

LOTHIAN REGION SWIMMING COMMITTEE SCOTLAND

INTERMEDIATE LEAGUES 2012



Prestonpans Swimming Pool

Morning Session Warm up time 9am Start 9:45am

Afternoon Session Warm up time 1pm Start 1:45pm

Round 1 10th March 2012
Round 2 14th April 2012
Round 3 9th June 2012

Licence Numbers

ED/L3/478/0111 ED/L2/479/0111
ED/L3/480/0111 ED/L2/481/0111
ED/L3/482/0111 ED/L2/483/0111

Lothian Region Swimming Committee – Scotland

City of Edinburgh, East Lothian, Midlothian and West Lothian

General Information

- Age as at :** As at last day of competition (9th June 2012)
- Events:** Events information below
- Entries:** Swimmers can only swim in their own Age
- Entry Fee:** £40.00 per team entered - cheques should be made payable to:
‘Lothian Region Swimming Committee’
- Teams:** **Maximum of 2 teams per age group, with a maximum of 5 swimmers on any day**
Swimmers are limited to swim 2 individual events per round.
- Consideration Times** See attached information for times
- Technical Officials:** 1 technical official per session required per Club to ensure the smooth running of the events and that accreditation can be applied for. Helpers for Marshalling and Door etc., are required, if no volunteers are forthcoming duties will be shared around all clubs.
- Presentation** A total of 6 Medals will be presented to each team (if required), finishing 1st 2nd or 3rd in their age group.

Each Club is required to supply a raffle prize per round of the Leagues.

The wearing of devices to slow swimmers down will not be permitted

Wristwatches will not be worn during the warm-up or competition for Health and Safety reasons.

Please advise your swimmers and coaches etc that mobile phones are NOT permitted to be used within the Leisure Centre, excepting for emergencies.
The meet office can be used to make/ take calls in this case

If you wish to take photographs please contact the meet organisers to ensure that the correct paperwork is completed and authorised.

Regards

John Sluman
Coordinator

Lothian Region Intermediate Leagues 2012

Entry Form Summary Sheet

*** Please complete this form and return by 30th January 2012. ***

Club Name:

Contact Name:

Club Code:

Address:.....

.....

.....

e-mail-address:

Telephone:

..... 8/9 years male teams @ £40.00 per team £.....

..... 8/9 years female teams @ £40.00 per team £.....

..... 10/11 years male teams @ £40.00 per team £.....

..... 10/11 years female teams @ £40.00 per team £.....

..... 12/13 years male teams @ £40.00 per team £.....

..... 12/ 13 years female teams @ £40.00 per team £.....

..... 14/ over male teams @ £40.00 per team £.....

..... 14/ over female teams @ £40.00 per team £.....

..... Coaches Meals @ £5 each £.....

Total Amount Enclosed £.....

Signed Position in club:

Please make cheques payable to: **Lothian Region Swimming Committee**

All communications will take place using e-mail so please provide an e-mail address that is regularly looked at.

Competitors' entries should be emailed/ mailed to the address below no later than the Friday prior to the next round of Leagues taking place, by Hy-Tek please. **Amendments to teams can be made up to Tuesday by e-mail and on the day using the relevant paperwork.**

Susan Liddle
Meet Entries Secretary
9 Rullion Road
Penicuik
EH26 9HS
E -mail to: susan@dwliddle.co.uk

LOTHIAN REGION INTERMEDIATE LEAGUES – 2012

Programme of Events: Morning session

Event	Gender	Age Group	Stroke/ Distance	Time Band
101	F	10/11 years	200m Freestyle	2:45.00
102	M	10/11 years	200m Freestyle	2:45.00
103	F	8/9 years	50m Backstroke	No time
104	M	8/9 years	50m Backstroke	No time
105	F	10/11 years	100m Individual Medley	1:30.00
106	M	10/11 years	100m Individual Medley	1:30.00
107	F	8/9 years	50m Breaststroke	No time
108	M	8/9 years	50m Breaststroke	No time
109	F	10/11 years	50m Backstroke	0:37.00
110	M	10/11 years	50m Backstroke	0:37.00
111	F	8/9 years	50m Freestyle	No time
112	M	8/9 years	50m Freestyle	No time
113	F	10/11 years	50m Butterfly	0:39.00
114	M	10/11 years	50m Butterfly	0:39.00
115	F	8/9 years	25m Butterfly	No time
116	M	8/9 years	25m Butterfly	No time
117	F	10/11 years	50m Breaststroke	0:45.00
118	M	10/11 years	50m Breaststroke	0:45.00
119	F	8/9 years	4x25m Freestyle Relay	No time
120	M	8/9 years	4x25m Freestyle Relay	No time
121	F	10/11 years	4x50m Freestyle Relay	No time
122	M	10/11 years	4x50m Freestyle Relay	No time

