

## *2009 HANDBOOK INDEX*

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*DIARY DATES for 2009*

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*East District 'Delegate' Meetings will be held on the following:*

Thursday 19 <sup>th</sup> March @ 7.30pm	Brunton Hall Musselburgh.
Thursday 18 <sup>th</sup> June @ 7.30pm	Fife (venue TBC)
Thursday 17 <sup>th</sup> September @ 7.30pm	Borders(venue TBC)
Thursday 6 <sup>th</sup> December (AGM) @ 7.00pm	Boroughmuir Rugby Club

Clubs may send up to three (3) delegates with voting rights to the above. Visitors may also attend but cannot vote.

*Management Team Meetings:*

Thursday 15 <sup>th</sup> January @ 7.30 pm	Boroughmuir Rugby Club
Thursday 21 <sup>st</sup> May @ 7.30 pm	Boroughmuir Rugby Club
Thursday 20 <sup>th</sup> August @ 7.30pm	Boroughmuir Rugby Club
Thursday 19 <sup>th</sup> November @ 7.30pm	Boroughmuir Rugby Club

*Executive Meetings:*

As required

## PAST PRESIDENTS

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<u>Year</u>	<u>President</u>	<u>Club</u>
1888	Mr J.Thomson	Lorne SC
1889	Mr J.H.Walls	
1890	Mr M.McCourt	Hibernian ASC
1891	Mr J, Lamb	Heart of Midlothian ASC
1892	Mr.Booth	
1892	Mr Sandilands	
1893/1896	Mr A.B.Hunter	Lorne SC
*1887/1916	<i>( No Records available)</i>	
*1916/1919	<i>(No District Meetings held between 2 Nov.1916 &amp; 7 Aug.1919)</i>	
1920/1922	Mr J.Pullar	Leith ASC
1923/1924	Mr W.Anderson	Leith ASC
1925/1926	Mr J.Brown	Leith ASC
1927/1928	Mr G.W.Ferguson	Warrender Baths Club
1929/1930	Mr R.P.Haston	Leith ASC
1931/1932	Mr E.G.P.Fox	Hibernian ASC
1933/1934	Mr A.Grant	1930 ASC
1935/1936	Mr R.M.Campbell	North Berwick SC
1937/1938	Mr J.Ramsay	1930 ASC
*1939/1946	Mr W.Barnie	Portobello ASC
	<i>(No District Meetings held between 1939 &amp; 1946)</i>	
1947/1948	Mr J.Grossart	Warrender Baths Club
1949/1950	Mr William Brunton	Leith ASC
1951/1952	Mr J.Chumley	Grove ASC
1953/1954	Mr George.R.S.Donn	Carnegie SC
1955/1956	Mr Willie Mellors	1930 ASC
1957/1958	Mr Charles I.Grierson	Portobello ASC
1959/1960	Mr Andrew C Forsyth	Carnegie SC
1961/1962	Mr Alex B Hogg	Hibernian ASC
1963/1964	Mr John Clephane	Leith ASC
1965/1966	Mr William Cowan	Kirkcaldy ASC
1967/1968	Mr Jim A.Brown	Galasheils ASC
1969/1970	Mr Jack A Snowdon	Portobello ASC
1971/1972	Mr Peter Heatly	Portobello ASC
1973/1974	Mrs Mae Cochrane	Warrender Baths Club
1975/1976	Mr Adam Linton	Heart of Midlothian ASC
1977/1978	Mr Tom Nicol	1930 ASC
1979/1980	Mr Andrew Taylor	Bathgate ASC
1981/1982	Mr George Philp	Carnegie SC
1983/1984	Mr J.Iain B.MacFadyen	Inverleith ASC
1985/1986	Mrs Helen McLeod-Bain	Heart of Midlothian ASC
1987/1988	Mr Norman Grierson	Portobello ASC
1989/1990	Mr George Battison	Grove ASC
1991/1992	Mr Ron B Taylor	Warrender Baths Club
1993/1994	Mrs Helen Murray	Edinburgh Synchro Club
1995/1996	Mr Peter H Syer	Cardenden ASC
1996/1998	Mr Robert J.Reekie	Warrender Baths Club
1999/2000	Mr Robert C.Greenlees	Cardenden ASC
2001/2002	Mr Tyrie F.Sheils	Warrender Baths Club
2003/2004	Mrs Margaret Somerville	Livingston & District .Dolphins ASC
2005/2006	Mr Morris Pate	Fins CSC
2006/2008	Mr Colin Kennedy	Livingston & District Dolphins ASC

## LIFE MEMBERS

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Mr Charles I.Grierson	Sir Peter Heatly CBE DL	Mr Jack A.Snowdon MBE
Mr Tom Nicol	Mr George Philp	Mr Wemyss Donaldson
Mr Norman G R Grierson	Mr George Battison	Mr Ron B Taylor
Mrs Helen Murray	Mr Peter H Syer	Mr Bill Law
Mrs Mae Laidlaw	Mr Douglas C J Brown	Mrs Elizabeth Hastie
Mr Robert J Reekie	Mr Noel Dashwood-Brady	Mr Robert C Greenlees
Mr Tyrrie Sheils	Mrs Margaret Somerville	Mrs Susan MacFeeters
Mrs Alanna Morrison	Mr Colin Wilson	Mr John Bruce
Mrs Marie Glasgow	Mr T Morris Pate	Mr Peter Allan
Mr Peter Lourie	Mr Duncan McKinnell	Mr Colin Kennedy

### **Office Bearers:**

**Honorary President** - Sir Peter Heatly CBE DL

**President** - Mr Tony Dane (EANX)  
31 Northwood Park  
Livingston  
West Lothian EH54 8BD  
  
Tel: 01506 490885  
E-mail: [tony\\_dane@hotmail.com](mailto:tony_dane@hotmail.com)

**Vice President** - Mrs Joanna Maguire  
16 Craighall Crescent  
Edinburgh EH6 4RZ  
  
Tel: 0131 551 5458  
E-mail: [jmag81051@blueyonder.co.uk](mailto:jmag81051@blueyonder.co.uk)

**Hon. Secretary** - Mrs Gina Logan (ECRX),  
5 Hill Street,  
Cupar,  
Fife. KY15 4AA  
  
Tel: 01334 656619  
E-mail: [: logan\\_gina@hotmail.com](mailto:logan_gina@hotmail.com)

**Hon. Treasurer** - Mr John Sluman (EELX)  
14 Maitland Avenue  
Musselburgh  
East Lothian. EH21 6DZ  
  
Tel: 0131 665 3650  
E-mail: [john.sluman@billybob.com](mailto:john.sluman@billybob.com)

## DISTRICT CLUBS

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EABX	Armadale Barracudas
EANX	Aquanauts Livingston
EBDX	Burntisland ASC
EBEX	Bathgate ASC
EBNX	Broxburn ASC
ECEX	Carnegie ASC
ECIX	City of Edinburgh Swimming
ECNX	Cardenden ASC
ECRX	Cupar & District ASC
EDEX	Dunfermline ASC
EDDX	Dunedin Swim Team
EDNX	Dunfermline SSC
EDSX	Duns ASC
EDUX	Dunfermline WPC
EEDX	Edinburgh Diving Club
EEHX	Eyemouth ASC
EELX	East Lothian Masters Swimming
EESX	Edinburgh Synchro SC
EEUX	Edinburgh University Swimming & Water Polo Club
EFAX	Ferry Amateur Swim Team
EFPX	Fauldhouse Penguins SC
EFSX	Fins CSC
EGAX	Galashiels ASC
EGEX	Grove ASC
EGSX	Glenrothes ASC
EHAX	Hailes ASC
EHKX	Hawick ASC
EHMx	Heart of Midlothian ASC
EHNx	Haddington & District ASC
EIHx	Inverleith ASC
EISx	InCAS
EJFX	Jedforest SC
EKOx	Kelso ASC
EKYx	Kirkcaldy ASC
ELDX	Livingston & District Dolphins ASC
ELHX	Leith ASC
EMHX	Musselburgh ASC
EMNX	Midlothian ASC
ENEX	Newbattle SC
ENTX	1930 ASC
EPOX	Portobello ASC
ESNX	Scorpion Swim Team
EPSX	Peebles ASC
ESRX	Step Rock ASC
ETEX	Teviotdale ASC
ETNX	Trojan SC
ETTX	Tranent ASC
EWBX	Warrender Baths Club

