

Lothian Region

GRADED MEET



Saturday 13th November 2010

**PRESTONPANS
SWIMMING POOL**

License No : ED/LA2/299/0309

Meet Information

LOTHIAN REGION GRADED MEET



Prestonpans Swimming Pool- 25metres, 6 lanes
Electronic Timing

Meet Director:

Margaret Somerville, 144 Staunton Rise, Livingston EH54 6PA
Tel: 01506 414514 Email: Gordonsomerville@aol.com

Age Categories: 11/under, 12 years, 13 years 14 /over

Session 1:	Warm Up 09.00	Start 09.45
Session 2:	Warm Up 13.15	Start 14.00

Swimmers can only swim in their own age group. Age as at **13 November 2010**. All swimmers must have paid their Annual Membership Fees in respect of 2010/2011 to SASA. 100m Individual Medley and 200m Individual Medley events are heat declared winner events. All other events will have heats and finals.

Medals will be presented to 1st, 2nd and 3rd places in each event. Mementos will be awarded to 4th, 5th and 6th place swimmers. Speeding certificates will be awarded to those swimmers who swim outside the time band. The competition will be swum under SASA rules. The management committee reserves the right to restrict heats as necessary.

Clubs are requested to nominate 2 officials per session. Entry fees are £3.50 per swim.

Please contact the entries secretary to obtain Hy-Tek entry files:

Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS
Tel: 01968 673471
Email: susan@dwliddle.co.uk

Closing date for entries is Friday 15th October 2010

LOTHIAN REGION GRADED MEET



Health and Safety Announcement

Controlling the Use of Photographic Equipment

Due to a warning received on paedophile activity the Scottish Amateur Swimming Association has decided that control of photographic equipment is required at all meets. In view of this, the meet will run under the following guidelines:

No photographic equipment (e.g. camera, camcorder and mobile phones with camera etc) is to be allowed on either poolside, spectator gallery or any other area under the jurisdiction of the meet organisers without prior approval of the meet director.

Application to use photographic equipment must be made on the approved S.A.S.A. form which will be available on the day of the competition.

Application can be made on the day to the meet director or to the meet directors appointed official. Applicants must provide proof of identity when applying and carry such proof when intending to use their photographic equipment.

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

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

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

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

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

Signed:

Position in club:

On behalf of: (Name of club)

Return this form within 3 days after the closing date to:

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

Email: susan@dwliddle.co.uk

LOTHIAN REGION GRADED MEET



Summary Entry Form

Club Name: Contact Name:

Club Code: Address:

Telephone:

Email:

Total Female Entries: @ £3.50 each: £.....

Total Male Entries @ £3.50 each: £.....

Coaches passes/meals @ £5.00 each: £.....

Total Amount Enclosed: £.....

Signed:

Position in club:

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

Return this form within 3 days after the closing date:

Susan Liddle
9 Rullion Road
Penicuik
EH26 9HS

Email: susan@dwliddle.co.uk

Technical Officials:

Session 1:

1. Name: Qualification:

2. Name: Qualification:

Session 2:

1. Name: Qualification:

2. Name: Qualification:

LOTHIAN REGION GRADED MEET PRESTONPANS

SESSION 1 Warm Up 9.00 Start 9.45

Event			Fastest Consideration Times	Fastest Race Time
101	Girls 12/under	100m Individual Medley	1.28.00	1.23.60
102	Boys 12/under	100m Individual Medley	1.28.00	1.23.60
103	Girls 13 yrs	100m Freestyle	1.13.00	1.09.35
104	Boys 13 yrs	100m Freestyle	1.11.00	1.07.45
105	Girls 14/over	100m Breaststroke	1.25.00	1.20.75
106	Boys 14/over	100m Breaststroke	1.23.00	1.18.85
107	Girls 11/under	50m Butterfly	45.00	42.75
108	Boys 11/under	50m Butterfly	45.00	42.75
109	Girls 12 yrs	100m Backstroke	1.25.00	1.20.75
110	Boys 12 yrs	100m Backstroke	1.25.00	1.20.75
111	Girls 13 yrs	100m Breaststroke	1.32.00	1.27.40
112	Boys 13 yrs	100m Breaststroke	1.32.00	1.27.40
113	Girls 14/over	100m Backstroke	1.20.00	1.16.00
114	Boys 14/over	100m Backstroke	1.11.00	1.07.45
115	Girls 11/under	50m Backstroke	42.00	39.90
116	Boys 11/under	50m Backstroke	42.00	39.90
117	Girls 12 yrs	100m Freestyle	1.15.00	1.11.25
118	Boys 12 yrs	100m Freestyle	1.15.00	1.11.25

FINALS

SESSION 2: Warm Up 1315 Start 14.00

Event 201	Girls 13/over	200m Individual Medley	2.45.00	2.31.50
202	Boys 13/over	200m Individual Medley	2.45.00	2.31.50
203	Girls 11/under	50m Breaststroke	47.60	45.22
204	Boys 11/under	50m Breaststroke	47.60	45.22
205	Girls 12 yrs	50m Butterfly	37.50	35.63
206	Boys 12 yrs	50m Butterfly	37.50	35.63
207	Girls 13 yrs	100m Backstroke	1.20.00	1.16.00
208	Boys 13 yrs	100m Backstroke	1.18.00	1.14.10
209	Girls 14/over	100m Butterfly	1.20.00	1.16.00
210	Boys 14/over	100m Butterfly	1.15.00	1.11.25
211	Girls 11/under	50m Freestyle	37.50	35.63
212	Boys 11/under	50m Freestyle	37.50	35.63
213	Girls 12 yrs	100m Breaststroke	1.36.00	1.31.20
214	Boys 12 yrs	100m Breaststroke	1.36.00	1.31.20
215	Girls 13 yrs	100m Butterfly	1.24.00	1.19.80
216	Boys 13 yrs	100m Butterfly	1.24.00	1.19.80
217	Girls 14/over	100m Freestyle	1.08.00	1.04.60
216	Boys 14/over	100m Freestyle	1.02.00	58.90

FINALS