

# **LOTHIAN REGION SWIMMING GROUP**



## **CLUB CHAMPIONSHIPS**

**Prestonpans  
Swimming Pool**

**SUNDAY**

**29th JANUARY 2012**

**Licence number: ED/LA2/477/0111**



# Lothian Region Swimming Committee

**We invite you Club to enter and compete in our Regional Club Championships.**

We would be grateful if you could return the form below indicating your acceptance and the events which your Club would wish to enter, as soon as possible and no later than **Friday 16<sup>th</sup> December 2011.**

This form should be emailed to [Susan Liddle](mailto:susan@dwliddle.co.uk) at [susan@dwliddle.co.uk](mailto:susan@dwliddle.co.uk) .

This meet will be run using Hytek and the files will be e-mailed to you on receipt of your paperwork.

***Remember this is a team event.***

The Session times are:

<b>Session 1</b>	<b>Warm up 09.00</b>	<b>Start 10.00</b>
<b>Telfer Cup/Session 2</b>	<b>Warm up 12.15</b>	<b>Start 13.15</b>

**N.B. Warm up times are subject to change dependant on the entries received**

In order that the Championships can proceed smoothly each Club **must provide 2 Officials and someone to assist in the 'background'**. Please e-mail these names as soon as possible.

A draft programme will be e-mailed to your entries secretary prior to the meet. One coaches meal will be provided, extra coaches meals can be purchased at cost of £5. Please indicate on entry form any extra meals required.

*Swimmers are able to swim up an age group(if highlighted so)*

*& compete in 2 individual events and 2 relays.*

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<b>DIVISION 1</b>	<b>DIVISION 2</b>	<b>DIVISION 3</b>
Warrender	LDD B	Dunedin
Heart of Midlothian	Portobello	Trojan
Livingston D Dolphins	Inverleith	Warrender B
Haddington	Tranent	

## **Gala Details**

**Gala Conduct** :- To be swum under SASA rules.

**Swim Details** :- Each swimmer may compete in a **maximum of two individual events plus two relays** (This does not include the Telfer Cup). Swimmers can compete in their own age group or swim up an age group. The first swim determines the age group for the **whole** event and any swim up should be highlighted at time of entry.

Age groups determined by age on the day on competition. Clubs entering the competition for the first time or entering after a gap of a year or more will enter into Division 3. If any Division falls below 3 Clubs, it will be at the discretion of Lothian Region Committee to appoint additional Clubs to that Division.

The number of teams will be restricted to 12 due to pool side accomodation. 'A' teams will be given preference to 'B' teams which will only be accepted if space is available.

**Winners** :- The winning Club for each division will be determined on points. Points will be awarded on a sliding scale for each division determined by number of Clubs in the division.

**Trophies** :- The Clubs with most points in each division shall receive a trophy and a monetary prize. Division 1 - £50, Division 2 - £30, Division 3 - £20.

### ***Telfer Cup***

Relay events must be swum in the order as detailed in the programme. Swimmers may compete in only one relay. Swimmers can swim only in their own age group or open. Age groups determined by age on the day on competition. The Telfer Cup shall be awarded to the Club with the highest overall points. Points determined on a sliding scale depending on number of Clubs entered. Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event.

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# CLUB CHAMPIONSHIPS PROGRAMME

## SESSION 1

Event	Stroke and Distance
101	11/under Girls 50m Backstroke
102	11/under Boys 50m Backstroke
103	12/13 yrs Girls 100m Butterfly
104	12/13 yrs Boys 100m Butterfly
105	14/15 yrs Girls 100m Breaststroke
106	14/15 yrs Boys 100m Breaststroke
107	Female Open 100m Freestyle
108	Male Open 100m Freestyle
109	11/under Girls 50m Butterfly
110	11/under Boys 50m Butterfly
111	12/13 yrs Girls 100m Breaststroke
112	12/13 yrs Boys 100m Breaststroke
113	14/15 yrs Girls 100m Freestyle
114	14/15 yrs Boys 100m Freestyle
115	Female Open 100m Backstroke
116	Male Open 100m Backstroke
117	13/under Girls 4 x 50m Medley Relay
118	13/under Boys 4 x 50m Medley Relay
119	14 & over Girls 4 x 50m Medley Relay
120	14 & over Boys 4 x 50m Medley Relay

## TELFER CUP

Event 1	4 x 50m Medley Relay – Girl 12/u, Boy 12/u, Boy 13/14, Girl 13/14
Event 2	4 x 100m Medley Relay – Girl 15/16, Boy 15/16, Boy Open, Girl Open
Event 3	4 x 50m Freestyle Relay – Boy 12/u, Girl 12/u, Boy 13/14, Girl 13/14
Event 4	4 x 100m Freestyle Relay – Boy 15/16, Girl 15/16, Boy Open, Girl Open

# CLUB CHAMPIONSHIPS PROGRAMME

## SESSION 2

Event	Stroke and Distance
201	11/under Boys 50m Breaststroke
202	11/under Girls 50m Breaststroke
203	12/13 yrs Boys 100m Freestyle
204	12/13 yrs Girls 100m Freestyle
205	14/15 yrs Boys 100m Backstroke
206	14/15 yrs Girls 100m Backstroke
207	Male Open 100m Butterfly
208	Female Open 100m Butterfly
209	11/under Boys 50m Freestyle
210	11/under Girls 50m Freestyle
211	12/13 yrs Boys 100m Backstroke
212	12/13 yrs Girls 100m Backstroke
213	14/15 yrs Boys 100m Butterfly
214	14/15 yrs Girls 100m Butterfly
215	Male Open 100m Breaststroke
216	Female Open 100m Breaststroke
217	13/under Girls 4 x 50m Freestyle Relay
218	13/under Boys 4 x 50m Freestyle Relay
219	14 & over Girls 4 x 50m Freestyle Relay
220	14 & over Boys 4 x 50m Freestyle Relay

**LOTHIAN REGION SWIMMING GROUP**

**CLUB CHAMPIONSHIPS**

**MEET ENTRY FORM**

**CLUB** \_\_\_\_\_

**CONTACT NAME** \_\_\_\_\_

**ADDRESS & EMAIL** \_\_\_\_\_

\_\_\_\_\_

**We will be entering Lothian Club Championships on  
Sunday 29th January 2012.**

..... Full team/s – 40 events      £50

.....Half team/s – 20 events      £25

.....Telfer Cup      £0.00

**Coaches lunches**      \_\_\_\_ @      **£5 each**

**Officials name 1** \_\_\_\_\_ **2** \_\_\_\_\_

**Helpers name** \_\_\_\_\_

**Please return enclosing cheque made payable to:  
' Lothian Region Swimming Committee '  
and sent to**

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

**Or by email to**      [susan@dwliddle.co.uk](mailto:susan@dwliddle.co.uk)

**by Friday 16<sup>th</sup> December 2011**

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