## DISTRICT CLUBS & SECRETARIES

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<b>Armadale Barracudas EABX</b>	Helen Webster 4 Burnside Avenue Armadale West Lothian EH48 3RE E-mail: burnsideavenue@hotmail.com	01501 731423
<b>Aquanauts Livingston EANX</b>	Mrs Karen Inglis 42 Buchanan Crescent Houston Gate Eliburn Livingston EH54 7EE E-mail: Karen@theinglisfamily.co.uk	
<b>Burntisland ASC EBDX</b>	Mrs Katharine Turner 38 Moray Court Auchtertool Fife KY2 5XS E-mail: <a href="mailto:katharine.turner@tesco.net">katharine.turner@tesco.net</a>	01592 781215
<b>Bathgate ASC EBEX</b>	Mrs Ruth Gill 25 The Green, Bathgate, West Lothian, EH48 4DA E-mail: <a href="mailto:ruthgill@tiscali.co.uk">ruthgill@tiscali.co.uk</a>	01506 653979
<b>Broxburn ASC EBNX</b>	Mr David Green 11 Cameron Knowe Philipston Livingston EH49 6RL E-mail: dgreen@maylands.freeserve.co.uk	
<b>Carnegie ASC ECEX</b>	Mrs Liz Burns 34 Craigbeath Court, Cowdenbeath, Fife, KY4 9BY E-mail : liz_burns@tiscali.co.uk	01383 511986
<b>City of Edinburgh Swimming ECIX</b>	Mrs Helen Murray Administrator, RCP, 21 Dalkeith Road, Edinburgh EH16 5BB E-mail : <a href="mailto:helen.murray@swimedinburgh.com">helen.murray@swimedinburgh.com</a>	0131 662 8965
<b>Cardenden ASC ECNX</b>	Diane Knox 31 West End Kinglassie Fife KY5 0XG E-mail :Diane-Knox@BTconnect.com	01592 882532

<b>Cupar &amp; District ASC ECRX</b>	Suzy Cleary The Cottages Craighall Farm Ceres KY15 5PT E-mail: <a href="mailto:suzycleary01@aol.com">suzycleary01@aol.com</a>	01334 828369
<b>Dunedin Swim Team EDDX</b>	Audrey Hamilton 48 Kingsknowe Road South Edinburgh EH14 2JW E-mail: <a href="mailto:audrey_hamilton@hotmail.com">audrey_hamilton@hotmail.com</a>	01314 774327
<b>Dunfermline ASC EDEX</b>	Mike Tate 19 Abington Road Dunfermline KY12 7XU E-mail: <a href="mailto:tate-5_19@tiscali.co.uk">tate-5_19@tiscali.co.uk</a>	01383 620584
<b>Dunfermline SSC EDNX</b>	Cath Davies 33 Moubray Road Dalgety Bay KY11 9JP E-mail: <a href="mailto:cathdavies01@btinternet.com">cathdavies01@btinternet.com</a>	01383 825094
<b>Duns ASC EDSX</b>	Derek Wallace, Club Chairman 22 St Margaret's Road, North Berwick, East Lothian EH39 4PJ E-mail : <a href="mailto:derek_wallace@btopenworld.com">derek_wallace@btopenworld.com</a>	01620 890003
<b>Dunfermline WPC EDUX</b>	Mr Brian Campbell 13 Callender Terrace, Dunfermline, Fife. KY11 8EY E-mail : <a href="mailto:secretary@dunfermline-wpc.co.uk">secretary@dunfermline-wpc.co.uk</a>	01383 737537
<b>E Loth Masters Swimming EELX</b>	Mr John Sluman 14 Maitland Avenue Musselburgh East Lothian EH21 6DZ E-mail: <a href="mailto:john.sluman@billybob.com">john.sluman@billybob.com</a>	0131 665 3650
<b>Edinburgh Diving Club EEDX</b>	Mrs Julia McMillan 22 Knowsley Park, Haddington, EH41 3TB E-mail : <a href="mailto:Julia@cqm.co.uk">Julia@cqm.co.uk</a>	01620 822446
<b>Eyemouth ASC EEHX</b>	Mrs Josie Oliver Foulden Deans Farmhouse, Foulden, Berwickshire E-mail : <a href="mailto:josieoliver@yahoo.com">josieoliver@yahoo.com</a>	01289 386717
<b>Edinburgh Synchro SC EESX</b>	Mrs Karen Ladomery 1A Manse Road, Edinburgh, EH12 7TR E-mail : <a href="mailto:karen.ladomery@blueyonder.co.uk">karen.ladomery@blueyonder.co.uk</a>	0131 334 5732

<b>Edinburgh University Swimming &amp; Water Polo Club EEUX</b>	Christopher Henning Sports Union 48The Pleasance, Edinburgh EH8 9TJ E-mail: c.henning@sms.ed.ac.uk	
<b>Ferry Amateur Swim Team EFAX</b>	Christina McRoberts 18 Plewlandcroft South Queensferry EH30 9RG E-mail: christine@mcrobertsc.freeserve.co.uk	0131 331 2053
<b>Fauldhouse Penguins SC EFPX</b>	<a href="mailto:secretary@fauldhousepenguins.com">secretary@fauldhousepenguins.com</a> or <b>Website</b> <a href="http://www.fauldhousepenguins.com">www.fauldhousepenguins.com</a>	
<b>Fins CSC EFSX</b>	Mr Graham Irvine 21 Dunnotar Place, Kirkcaldy, Fife. KY2 5YT E-mail : <a href="mailto:gwr_irvine@yahoo.co.uk">gwr_irvine@yahoo.co.uk</a>	01592 269127
<b>Gala SC EGAX</b>	Helen McKendrick Hillview 14 Ladhope Crescent Galashiels TD1 2JJ E-mail: Helen@helenmckendrick.wanadoo.co.uk	01896 751883
<b>Grove ASC EGEX</b>	Mr Findlay Bruce 85 Auchingane, Edinburgh. EH10 7HU E-mail : <a href="mailto:findlay.bruce@edinburgh.gov.uk">findlay.bruce@edinburgh.gov.uk</a>	0131 447 0634
<b>Glenrothes ASC EGSX</b>	Mrs Ann Bence 7 Braemar Gardens Glenrothes KY6 2RF E-mail: annebence@aol.com	01592 771574
<b>Hailes ASC EHEX</b>	Grame Clark 32 Dreghorn Lane Edinburgh EH13 0DE E-mail: gcclark20@aol.com	
<b>Hawick ASC EHKX</b>	Mrs Alison Bruce 'Meadowfield', Ormiston Farm, Hawick. TD9 9SR E-mail :alison.bruce@zoom.co.uk	01450 374383
<b>Heart of Midlothian ASC EHMX</b>	Irene Brownlee 6 Craigleith Hill Avenue Edinburgh EG4 2JA E-mail: irenebrownlee@blueyonder.co.uk	

<b>Haddington &amp; Dist. ASC EHNX</b>	Alasdair Dewar 75(plot33) The Maltings Mill Wynd Haddington EH5 4EF E-mail: <a href="mailto:ally.dewar@totalise.co.uk">ally.dewar@totalise.co.uk</a>	07939473288
<b>Inverleith ASC EIHX</b>	Mrs Kathy Pitcher 58 Easter Hermitage, Edinburgh. EH6 8DR e-mail : <a href="mailto:kathypitcher@yahoo.co.uk">kathypitcher@yahoo.co.uk</a>	0131 554 0914
<b>InCAS EISX</b>	Mrs Patricia Somerville 4 Kirkhill Way Penicuik Midlothian EH26 8HH E-mail: <a href="mailto:pasomerville@hotmail.co.uk">pasomerville@hotmail.co.uk</a>	01968 670150
<b>Jedforest SC EJFX</b>	Mrs Tracey Steele Woodlands, Ulston Road, Jedburgh, Roxburghshire, TD8 6TF E-mail: <a href="mailto:steele855@btinternet.com">steele855@btinternet.com</a>	01835 862968
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<b>Kirkcaldy ASC EKYX</b>	Linda Springthorpe 100 Blackcraigs Kirkcaldy KY2 6TN Email: <a href="mailto:tsse05142@blueyonder.co.uk">tsse05142@blueyonder.co.uk</a>	01592 203850
<b>Livingston &amp; District Dolphins ASC ELDX</b>	Una McLellan 52 Talisman Rise Dedridge Livingston West Lothian EH56 6PL E-mail: <a href="mailto:lddsecretary@googlemail.com">lddsecretary@googlemail.com</a>	01506462598
<b>Leith ASC ELHX</b>	Mrs Shirley White 140 Boswall Parkway, Edinburgh. EH5 2JG E-mail : <a href="mailto:aleewhite@blueyonder.co.uk">aleewhite@blueyonder.co.uk</a>	0131 476 5765
<b>Musselburgh ASC EMHX</b>	Michelle Nisbett 6 Ashgrove View Musselburgh East Lothian EH21 7LZ E-mail: <a href="mailto:michelle.nisbett@sky.com">michelle.nisbett@sky.com</a>	0131 653 2731
<b>Midlothian ASC EMNX</b>	Irene Bisset 5 Peacock Parkway Bonnyrigg Midlothian EH19 3RQ E-mail: <a href="mailto:irenebisset@aol.co.uk">irenebisset@aol.co.uk</a>	0131 654 9733