Programme of events:

Afternoon session

Event	Gender	Age Group	Stroke/ Distance	Time Band
201	F	12/13 year	200m Freestyle	2:30.00
202	M	12/13 years	200m Freestyle	2:30.00
203	F	14 years/ over	200m Freestyle	2:25.00
204	M	14 years/ over	200m Freestyle	2:20.00
205	F	12/13 years	200m Individual Medley	2:50.00
206	M	12/ 13 years	200m Individual Medley	2:50.00
207	F	14 years /over	200m Individual Medley	2:50.00
208	M	14 years/ over	200m Individual Medley	2:40.00
209	F	12/13 years	100m Backstroke	1:22.00
210	M	12/13 years	100m Backstroke	1:22.00
211	F	14 years /over	100m Backstroke	1:15.00
212	M	14 years /over	100m Backstroke	1:10.00
213	F	12/13 years	100m Butterfly	1:22.00
214	M	12/13 years	100m Butterfly	1:22.00
215	F	14 years/ over	100m Butterfly	1:15.00
216	M	14 years/ over	100m Butterfly	1:10.00
217	F	12/13 years	100m Breaststroke	1:30.00
218	M	12/13 years	100m Breaststroke	1:30.00
219	F	14 years/ over	100m Breaststroke	1:25.00
220	M	14 years/ over	100m Breaststroke	1:20.00
221	F	12/13 years	4x50m Freestyle Relay	No time
222	M	12/13 years	4x50m Freestyle Relay	No time
223	F	14 years/ over	4x50m Freestyle Relay	No time
224	M	14 years/ over	4x50m Freestyle Relay	No time

LOTHIAN REGION INTERMEDIATE LEAGUES – 2012

Programme of Events Round 2: Morning session

Event	Gender	Age Group	Stroke/ Distance	Time Band
101	F	10/11 years	200m Freestyle	2:43.00
102	M	10/11 years	200m Freestyle	2:43.00
103	F	8/9 years	50m Backstroke	No time
104	M	8/9 years	50m Backstroke	No time
105	F	10/11 years	100m Individual Medley	1:30.00
106	M	10/11 years	100m Individual Medley	1:30.00
107	F	8/9 years	50m Breaststroke	No time
108	M	8/9 years	50m Breaststroke	No time
109	F	10/11 years	50m Backstroke	0:37.00
110	M	10/11 years	50m Backstroke	0:37.00
111	F	8/9 years	50m Freestyle	No time
112	M	8/9 years	50m Freestyle	No time
113	F	10/11 years	50m Butterfly	0:39.00
114	M	10/11 years	50m Butterfly	0:39.00
115	F	8/9 years	25m Butterfly	No time
116	M	8/9 years	25m Butterfly	No time
117	F	10/11 years	50m Breaststroke	0:45.00
118	M	10/11 years	50m Breaststroke	0:45.00
119	F	8/9 years	4x25m Freestyle Relay	No time
120	M	8/9 years	4x25m Freestyle Relay	No time
121	F	10/11 years	4x50m Freestyle Relay	No time
122	M	10/11 years	4x50m Freestyle Relay	No time

Programme of events:

Afternoon session

Event	Gender	Age Group	Stroke/ Distance	Time Band
201	F	12/13 year	200m Freestyle	2:28.00
202	M	12/13 years	200m Freestyle	2:28.00
203	F	14 years/ over	200m Freestyle	2:23.00
204	M	14 years/ over	200m Freestyle	2:18.00
205	F	12/13 years	200m Individual Medley	2:48.00
206	M	12/ 13 years	200m Individual Medley	2:48.00
207	F	14 years /over	200m Individual Medley	2:48.00
208	M	14 years/ over	200m Individual Medley	2:38.00
209	F	12/13 years	100m Backstroke	1:21.00
210	M	12/13 years	100m Backstroke	1:21.00
211	F	14 years /over	100m Backstroke	1:14.00
212	M	14 years /over	100m Backstroke	1:09.00
213	F	12/13 years	100m Butterfly	1:21.00
214	M	12/13 years	100m Butterfly	1:21.00
215	F	14 years/ over	100m Butterfly	1:14.00
216	M	14 years/ over	100m Butterfly	1:09.00
217	F	12/13 years	100m Breaststroke	1:29.00
218	M	12/13 years	100m Breaststroke	1:29.00
219	F	14 years/ over	100m Breaststroke	1:24.00
220	M	14 years/ over	100m Breaststroke	1:19.00
221	F	12/13 years	4x50m Freestyle Relay	No time
222	M	12/13 years	4x50m Freestyle Relay	No time
223	F	14 years/ over	4x50m Freestyle Relay	No time
224	M	14 years/ over	4x50m Freestyle Relay	No time

