	100 Breaststroke	H/QF	523	Boys	10+	1500m Freestyle	HDW	603	Boys	12/13	100 Backstroke	H/QF	623	Girls	12/13	200 Ind Medley	
504	Girls	12/13	100 Butterfly	H/QF						604	Girls	12/13	100 Backstroke	H/QF	624	Boys	12/13	200 Ind Medley	
505	Boys	12/13	100 Butterfly	H/QF						605	Boys	14/15	100 Backstroke	H/QF	625	Girls	16+	200 Ind Medley	
506	Boys	14/15	200 Ind Medley	H/F						606	Girls	14/15	100 Backstroke	H/QF	626	Boys	10+	800m Freestyle	
507	Girls	10+	800m Freestyle	HDW															

**FINAL WEEKEND**

<b>2009/10 East District Age Group Championships – Programme of Events - Weekend 4 – 6<sup>th</sup> &amp; 7<sup>th</sup> March</b>																			
<b>Saturday - Session 13</b>					<b>Session 14</b>					<b>Sunday – Session 15</b>					<b>Session 16</b>				
<b>Girls W/U 09:00 Boys 09:25 Start 10:00</b>					<b>Girls W/U 13:30 Boys 13:55 Start 14:30</b>					<b>Girls W/U 09:00 Boys 09:25 Start</b>					<b>Girls W/U 13:30 Boys 13:55 Start 14:30</b>				
701	Girls	12/13	100 Freestyle	H/F	721	Girls	12/13	100 Backstroke	H/F	801	Girls	10/11	100 Butterfly	H/F	821	Girls	10/11	100 Freestyle	
702	Boys	12/13	100 Freestyle	H/F	722	Boys	12/13	100 Backstroke	H/F	802	Boys	10/11	100 Butterfly	H/F	822	Boys	10/11	100 Freestyle	
703	Girls	10/11	100 Backstroke	H/F	723	Girls	10/11	100 Breaststroke	H/F	803	Girls	12/13	100 Breaststroke	H/F	823	Girls	12/13	100 Butterfly	
704	Boys	10/11	100 Backstroke	H/F	724	Boys	10/11	100 Breaststroke	H/F	804	Boys	12/13	100 Breaststroke	H/F	824	Boys	12/13	100 Butterfly	
705	Girls	14/15	100 Breaststroke	H/F	725	Girls	14/15	100 Butterfly	H/F	805	Girls	14/15	100 Freestyle	H/F	825	Girls	14/15	100 Backstroke	
706	Boys	14/15	100 Breaststroke	H/F	726	Boys	14/15	100 Butterfly	H/F	806	Boys	14/15	100 Freestyle	H/F	826	Boys	14/15	100 Backstroke	
707	Girls	16+	100 Butterfly	H/F	727	Girls	16+	100 Freestyle	H/F	807	Girls	16+	100 Backstroke	H/F	827	Girls	16+	100 Breaststroke	
708	Boys	16+	100 Butterfly	H/F	728	Boys	16+	100 Freestyle	H/F	808	Boys	16+	100 Backstroke	H/F	828	Boys	16+	100 Breaststroke	
709	Girls	10/11	4 x 50 Medley Relay	HDW	729	Girls	10/11	4 x 50 Free Relay	HDW	809	Girls	12	4x50 Medley Relay	HDW	829	Girls	12	4x50 Free Relay	
710	Boys	10/11	4 x 50 Medley Relay	HDW	730	Boys	10/11	4 x 50 Free Relay	HDW	810	Boys	12	4x50 Medley Relay	HDW	830	Boys	12	4x50 Free Relay	
711	Girls	15/16	4 x 50 Medley Relay	HDW	731	Girls	15/16	4 x 50 Free Relay	HDW	811	Girls	13/14	4x50 Medley Relay	HDW	831	Girls	17+	4x50 Free Relay	
712	Boys	15/16	4 x 50 Medley Relay	HDW	732	Boys	15/16	4 x 50 Free Relay	HDW	812	Boys	13/14	4x50 Medley Relay	HDW	832	Boys	13/14	4x50 Free Relay	
713	Boys	17+	4 x 50 Medley Relay	HDW	733	Boys	17+	4x50 Free Relay	HDW	813	Girls	17+	4 x 50 Medley Relay	HDW	833	Girls	13/14	4x50 Free Relay	

H/F = Events with Heats and Final

H/QF = Events with Heats and Qualifying Final

HDW = Heat Declared Winner Events