## Newbattle SC

<b>1930 ASC ENTX</b>	Mrs Laura Law 34 Ryehill Terrace, Edinburgh. EH6 8EN E-mail : <a href="mailto:kenneth.law@btinternet.com">kenneth.law@btinternet.com</a>	0131 553 1222
<b>Portobello ASC EPOX</b>	Maureen Scoular 101 Niddrie House Drive Edinburgh EH16 4UQ E-mail: moescoular@hotmail.com	0131 258 0123
<b>Peebles ASC EPSX</b>	Louise Scott 47 Cardrona Way Cardrona Peebles EH45 9LD E-mail: lou47@btinternet.com	01896 833914
<b>Step Rock ASC ESRX</b>	Mrs Alison Rintoul 17 Windsor Gardens, St Andrews KY16 8XL E-mail : <a href="mailto:ar22@st-andrews.ac.uk">ar22@st-andrews.ac.uk</a>	01334 479588
<b>Teviotdale ASC ETEX</b>	Mr Keith Mitchell 2 Burnflat Lane, Hawick, TD9 0DZ E-mail : <a href="mailto:burnflat2@aol.com">burnflat2@aol.com</a>	01450 370200
<b>Trojan SC ETNX</b>	Arlene Taylor 50 Blaeberryhill Road Whitburn, West Lothian EH47 8GB E-mail: jill7978@googlemail.com	
<b>Tranent ASC ETTX</b>	Lynsey Bonnar 3 Charteris Road Longniddry EH32 0NT E-mail: lynsbonn@aol.com	
<b>Warrender Baths Club EWBX</b>	Mrs Cathy Archibald 52 Mauricewood Road, Penicuik, EH26 0JP E-mail : <a href="mailto:ciupik@tiscali.co.uk">ciupik@tiscali.co.uk</a>	01968 679701

## DISTRICT OFFICE BEARERS

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Hon. President	Sir Peter Heatly CBE DL 'Lanrig', 511 Lanark Road West Balerno, Edinburgh. EH14 7AJ	0131 449 3998
President	Mr Tony Dane 31 Northwood Park Livingston, West Lothian. EH54 8BD E-mail : <a href="mailto:tony_dane@hotmail.com">tony_dane@hotmail.com</a>	01506 490885
Vice President	Mrs Joanna Maguire 16 Craighall Crescent Edinburgh EH6 4RZ E-mail: <a href="mailto:jmag81051@blueyonder.co.uk">jmag81051@blueyonder.co.uk</a>	0131` 551 5458
Immediate Past President	Mr Colin Kennedy 102 East Bankton Place Livingston, West Lothian EH54 9DD E-mail: <a href="mailto:colin.kennedy@blueyonder.co.uk">colin.kennedy@blueyonder.co.uk</a>	01506 416630
Hon. Secretary	Mrs Gina Logan 5 Hill Street Cupar, Fife. KY15 4AA E-mail : <a href="mailto:logan_gina@hotmail.com">logan_gina@hotmail.com</a>	01334 656619
Hon. Treasurer	Mr John Sluman 14 Maitland Avenue Musselburgh, East Lothian. EH216DZ E-mail : <a href="mailto:john.sluman@billybob.com">john.sluman@billybob.com</a>	0131 665 3650
Minute Secretary	Mrs Margaret Somerville 144 Staunton Rise Livingston West Lothian EH54 6PA E-mail: <a href="mailto:Gordonsomerville@aol.com">Gordonsomerville@aol.com</a>	01506 414514
Borders	Mrs Alison Bruce "Meadowfield" Ormiston Farm Hawick TD9 9SR E-mail: <a href="mailto:alison.bruce@zoom.co.uk">alison.bruce@zoom.co.uk</a>	01450 374383
And	Angus Samuel 35 Park Road Gifford Haddington East Lothian EH41 4QS E-mail: <a href="mailto:angus.samuel@sca.com">angus.samuel@sca.com</a>	01620 810789

Fife	Mrs Gina Logan 5 Hill Street Cupar KY15 4AA E-mail: logan_gina@hotmail.com	01334 656619
Lothian	Mrs Alanna Morrison 7 Pentland View Uphall, Broxburn, West Lothian. EH52 6TB E-mail:alanna824@btinternet.com	01506 853572
Swimming Management	Mr Brian Gilchrist 26 Gleneagles Court Whitburn, West Lothian. EH47 8PG E-mail : <a href="mailto:gil6535@talk21.com">gil6535@talk21.com</a>	01501 745989
Secretary to Swimming Committee	Mrs Marie Glasgow 103 Fells Rigg, Livingston EH54 8PB E-mail: glasgowmarie@blueyonder.co.uk	01506 433692
Water Polo	Mr Iain Woolley 58 Pentland Terrace Edinburgh. EH10 6HE E-mail : <a href="mailto:i.woolley@blueyonder.co.uk">i.woolley@blueyonder.co.uk</a>	0131 447 1271
Masters	Mr Stuart Forbes 1 Drum Brae Gardens Edinburgh EH12 8SY E-mail: satelliteproperty@hotmail.com	0131 3391491
Synchronised Swimming	Cath. Fleming 13 John's Road Edinburgh, EH15 2EB E-mail : cath.fleming5@hotmail.co.uk	0131 669 4305
Diving	Mr David Bennet 14 Northfield Farm Avenue Edinburgh. EH8 7QN E-mail : <a href="mailto:davy_bennet@hotmail.com">davy_bennet@hotmail.com</a>	0131 652 1575
Open Water	Andrea Gellan 14 Comely Park Dunfermline E-mail: agellan@wlgore.com	01383 724178
Education	Mrs Norma Coutts 208 Cuiken Terrace Penicuik, Midlothian. EH26 9AP petercouths282@btinternet.com	01968 674514
Swimming Technical Officials	Mr Andrew McRoberts 3 Backstone Terrace Edinburgh EH10 6QA E_mail: a.mcroberts@btinternet.com	0131 445 4010

Championships Manager	Mrs Kath Scanlon 50 West Main Street Harthill ML7 5QD E-mail: kiss1608@btinternet.com	01501 753116
Keeper of Records	Mr David Civil 83 Jones Green Knightsridge West, Livingston, West Lothian. EH54 8QD E-mail : <a href="mailto:davidjcivil@hotmail.com">davidjcivil@hotmail.com</a>	01506 496627
Web Site Manager	Mr John Kirby 4 Forth Reach Dalgety Bay KY11 8FF E-mail:	01383 823449

## DISTRICT COMMITTEES

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<b>Executive</b>	<b>- Convenor Members</b>	Honorary Secretary President Vice President Hon. Treasurer Immediate Past President
<b>Swimming</b>	<b>- Convenor Members</b>	Mr Brian Gilchrist (EABX) Mrs Marie Glasgow (LM) Mrs Kath Scanlon (EDDX) Mr David Civil (EBEX) Mr Gordon Glasgow Mr Andrew McRoberts (EWBX) Mrs Gillian Jones Mr John McDougall Mr Derek Wallace (EDSX)
<b>Open Water</b>	<b>- Convenor Members</b>	Mrs Andrea Gellan (EISX) Mrs Lesley Prentice (EFPX) Mr Les Rodger (EFPX) Mr Tony Davis (ECEX)
<b>Synchro</b>	<b>- Convenor Members</b>	Mrs Cath. Fleming (EPOX) Mrs Lesley Bloomer (EDNX) Mrs Elaine Ireland (EDNX) Mrs Karen Lodomery (EESX)
<b>Water Polo</b>	<b>- Convenor Members</b>	Mr Iain Wooley (EWBX) Representatives from Portobello, Dunfermline And Warrender Baths Club

**S.T.O.C. - Convenor Members**  
 Mrs Joanna Maguire  
 Mr Bill Stewart  
 Mr Ralph Payne( AOE Coordinator)  
 Mr Ross Ainslie  
 Mr Stuart Anderson  
 Mrs Margaret Somerville(Secretary)  
 Mr John Sluman  
 Mrs Jan Harvey

**AOE Administrator** Mrs Kath Scanlon 01501 753116  
 50 West Main Street  
 Harthill ML7 5QD  
 E-mail: kiss1608@btinternet.com

## **Scottish Amateur Swimming Association**

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<b>Office</b>	National Swimming Academy University of Stirling Stirling. FK9 4LA E-mail : <a href="mailto:info@scottishswimming.com">info@scottishswimming.com</a>	Tel: 01786 466520 Fax: 01786 466521 Web Site : <a href="http://www.scottishswimming.com">www.scottishswimming.com</a>
<b>President</b>	proposed at SASA AGM 28/2/09	Mr Robert Reekie
<b>Vice President</b>	proposed at SASA AGM 28/2/09	

### **BOARD OF MANAGEMENT**

<b>Chairman</b>	Maureen Campbell	
<b>Directors</b>	Win Hayes	Ian MacCallum
	Peter Bilsborough	Danny McGowan
	John Mason	
<b>Chief Executive</b>	Ms Ashley Howard	
<b>Director of Operations</b>	Mrs Elaine MacKenzie	
<b>Finance Manager/Company Secretary</b>	Deborah McGinniss	
<b>Director of Performance</b>	Ally White	
<b>Director of Coach/Development</b>	Richard Gordon	

## ***EAST DISTRICT RULES - SECTION A***

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Rules in Section A may be altered at a District AGM in accordance with the relevant rules.