LOTHIAN REGION INTERMEDIATE LEAGUES – 2012

Programme of Events Round 3: Morning session

Event	Gender	Age Group	Stroke/ Distance	Time Band
101	F	10/11 years	200m Freestyle	2:41.00
102	M	10/11 years	200m Freestyle	2:41.00
103	F	8/9 years	50m Backstroke	No time
104	M	8/9 years	50m Backstroke	No time
105	F	10/11 years	100m Individual Medley	1:30.00
106	M	10/11 years	100m Individual Medley	1:30.00
107	F	8/9 years	50m Breaststroke	No time
108	M	8/9 years	50m Breaststroke	No time
109	F	10/11 years	50m Backstroke	0:37.00
110	M	10/11 years	50m Backstroke	0:37.00
111	F	8/9 years	50m Freestyle	No time
112	M	8/9 years	50m Freestyle	No time
113	F	10/11 years	50m Butterfly	0:39.00
114	M	10/11 years	50m Butterfly	0:39.00
115	F	8/9 years	25m Butterfly	No time
116	M	8/9 years	25m Butterfly	No time
117	F	10/11 years	50m Breaststroke	0:45.00
118	M	10/11 years	50m Breaststroke	0:45.00
119	F	8/9 years	4x25m Freestyle Relay	No time
120	M	8/9 years	4x25m Freestyle Relay	No time
121	F	10/11 years	4x50m Freestyle Relay	No time
122	M	10/11 years	4x50m Freestyle Relay	No time

Programme of events:

Afternoon session

Event	Gender	Age Group	Stroke/ Distance	Time Band
201	F	12/13 year	200m Freestyle	2:26.00
202	M	12/13 years	200m Freestyle	2:26.00
203	F	14 years/ over	200m Freestyle	2:21.00
204	M	14 years/ over	200m Freestyle	2:16.00
205	F	12/13 years	200m Individual Medley	2:46.00
206	M	12/ 13 years	200m Individual Medley	2:46.00
207	F	14 years /over	200m Individual Medley	2:46.00
208	M	14 years/ over	200m Individual Medley	2:36.00
209	F	12/13 years	100m Backstroke	1:20.00
210	M	12/13 years	100m Backstroke	1:20.00
211	F	14 years /over	100m Backstroke	1:13.00
212	M	14 years /over	100m Backstroke	1:08.00
213	F	12/13 years	100m Butterfly	1:20.00
214	M	12/13 years	100m Butterfly	1:20.00
215	F	14 years/ over	100m Butterfly	1:13.00
216	M	14 years/ over	100m Butterfly	1:08.00
217	F	12/13 years	100m Breaststroke	1:28.00
218	M	12/13 years	100m Breaststroke	1:28.00
219	F	14 years/ over	100m Breaststroke	1:23.00
220	M	14 years/ over	100m Breaststroke	1:18.00
221	F	12/13 years	4x50m Freestyle Relay	No time
222	M	12/13 years	4x50m Freestyle Relay	No time
223	F	14 years/ over	4x50m Freestyle Relay	No time
224	M	14 years/ over	4x50m Freestyle Relay	No time

Lothian Region Swimming Committee Scotland

Intermediate Leagues 2012

GENERAL INFORMATION

Many thanks for entering our Annual Intermediate Leagues.
Please find below some general information with regards to the running of the Gala.

- No swimming bags will be allowed onto poolside due to the limited space available.
 - There will be ample lockers available.
 - No food must be consumed at poolside; there is a designated area just outside the pool area.
 - Marshalling will be 4 heats in advance.
 - Only swimmers and coaches will be allowed poolside.
 - Swimmers out with the poolside area **MUST** wear dry clothing and footwear at all times.
 - Outdoor footwear must not be worn on the poolside area.
 - Swimmers must act on the instruction 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.
 - It is the responsibility of the Club Coaches/ Poolside helpers to ensure that swimmers are at marshalling well in advance of their heat as no alternative will be made available to them.
- **Warm-up/Events**
- The warm-up may only commence when advised to do so.
 - No diving allowed other than in controlled sprint lanes
 - The meet stewards will designate sprint lanes
 - No congregating will be allowed at either end of the pool lanes.
 - The one start rule will be used.

Poolside and Poolside Access

- Swimmers and Coaches only will be allowed poolside.
- Swimmers and Coaches must not take glassware into the showers or onto poolside and are liable for expulsion from the meet if found to do so.

Miscellaneous

- Neither The Lothian Swimming Committee nor Prestonpans Swimming Pool can be held responsible for loss or damage to swimmers, team staff or spectator's property.
- The Lothian Swimming Committee retains the right to amend any of the above conditions as necessary.