### **1. AFFILIATION**

The affiliation fee, which shall be in addition to all SASA fees, shall be levied as a fixed amount per Club member registered with the S.A.S.A. (**£3.00 for 2009**). This sum will be recommended by the District Honorary Treasurer and approved at the AGM each year. Clubs failing to remit the fee by 31<sup>st</sup> March shall cease to be members of the S.A.S.A. Each Affiliated Club shall have title to two (2) sets of East District rules.

### **2. CHILD PROTECTION POLICY**

The policy adopted by the SASA will be adopted in full by the East District.

### **3. MEETINGS**

- a. There shall be three Delegates Meetings per annum to be held on the third Thursday of the months of March, June, and September. (Eleven delegates to form a quorum).
- b. The agenda to be set and circulated by the District Secretary 14 days prior to the Meeting. Minutes of each meeting to be distributed to all Clubs, Convenors and Life Members within the following 28 days.
- c. The Executive shall meet for the transaction of business as and when required.
- d. The Management Team shall meet for business on dates to be advised to the March Delegates Meeting. Reports of each meeting to be distributed to all Clubs, Convenors and Life Members within the following 28 days.
- e. Standing Committees shall meet for the transaction of business as and when required.

### **4. ANNUAL GENERAL MEETING**

The Annual General Meeting shall be held on the first Thursday of December at 1900 hours.

Nomination for office, proposed alterations to District Rules, notices of motion, Annual Reports of Standing Committees, and any other business which is required to be considered, must be in the hands of the Hon. Secretary, in writing, by the 31<sup>st</sup> October preceding. Office bearers, as per SASA Rules and the Convenors of East District Standing Committees and Sub-Committees shall be appointed. In addition, the delegates shall appoint all elected members to District Standing Committees, 2 Auditors, Medical Officer and Physiotherapist as required by District rule.

The Annual Report incorporating the Agenda and Financial Statement shall be issued by the Hon. Secretary to Clubs at least fourteen days before the Annual General Meeting.

5. **OFFICE BEARERS**

- a. Hon. President: The Hon. President shall be appointed by the District
- b. President: The President shall be appointed at the AGM. No delegate shall hold the office of President longer than two (2) consecutive years and shall not be eligible for the same office until the expiry of twelve (12) months from vacating the Office.
- c. Vice-President: The Vice-President shall be appointed at the AGM and will chair Management Team meetings.
- d. Hon. Secretary: The Hon. Secretary shall be appointed at the AGM and shall have the authority, subject to the prior approval of the Executive, to appoint an assistant secretary and minute secretary as required.
- e. Hon. Treasurer: The Hon. Treasurer shall be appointed by the District and shall bank money in the name of the Treasurer and Trustees on behalf of the District. The Trustees shall be the President and Treasurer. The Hon. Treasurer shall not at any time retain in his/her possession an amount greater than that which is required to meet the immediate and/or expected commitments of the District.

6. **CLUB DELEGATES**

A club delegate to the District must be a Life Member or Club member for whom a current SASA registration fee has been paid.

7. **EXECUTIVE**

Hon. Secretary as Convenor with the President, Vice-President, Hon. Treasurer and Immediate Past President.

*Specific Duties:*

- i. To deal with all urgent matters
- ii. To appoint one member to liase on all standing committees
- iii. To take responsibility for all District activities

8. **MANAGEMENT TEAM**

Members of the Executive with the Vice-President acting as Chairman, Convenors of the Regions, Swimming, Education, Swimming Technical Officials, Water Polo, Synchro, Diving, Development, Masters and Open Water District Committees.

*Specific Duties:*

- i. To manage the affairs of the District within the Development Plan
- ii. To regularly inform the membership of the District of all relevant information and report on activities.

## 9. FINANCE COMMITTEE

Two (2) members will be appointed by the District at the AGM and shall, with the Hon. Treasurer and the Jim Brown Bequest fund chairman, form the District Finance Committee.

### *Specific Duties:*

- i. To manage, monitor and report on all aspects of the District finances as required
- ii. To recommend an Annual Budget for approval by the District
- iii. To recommend the affiliation fee. The affiliation fee for 2007 will be £2.80 per Club Member based on returns through SASA Office as at 30<sup>th</sup> June 2006.
- iv. To recommend the District expense rates
- v. To receive Income and Expenditure accounts for events
- vi. To seek sponsorship and grants – a professional person may be engaged in this area whose fee is set at an agreed percentage (either on a fixed or sliding scale) of the total raised at the discretion of, and payable with the approval of, the Executive.

The Hon. Treasurer shall report the District finances at each Management Team and District meeting and shall present an audited set of Accounts to the Annual General Meeting. The financial year shall end on the 31<sup>st</sup> October.

- b. **Cheques:** The President and Hon. Treasurer, or signatories approved by the Executive, shall be authorised to sign cheques on behalf of the District. All cheques above the amount agreed annually, (**£500 for 2009**), must be signed by two authorised signatories. Cheques where the value is less than the agreed amount may be signed by the Hon. Treasurer only.
- c. **Expenses:** The Finance Committee shall recommend to the District, who shall approve the level at which legitimate expenses will be re-imbursed.

All claims must be submitted to the Hon. Treasurer on the appropriate East District expenses form. Where possible, evidence of expenditure with a VAT receipt should be provided with each claim.

- d. **The Jim Brown Bequest:** The Hon. Treasurer and two (2) trustees, one of whom shall act as Chairman, shall be appointed by the District to administer the funds known as 'The Jim Brown Bequest'. This is retained in a Special Deposit account to be used for the following, which will be reviewed as required by the trustees: -
  - i. Annual engraving of District trophies
  - ii. Replacement of all District watches on a systematic basis
  - iii. £150 to the District President to assist with the cost of blazer, trousers or skirt (bi-annually)
  - iv. £150 to District representative who may be appointed as Scottish President to assist with the cost of blazer, trousers or skirt (normally every fourth year)
  - v. £150 annually to all District Regional Committees to assist with administrative running costs
  - vi. Payment of periodic valuation of District trophies for insurance purposes
  - vii. Special requests which may be given consideration

The funds of The Jim Brown Bequest belong to the District, which has the ultimate say over how the money is dispersed and dealt with.

10. **STANDING COMMITTEES**

Each to be appointed annually as defined, general duties and responsibilities are: -

- i. To implement the District Development Plan
- ii. To complement National and District policies
- iii. To deal with matters outlined in the rules
- iv. To submit a report of meetings and activities to the Management Team
- v. To submit a Finance budget to the Finance Committee for approval at the AGM
- vi. To submit an Income and Expenditure report to the Hon. Treasurer as required
- vii. To submit an Annual Report for the AGM
- viii. To submit a list of Champions to the Keeper of the District Records
- ix. To promote activities externally and internally

Each Committee shall have the power to co-opt suitably qualified persons as technical advisers who need not be delegates, subject to the prior approval of the Executive.

a. **Regional Committees**

Three (3) committees shall be formed to deal with all matters concerned with swimming in their areas. The committees shall cover the geographical areas of Borders, Fife and Lothian. The committees shall consist of three delegates from each Club within the Region, and business shall be conducted as per their respective Constitutions.

The Convenors of each Committee shall be intimated to the Hon. Secretary before the District Annual General Meeting, together with an annual report from each Regional Committee.

***Specific Duties:***

- i. To advise the Management Team of the activities of the Region.

b. **EDUCATION COMMITTEE**

The Convenor, who shall be elected and will be the District representative on the SASA Education committee, and three (3) members, who shall be elected by the District, shall form the Committee. The Convenor shall make a report on each of these matters, as may be necessary, to each meeting of the Management Team.

***Specific Duties:***

- i. To advise the Management Team on the Activities of the Education Committee.
- ii. To arrange training courses and examinations for swimmers, teachers, coaches and administrators.

c. **SWIMMING TECHNICAL OFFICIALS COMMITTEE**

The Convenor, who shall be elected and shall be the District Representative on the SASA Swimming Technical Officials Committee, an AOE Coordinator and four (4) members who shall be elected by the District, shall form the Committee, and also act as Area co-ordinators.

***Specific Duties:***

- i. To advise the Management Team on the activities of the Swimming Technical Officials Committee
- ii. To take responsibility for all aspects of the District Swimming Technical Officials.
  - 1) The AOE Manager, who will represent the District on AOE matters, and two (2) members, who shall be elected by the District, shall form the sub-committee. In addition, the Convenors of the Swimming Management Committee and the STOC in addition to approved District AOE operators shall be inter-alia members of the sub-committee.

***Specific Duties:***

- (i) To be responsible for the satisfactory operation and maintenance of AOE used in the District.
- (ii) To make recommendations on the operation and maintenance of AOE as required to the District.

d. **DEVELOPMENT COMMITTEE**

The Development Convenor, who shall be elected and shall be the District representative on the S.A.S.A. Development Committee. The Convenor, together with the Management Team, shall appoint members to the committee.

***Specific Duties:***

- i. To formulate and co-ordinate the District Development Plan
- ii. To monitor and report on its progress to the Management Team

e. **SWIMMING MANAGEMENT COMMITTEE**

The Convenor, who shall be elected and shall be the District representative on the S.A.S.A. Swimming Committee, the Manager of the District Championships, and four (4) members, shall be elected by the District and will form the Swimming Management Committee. The Convenor to report on all swimming matters as necessary to each meeting of the Management Team. Each member shall be entitled to a vote.

***Specific Duties:***

- i. Ensure a satisfactory organisation of each of the East District swimming championships.
- ii. Advise the East District on all matters relating to swimming and, to submit reports with recommendations for methods of improving the standard of swimming.
- iii. Facilitate and manage the running of District Regional Squads in the District in line with policies established by the SASA Swimming Committee
- iv. Select swimmers, teams and staff for competition where they shall represent the District.
- v. Control Accreditation and Licensing of all swimming events in the District.

1) *District Championships sub-committee*

The Manager, who shall be elected, will be the member on the District

Swimming Management Committee with responsibility for the Championships.

These shall be organised in such a manner as will complement the S.A.S.A. National Swimming programme within the East District. For this purpose the Manager, together with the Swimming Management Committee, shall appoint members to the sub-committee.

***Specific Duties:***

- (i) Ensure a satisfactory organisation of the East District swimming championships
- (ii) To supply a full results sheet and Income and Expenditure report to the Swimming Management Committee on completion of each event.

f. **WATER POLO COMMITTEE**

The Convenor, who shall be the District representative on the SASA Water Polo Committee, three (3) selectors to choose all teams to represent the East District, shall be elected to form the Committee. In addition two (2) representatives from each Club participating in East District Water Polo shall be members of the committee. Five (5) to form a quorum.

***Specific Duties:***

- i. Control and organisation of District Leagues and the Corporation Trophy
- ii. The appointment of officials for District matches
- iii. Education and development of Water Polo in line with the District Development plan.
- iv. Select all representative squads, teams and staff

g. **DIVING COMMITTEE**

The Convenor, who shall be elected, shall be the District representative on the S.A.S.A. Diving Committee. The Convenor, together with the District Management Team, shall appoint the members of the Committee.

***Specific Duties:***

- i. Control and organisation of District diving events.
- ii. Education and development in line with the District Development plan.
- iii. Select all representative squads, teams and staff.

h. **SYNCHRONISED SWIMMING COMMITTEE**

The Convenor, who shall be elected, shall be the District representative on the S.A.S.A. Synchronised Swimming Committee and two (2) members from each District Synchro Club (1 Administrator and 1 technical member) shall form the committee.

***Specific Duties:***

- i. Control and organisation of District synchronised swimming events

- ii. Education and development in line with the District Development plan
- iii. Select all representative squads, teams and staff

i. **OPEN WATER SWIMMING COMMITTEE**

The Convenor, who shall be elected, shall be the District representative on the S.A.S.A. Open Water Swimming Committee.

The Convenor, together with the Management Team, shall appoint members to the Open Water swimming committee.

*Specific Duties:*

- i. Ensure a satisfactory completion of the East District Open Water swimming championships.

j. **MASTERS SWIMMING COMMITTEE**

The Convenor, who shall be elected, shall be the District representative on the S.A.S.A. Masters Committee.

The Convenor, together with the Management Team, shall appoint members to the Masters Swimming Committee.

*Specific Duties:*

- i. Promote Masters swimming within the East District and deal with all other relevant matters.

11. **KEEPER OF THE DISTRICT RECORDS**

The Keeper of the District Records shall be elected by the District.

*Specific Duties:*

- i. Determine whether or not an application is in order, and if so, submit same to the next meeting of the relevant committee for ratification.
- ii. To maintain and update the District Records
- iii. To publish details of new record holders and to award a “District Record Certificate” to each new holder.
- iv. Publish annually to the Annual General Meeting a Roll of Honour of all District Records achieved in the previous year
  - 1) Swimming :
    - (a) Senior and Junior District swimming records may be made for all recognised District Championship distances by any swimmer under the jurisdiction of the East District. A Junior swimmer is as defined in Company Rule R13.5.6
    - (b) The distances shall be those quoted in SASA rules and will be recognised for Long and Short course records
    - (c) Age group records (Long and Short course) shall be maintained for all styles and distances as contained in the SASA Age Group Championships. Age group records shall be age on date of swim. Records set prior to December 2006, based on age as at 31<sup>st</sup> December, will continue to stand until a new record is achieved.

- (d) Applications for District records must be made on the appropriate record form and forwarded to the Keeper of the District Records within thirty days of the event.
- (e) The Recorders at District Championships shall be responsible for ensuring that all records achieved at the Championships are properly noted and forwarded to the Keeper of the District Records via the meet manager.

12. **DISTRICT RULES**

Hon. Secretary to circulate to Clubs an updated set of District Rules on or before the February meeting and where applicable, details of any subsequent changes to the District rules during the year.

13. **EAST DISTRICT AWARDS**

a. ***East District Presidents Plate (Courtesy of Emslie Engraving)***

- i. This award may be presented annually, at the sole discretion of the East District President, to any individual who in any capacity, is considered to have made a notable contribution of service within the East District.

b. ***The Peter Heatly Award***

- i. The Peter Heatly award shall be awarded annually to the competitor who, in the opinion of the Executive, has done most to enhance or uphold the prestige of the District during the year.
- ii. Nominations for the award should be submitted to the Hon. Secretary no later than the 31<sup>st</sup> October each year.
- iii. The award shall be presented at the Annual General Meeting.

## ***EAST DISTRICT RULES - SECTION B***

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Rules in Section B are discipline specific and may be changed at any time by the relevant standing committee with a majority approval required from those eligible to vote in addition to the prior approval of the Executive.

Without the approval of the Executive the rules may be altered with the approval of a District meeting or AGM.

### **14. SWIMMING**

- a. The organiser of any competitive swimming event shall comply with the National Licensing and Accreditation policy.
- b. Competitors cannot represent a composite club, as defined by SASA rules, in District or Regional events.
- c. At all District swimming championship events no 'time only' swims will be permitted.
- d. The East District Swimming Management Committee shall have the power to levy a fine not exceeding £200 against any Club that is found to be in breach of District or Meet rules that have been set in respect of any District Age Group or Open Championships.
- e. District Championships :
  - i. **Age Groups :**
    - 1) These will be arranged by the East District Swimming Management Committee or the District Championships sub-committee and shall be open to all swimmers in the District who have paid an S.A.S.A. Membership Fee.
    - 2) The District entry fees will be proposed by the District Championships sub-committee, ratified by the Swimming Committee and shall be approved at a District Meeting but, they shall not exceed those currently applicable to S.A.S.A. Age Group Swimming Championships.
    - 3) Age Groups, events, and consideration times for the District Age Group Championships will be proposed by the Age Group Championships sub-committee, and ratified by the District Swimming Committee. Clubs should be notified of the details not less than twelve (12) weeks prior to the Championships.
    - 4) Entries for District Age Group Championships shall close on a date determined by the Committee.
    - 5) The Solripe Trophy shall be awarded each year to the most successful club in the District Age Group Championships. Points to be awarded, one (1) for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each event.
    - 6) When heats and finals of relay events are not held on the same day, swimmers in A or B teams in the heats will be allowed to interchange teams for the finals.  
If a team is disqualified in the heats, the four (4) swimmers of this team will not be allowed to swim in that event in the final. If heats and finals are swum on the same day, swimmers must not be allowed to interchange teams.

- 7) The top male and female in each age group will be awarded a memento in recognition of their performance.
- 8) The Andrew Taylor Trophy will be awarded to the swimmer in the youngest age group who has achieved the highest points for an individual swim. The Swimming Management Committee will decide and publish the basis on which points will be calculated.

ii. **Open**

- 1) These will be arranged by the East District Swimming Management Committee or the District Championships sub-committee and shall be open to all swimmers who have paid an S.A.S.A. Membership Fee.
- 2) The District entry fees will be proposed by District Championships sub-committee, ratified by the Swimming Committee and shall be approved at a District Meeting but, they shall not exceed those currently applicable to S.A.S.A. Swimming Championships.
- 3) Events and consideration times for the District Championships will be proposed by the District Championships sub-committee, and ratified by the District Swimming Committee. Clubs should be notified of the details not less than twelve (12) weeks prior to the Championships.

iii. **Borders Championships**

The Borders Swimming Championships shall be organised by the Borders Regional Committee. Notification of the Championships shall be given to the District Secretary for presentation to the District meeting held one month or more prior to the date agreed.

iv. **Fife Championships**

The Fife Swimming Championships shall be organised by the Fife Regional Committee. Notification of the Championships shall be given to the District Secretary for presentation to the District meeting held one month or more prior to the date agreed.

v. **Lothian Championships - Telfer Cup**

- 1) The Cup shall be known as the “Telfer Cup”
- 2) The competition shall be managed by the Lothian Region Committee
- 3) The competition format and rules will be determined by Lothian Region and ratified by the District Management Team
- 4) The competition must take place during the months of January and February. All affiliated clubs in Lothian shall be circulated and invited to enter

The competition shall be as follows :-

i. *4 x 50 Medley Relay*

Girls 12/u Back  
Boys 12/u Breast  
Boys 13/14 Fly  
Girls 13/14 Free

ii. *4 x 100 Medley Relay*

Girls 15/16 Back  
Boys 15/16 Breast  
Boys Open Fly  
Girls Open Free

iii. *4 x 50 Freestyle Relay* iv

Boys 12/u  
Girls 12/u  
Boys 13/14  
Girls 13/14

iv *4 x 100 Freestyle Relay*

Boys 15/16  
Girls 15/16  
Boys Open  
Girls Open

- 5) Each club may enter a total of four teams, i.e. one team per event. Teams will be made up as shown and events will be swum in the above order. Swimmers can only take part in one event. The entry fee will be decided by Lothian Region Committee.

vi. **The Corporation Water Polo Trophy**

- 1) The trophy is the absolute property of Edinburgh District Council
- 2) The trophy shall be known as the Corporation Polo Trophy
- 3) The competition for the trophy shall, during the pleasure of Edinburgh District Council be managed by the East District
- 4) The competition must take place in one or other of the Edinburgh District Council Baths during the months from September to November. All clubs affiliated shall be circulated and asked if they wish to be drawn in the first round of the competition. The club drawn first in the ballot shall have the choice of baths, except in the final tie.
- 5) The trophy shall be competed for annually under the jurisdiction of the East District, provided that three or more clubs enter for the competition.
- 6) Clubs other than those at present having their headquarters at Edinburgh District Council baths, may, by intimating to the baths manager, select one or other of the District Council's baths as their headquarters for the time being, and therein play off their home matches.
- 7) The competition shall be for Water Polo, but it may, with the consent of the District Council, be altered from time to time.
- 8) When the winning team has been declared the Secretary of the East District shall furnish the Director of Leisure and Recreation with a statement setting forth the number of clubs who have taken part during the current year, and also the baths in which the various ties were played. Should the statement show that the competition has been carried through according to the rules laid down by the District Council, the Manager shall certify the same and forward the statement to the Chief Executive.
- 9) The name of the winning club shall be engraved on the trophy, and each member of the winning team shall be presented with a badge.

- 10) Should the winning club desire the loan of the trophy for any special purpose, they may, with the consent of the District Council have same on giving security to the satisfaction of the Chief Executive.

## **15. Open Water**

- 1) These will be arranged by the Open Water Swimming Committee and be open to all members of affiliated clubs who have paid an S.A.S.A. Membership Fee.
- 2) The District entry fees will be proposed by the Open Water Swimming Committee and shall be approved at a District Meeting but, they shall not exceed those currently applicable to S.A.S.A. Open Water Swimming Championships.
- 3) There will be eight categories of Open Water.
  - 3.1 Open - 13 years and over, to swim a distance of not less than 1.5 Km and not more than 5 Km.
  - 3.2 Age Group 13/14 years - 13 to 14 years, to swim a distance of not less than 1.5 Km and not more than 5 Km.
  - 3.3 Age Group 15/16 years - 15 to 16 years, to swim a distance of not less than 1.5 Km and not more than 5 Km.
  - 3.4 Masters - over 25 years, to swim a distance of not less than 1.5 Km and not more than 5 Km. This is not a compulsory category and will only be included in the District Championships at the discretion of the District Open Water committee. The swim times may be subject to an age adjustment factor, also at the discretion of the District Open Water committee.
  - 3.5 Novice - over 12 years, to swim a distance of no more than 1Km.
  - 3.6 Open District - 13 years and over, to swim a distance of not less than 1.5 Km and not more than 5 Km. This is only open to District Swimmers.
  - 3.7 Age Group District 13/14 years - 13 to 14 years, to swim a distance of not less than 1.5 Km and not more than 5 Km. This is only open to District Swimmers.
  - 3.8 Age Group District 15/16 years - 15 to 16 years, to swim a distance of not less than 1.5 Km and not more than 5 Km. This is only open to District Swimmers.

There shall be a Male and Female event in each category. Swimmers can enter more than one category except for the Novice category. Swimmers entered for the Novice category cannot enter any other category.

- 4) Before commencement of the swim all competitors must complete and sign the Declaration on the entry form, which shall also be countersigned by the Coach confirming he/she is fit and able to undertake the swim.
- 5) East District medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placed competitors in each category except the Novice category. The Male and Female winners of the Open category (category 3.1) will each receive District Trophies. The overall East District winner will receive the Lawson Trophy. In the event of a tie the Trophy will be shared. All competitors completing the course shall be given a certificate.
- 6) All other conditions and rules relative to the event shall be as per SASA Open Water Swimming Rules

## 16. Water Polo Leagues

- 1) The competition shall be called the “East District Water Polo League”. It may be divided into divisions and shall consist of clubs affiliated to the District.
- 2) The competition shall be conducted in accordance with the SASA Water Polo rules.
- 3) Entries shall close on a date determined by the Convenor who must give at least three weeks notice to clubs.  
Fixtures shall be arranged at a meeting early in December with the annual subscription per team decided by the Water Polo Committee.
- 4) The Leagues shall be held during the months January to July inclusive, and shall consist of each club playing every other club in their division of the League to a format agreed upon at or before the Fixtures meeting. Postponed games to be played off before the 31<sup>st</sup> July, or offending club to be fined £3.00 and forfeit the points.
- 5) Duration of Second and Third division and Junior matches shall be decided by the Committee.
- 6) Medals will be awarded to the champion team of each Division.

## 17. Synchronised Swimming Championships

S.A.S.A. general rules for Synchronised Swimming apply with regard to officials, scoring penalties and any other matter not covered by the following rules.

1. The management of the Championships shall be the responsibility of the East District Synchronised Swimming Committee (EDSSC).
2. The Graded Championships shall be open.
3. Entry forms shall be available from the Championship Secretary and should be completed and returned with the appropriate fee 1 calendar month prior to the Championship. Late entries and withdrawals will be at the discretion of the EDSSC.
4. All fees will be fixed and approved by the Committee.
5. The draw for the order of appearance shall be made by the Convenor or person appointed by the Convenor in the presence of one other person as soon as feasible after the closing date.
6. Competitions
  - a. The Solo and Duet Championships for Grades 1-4 shall consist of a
    - (i) Figure Competition
    - (ii) Free Routine CompetitionCompetitors entering the Free Routine must have taken part in the Figure Competition.
  - b. The Solo and Duet Championships for Grades 5-6 shall consist of a
    - (i) Technical Routine Competition

(ii) Free Routine Competition

Competitors entering the Free Routine must have taken part in the Technical Routine Competition.

- c. Competitors entering the Team Championship do not need to have taken part in the Figure or Technical Routine Competitions.

7. The time for each routine will start and finish with the music. The deckwork must not exceed 10 seconds. An allowance of 15 seconds plus or minus the allotted time will be made for equipment tolerance.

**8. Open District Graded Championship**

Competitors in Grades 1 – 2 who have held their grade for over 2 years, are not permitted to compete in the Solo and the Duet competition without having attempted the next grade.

All competitors will be holders of the appropriate ASA Award at the closing date for entries. One group of figures will be drawn by the Convenor or person appointed by the Convenor in the presence of one other person following the closing date.

**Grade 1 Championship**

Figure	Group 1	Degree of difficulty	Figure	Group 2	Degree of difficulty
	Oyster	1.0		Tub	1.0
310	Back Tuck Somersault	1.1		Front Tuck Somersault	1.2
320	Front Pike Somersault	1.7	303	Back Pike Somersault	1.5
101	Ballet Leg	1.6	101	Ballet Leg	1.6

**Grade 2 Championship**

Figure	Group 1	Degree of difficulty	Figure	Group 2	Degree of difficulty
102	Ballet Leg Alternate	2.4	102	Ballet Leg Alternate	2.4
344	Neptunus	1.8	302	Blossom	1.4
320	Front Pike Somersault	1.7	321	Somersub	2.0
420	Back Walkover	2.0	311	Kip	1.8

**Grade 3 Championship**

Figure	Group 1	Degree of difficulty	Figure	Group 2	Degree of difficulty
115	Catalina	2.2	140	Flamingo Bent Knee	2.4
311	Kip	1.8	420	Back Walkover	2.0
342	Heron	2.1	355	Porpoise	1.9
360	Walkover Front	2.1	401	Swordfish	2.0

## Grade 4 Championship

Each competitor must perform 2 compulsory figures and one group of two optional figures from the FINA Junior List.

## Grade 5 – 6 Championship

Technical routine as per FINA Rules SS3.2 & Appendix VI. The following elements are required for the Technical Routine and must be performed in the order listed:

- **Split Position** followed by a rotation of 360° executed as the legs are symmetrically lifted and closed to **Vertical Position**. Followed by one *Full Twist* in the same position and direction.
- **Boost** – a rapid head-first rise, with a maximum amount of body above the surface of the water. Both arms must be lifted above the surface as the body reaches maximum height. A descent is executed until the swimmer is completely submerged.
- **Eggbeater** – must follow immediately after the boost; travel forward and / or sideways and contain a sequence of arm movements, which includes both arms out of the water at the same time.
- *Combined Spin*
- 332 Aurora open 360° from **Fishtail Position** to completion of the figure.
- *Thrust* followed by a rapid spin of at least 360 continuing through submergence.
- The time limit per FINA Rules **SS 13.1** Technical Routine Solos shall be 2 minutes 00 seconds.
- Free Routine Competition
  - a. Solo & Duet Championship for the eight highest Figure/Technical routine scores in each section. If at least two District competitors are not included in this group then the two highest scoring District competitors will also swim.
  - b. Routine times are as follows :

Grade	Solo time	Grade	Duet Time
1	2 minutes	1/2	2minutes 30 seconds – 3 minutes
2	2minutes 30 seconds	3/4	3minutes 30 seconds
3	3 minutes		
4-6	3 minutes	5/6	3 minutes 30 seconds
Team			
1-3	3 minutes	3-6	4 minutes

- c. No swimmer may compete in more than one team  
Awards shall be presented as follows

	Open Champion Medals	District Champion Medals
Solo Championship Grades 1-6	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup>
Duet Championship Grades 1/2	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> + Mary Black Trophy
Duet Championship Grades 3/4	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> + Trophy
Duet Championship Grades 5/6	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> + Trophy
Team Championship Grades 1-3	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> + Hardie Bike Trophy
Team Championship Grades 3-6	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>	1 <sup>st</sup> + Glenrothes Plate

For Solo, Duet and Team competitions where the District Champion/s are also the Open Champion/s, no District medal/s will be awarded. Medals will only be awarded to reserves who are required to swim

## 18. TECHNICAL OFFICIALS

- a. East District Clubs entering swimmers for any District event must provide a number of registered officials (club timekeepers accepted) for each session of the event in accordance with the following criteria:

Total number of accepted Club swimmers for each session	Number of Officials to provide per session
1 to 4	None
5 to 9	1
10 to 19	2
20 +	3 (One must be a Judge)

- b. An East District Club failing to provide Technical Officials (or substitutes) in accordance with the above criteria will be subject to a fine as agreed at the AGM for each session in which the required number of Officials are not present. (**£25.00 for 2007**)
- c. It shall be the responsibility of the Meet Management in conjunction with the District STO convenor to identify those Clubs who do not meet their obligation.
- d. It shall be the responsibility of the District STO Convenor to inform the District Treasurer.
- e. It shall be the responsibility of the District Treasurer to levy those fines as agreed at the AGM.

**SASA EAST DISTRICT  
AGE GROUP CHAMPIONSHIPS  
2006 EVENT WINNERS**

	<b>Boys</b>		<b>Girls</b>	
<b>11yrs</b>				
50m Freestyle	Craig Benson [LD]	00.29.45	Gemma Veale [FP]	00.31.40
100m. Freestyle	Craig Benson [LD]	01.06.01	Gemma Veale [FP]	01.06.91
400m Freestyle	Sean Campsie [FP]	05.13.28	Gemma Veale [FP]	05.06.38
50m. Butterfly	Zach Courtney [WB]	00.32.77	Amy Fraser [GA]	00.34.50
100m. Butterfly	Sean Campsie [FP]	01.15.96	Amy Fraser [GA]	01.14.65
50m Breaststroke	Craig Benson [LD]	00.37.40	Kirsty Bale [DS]	00.41.05
100m. Breaststroke	Craig Benson [LD]	01.22.17	Amber Whitelaw [HN]	01.29.84
50m Backstroke	Zach Courtney [WB]	00.33.83	Rachel Irvine [FS]	00.36.53
100m. Backstroke	Zach Courtney [WB]	01.13.91	Lisa Fraser [MN]	01.17.90
200m. IM	Zach Courtney [WB]	02.43.63	Gemma Veale [FP]	02.53.38
11 + under				
Medley Relay	Warrender 'A'	02.29.54	Teviotdale	02.30.42
Freestyle Relay	Warrender 'A'	02.11.52	Teviotdale	02.12.35
<b>12/13yrs</b>				
100m Freestyle	Kevin Dickson [DS]	00.56.96	Eloise Barber [CE]	00.58.65
100m Butterfly	Kevin Dickson [DS]	01.07.11	Lucy Ellis [DD]	01.07.32
200m Butterfly	Ross Wooley [WB]	02.30.85	Jennifer Dobson [HN]	02.32.28
100m Breaststroke	Robbie Purvis [WB]	01.18.25	Eloise Barber [CE]	01.16.92
200m Breaststroke	Ross Wooley [WB]	02.48.02	Eloise Barber [CE]	02.43.70
100m Backstroke	Ross Wooley [WB]	01.07.05	Eloise Barber [CE]	01.08.62
200m Backstroke	Ross Wooley [WB]	02.28.31	Marnie Stewart [WB]	02.26.77
200m IM	Ross Wooley [WB]	02.29.11	Eloise Barber [CE]	02.26.41
200m Freestyle	Kevin Dickson [DS]	02.05.09	Lucy Ellis [Unat]	02.09.92
400m Freestyle	Ross Wooley [WB]	04.31.68	Lucy Ellis [DD]	04.32.61
400m IM	Ross Wooley [WB]	05.03.64	Sarah Kelly [Unat]	05.09.68
800m Freestyle			Marnie Stewart [WB]	09.25.88
1500m Freestyle	Ross Wooley [WB]	18.00.74		
Medley Relay	Warrender 'A'	02.09.91	Heart of Midlothian 'A'	02.17.12
Freestyle Relay	Warrender 'A'	01.53.56	Heart of Midlothian 'A'	02.00.27
<b>14/15yrs</b>				
100m Freestyle	Daniel Scott [GS]	00.53.28	Katelyn Stewart [WB]	00.59.21
100m Butterfly	Daniel Scott [GS]	00.59.50	Katelyn Stewart [WB]	01.06.58
200m Butterfly	Daniel Scott [GS]	02.15.17	Sally Wood [WB]	02.27.04
100m Breaststroke	Iain Scanlon [DD]	01.08.04	Fiona Gray [HM]	01.13.11
200m Breaststroke	Iain Scanlon [Unat]	02.28.09	Kathryn Johnstone [CE]	02.36.49
100m Backstroke	Daniel Scott [GS]	00.59.38	Nicole Wilson [HM]	01.05.73
200m Backstroke	Daniel Scott [GS]	02.07.04	Nicole Wilson [HM]	02.20.52
200m IM	Daniel Scott [GS]	02.10.59	Sally Wood [WB]	02.24.14
200m Freestyle	Daniel Scott [GS]	01.55.65	Helen McRoberts [WB]	02.07.54
400m Freestyle	Richard Schafers [DD]	04.08.91	Helen McRoberts [WB]	04.27.29
400m IM	Daniel Scott [GS]	04.45.44	Nicole Wilson [HM]	05.02.69
800m Freestyle			Sally Wood [WB]	09.14.89
1500m Freestyle	Daniel Scott [GS]	17.02.91		
Medley Relay	Aquanauts	02.01.41	Heart of Midlothian 'A'	02.04.55
Freestyle Relay	Aquanauts	01.45.13	Warrender 'A'	01.52.07

**SASA EAST DISTRICT  
AGE GROUP CHAMPIONSHIPS  
2006 EVENT WINNERS**

	<b>Boys</b>		<b>Girls</b>	
<b>16 + over</b>				
100m Freestyle	Andrew Rodgie [CE]	00.53.90	Louise Pate [HM]	00.59.05
100m Butterfly	Billy Purnell [WB]	00.58.30	Louise Pate [HM]	01.04.40
200m Butterfly	Alistair Brown [AN]	02.13.00	Jodi Gordon [HM]	02.26.54
100m Breaststroke	Andrew Rodgie [CE]	01.03.95	Louise Pate [HM]	01.14.82
200m. Breaststroke	Lewis Smith [WB]	02.20.83	Fiona Booth [WB]	02.39.01
50m. Backstroke				
100m Backstroke	Billy Purnell [WB]	00.58.34	Louise Pate [HM]	01.05.21
200m Backstroke	Andrew Haslett [WB]	02.11.86	Jodi Gordon [HM]	02.24.24
200m IM	Lewis Smith [WB]	02.05.45	Jodi Gordon [HM]	02.22.74
200m Freestyle	Lewis Smith [WB]	01.53.59	Kirsten Walker [Unat]	02.08.81
400m Freestyle	Andrew Rodgie [CE]	04.05.45	Jodi Gordon [HM]	04.35.12
400m IM	Lewis Smith [WB]	04.30.09	Jodi Gordon [HM]	05.01.93
800m Freestyle			Jodi Gordon [HM]	09.20.71
1500m Freestyle	Philip Kelly [AN]	17.13.87		
Medley Relay	Warrender 'A'	01.50.12	Heart of Midlothian 'A'	02.05.48
Freestyle Relay	Warrender 'B'	01.41.54	Heart of Midlothian 'B'	01.55.52

<b>2006</b>	<b>BEST BOY</b>	<b>BEST GIRL</b>
<b>11years</b>	<b>Zach Courtney [WB]</b>	<b>11years Gemma Veale [FP]</b>
<b>12/13years</b>	<b>Ross Wooley [WB]</b>	<b>12/13years Eloise Barber [CE]</b>
<b>14/15years</b>	<b>Daniel Scott [GS]</b>	<b>14/15years Sally Wood [WB]</b>
<b>16 + over</b>	<b>Andrew Rodgie [CE]</b>	<b>16 + over Jodi Gordon [HM]</b>

<b>2006</b>	<b>SOLRIPE TROPHY</b>	
<b>Place</b>	<b>Club</b>	<b>Points</b>
<b>1</b>	<b>Warrender</b>	<b>140</b>
<b>2</b>	<b>Heart of Midlothian</b>	<b>71</b>
<b>3</b>	<b>Carnegie</b>	<b>36</b>
<b>4</b>	<b>Fauldhouse</b>	<b>34</b>
<b>5</b>	<b>Fins =</b>	<b>24</b>
<b>5</b>	<b>Aquanauts Livingston =</b>	<b>24</b>

**SASA EAST DISTRICT  
OPEN CHAMPIONSHIP  
EVENT WINNERS  
2006**

Men		Women		
		<b>Freestyle</b>		
Daniel Scott GS	00.23.50	<b>50m.</b>	Fiona Booth WB	00.27.29
Daniel Scott GS	00.52.89	<b>100m.</b>	Kathryn Johnstone CE	00.59.36
Daniel Scott GS	01.55.56	<b>200m.</b>	Nicole Wilson HM	02.07.40
Richard Schafers DD	04.06.79	<b>400m.</b>	Kirsten Walker DD	04.31.51
		<b>800m.</b>	Helen McRoberts WB	09.14.71
Phillip Kelly DD	16.58.58	<b>1500m.</b>		
		<b>Butterfly</b>		
Daniel Scott GS	00.26.49	<b>50m.</b>	Kirstin Walker DD	00.30.05
Daniel Scott GS	00.59.47	<b>100m.</b>	Fiona Booth WB	01.04.19
Robbie Purvis WB	02.22.90	<b>200m.</b>	Rebecca Stephen DD	02.33.81
		<b>Breastroke</b>		
Andrew Rodgie CE	00.29.69	<b>50m.</b>	Kathryn Johnstone CE	00.33.87
Andrew Rodgie CE	01.04.97	<b>100m.</b>	Fiona Booth WB	01.13.59
Andrew Rodgie CE	02.24.39	<b>200m.</b>	Kathryn Johnstone CE	02.44.04
		<b>Backstroke</b>		
Daniel Scott GS	00.27.67	<b>50m.</b>	Fiona Booth WB	00.31.34
Billy Purnell WB	00.57.38	<b>100m.</b>	Jennifer Davis CE	01.07.17
Richard Schafers DD	02.08.90	<b>200m.</b>	Nicole Wilson HM	02.22.09
		<b>Individual Medlay</b>		
Billy Purnell WB	00.59.15	<b>100m.</b>	Kathryn Johnstone CE	01.08.82
Andrew Rodgie CE	02.12.41	<b>200m.</b>	Jodi Gordon HM	02.26.08
Billy Purnell WB	04.30.44	<b>400m.</b>	Jennifer Dobson DD	05.13.74
		<b>RELAYS</b>		
Dunedin	01.52.95	<b>Medley</b>	Hearts 'A'	02.04.64
Dunedin 'A'	01.43.82	<b>Freestyle</b>	Dunedin 'A'	01.55.13

**SASA EAST DISTRICT  
OPEN CHAMPIONSHIP  
JUNIOR 2006**

Girls			Boys	
		<b>Freestyle</b>		
Kirstin Walker DD	00.28.01	<b>50m.</b>	Daniel Scott GS	00.23.50
Kathryn Johnstone CE	00.59.36	<b>100m.</b>	Daniel Scott GS	00.52.89
Nicole Wilson HM	02.07.40	<b>200m.</b>	Daniel Scott GS	01.55.56
Kirstin Walker DD	04.31.51	<b>400m.</b>	Richard Schafers DD	04.06.79
Helen McRoberts WB	09.14.71	<b>800m.</b>		00.00.00
	00.00.00	<b>1500m.</b>	Daniel Lee DD	17.05.76
		<b>Butterfly</b>		
Kirstin Walker DD	00.30.05	<b>50m.</b>	Daniel Scott GS	00.26.49
Mairi Morrison DD	01.06.55	<b>100m.</b>	Daniel Scott GS	00.59.47
Rebecca Stephen DD	02.33.81	<b>200m.</b>	Robbie Purvis WB	02.22.90
		<b>Breastroke</b>		
Kathryn Johnstone CE	00.33.87	<b>50m.</b>	Iain Scanlon DD	00.30.97
Kathryn Johnstone CE	01.13.84	<b>100m.</b>	Iain Scanlon DD	01.19.20
Kathryn Johnstone CE	02.44.04	<b>200m.</b>	Andrew Haslett WB	02.32.34
		<b>Backstroke</b>		
Caitlyn Morrison FP	00.31.38	<b>50m.</b>	Daniel Scott GS	00.27.67
Jennifer Davis CE	01.07.17	<b>100m.</b>	Daniel Scott GS	00.58.45
Nicole Wilson HM	02.22.09	<b>200m.</b>	Richard Schafers DD	02.08.90
		<b>Individual Medlay</b>		
Kathryn Johnstone CE	01.08.82	<b>100m.</b>	Daniel Scott GS	00.59.24
Rosie Hood WB	02.09.09	<b>200m.</b>	Iain Scanlon DD	02.13.23
Jennifer Dobson DD	05.13.74	<b>400m.</b>	Iain Scanlon DD	04.52.24
		<b>Relays</b>		
Dunedin 'B'	02.07.87	<b>Medlay</b>		00.00.00
Dunedin	01.43.82	<b>Freestyle</b>	Dunedin 'B'	02.01.10

## STO Officials