

Meet Information

SASA

EAST DISTRICT AGE GROUP CHAMPIONSHIPS

5th & 6th November 2011

3rd & 4th December 2011

4th & 5th February 2012

Venues

**Fife Institute of Physical &
Recreational Education**

Glenrothes

and

Xcite Bathgate

**Age
Groups**

License nos: L1/326/ED/NOV11
L1/327/ED/DEC11
L1/328/ED/FEB12

SASA East District

EAST DISTRICT AGE GROUP CHAMPIONSHIPS

5th & 6th November 2011

3rd & 4th December 2011

4th & 5th February 2012

INFORMATION

The East District Age Group Championships will be held over six days with the following age groups:

10/11/12 years, 13 years, 14 years, 15 years and 16+ years
Age as at last day of competition - 5th February 2012

Events are outlined on the attached schedule. All events will be swum in 'Open' heats, with Age Group finals in the 100m and 200m events.

All Relays, 400m, 800m and 1500m events will be **Declared Winner** events.

Dates 5/6 November : Fife Institute of Physical & Recreational Education, Glenrothes
& 3/4 December : Fife Institute of Physical & Recreational Education, Glenrothes.
Venues 4/5 February : Xcite, Bathgate

Both Pools: 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 2011/2012 to the Scottish Amateur Swimming Association. Only members registered as swimmers may compete in these Championships. Swimmers may only compete in their own Age Groups.

At Glenrothes, 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. (For Bathgate read near side)

Neither coaches nor swimmers may go onto the boom.

Only small bags containing essential equipment will be allowed on poolside, swimmers **MUST** utilise storage facilities within the changing area.

All relay events will be held during the February 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 **5th November 2010** and **must be capable of verification by a Club Official. 50m conversions may be used.** 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.

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**

Closing dates for entries will be

5 / 6 November : Noon on WEDNESDAY 5TH OCTOBER 2011.

3 / 4 December : Noon on WEDNESDAY 2ND NOVEMBER 2011.

4 / 5 February : Noon on WEDNESDAY 4TH JANUARY 2012.

ENTRY FEES:

Individual events **£7.00**
Team events **£12.00 per team.**

AWARDS:

District Medals will be awarded to 1st, 2nd and 3rd place competitors in each event. Mementos will be awarded to 4th, 5th and 6th place competitors in all events (including relays). For relays, the 400m, 800m and 1500m Freestyle and the 400m I.M 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 1st, 2nd and 3rd 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 three weekends that make up the Championships. Points will be awarded as follows:

1 st Place = 6 points	2 nd Place = 5 points	3 rd Place = 4 points
4 th Place = 3 points	5 th Place = 2 points	6 th 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.

POOLSIDE PASS:

Using the highest number of accepted swimmers in any one session, clubs will be issued poolside passes based on the following criteria;

Up to 5 swimmers 1 pass

6 to 20 swimmers 2 passes

21 swimmers & over 1 additional pass per 10 swimmers or part thereof, eg. 45 swimmers = 5 passes.

ALL poolside personnel MUST hold a current disclosure certificate.

MEALS FOR TEAM PERSONNEL

Lunches will be provided at a cost of £8 per day. A snack will be provided in the afternoon break in February at a cost of £5 per day. Team Personnel 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

**SCOTTISH AMATEUR SWIMMING ASSOCIATION
EAST DISTRICT
AGE GROUP CHAMPIONSHIPS**

5th & 6th November 2011 3rd & 4th December 2011 4th & 5th February 2012

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:			

	Meals Saturday	Meals Sunday
November		
December		
February lunch		
February tea		
Totals		

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

No. of Boys Entries		@ £ 7.00 each:	£	-
No. of Girls Entries		@ £ 7.00 each:	£	-
No. of Relay Entries		@ £12.00 each:	£	-
No. of Coaches Lunches		@ £ 8.00 each:	£	-
No. of Coaches Teas		@ £5.00 each:	£	-
Total Remittance			£	-

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 2011/2012 and all entry times have been achieved since **5th November 2010** as laid out on the attached sheets. Results sheets can be provided if requested by the meet organizers.

I confirm that all poolside personnel have a completed a current CRB/PVG check.

Signed: _____ Position: _____ Date: _____.

CONSIDERATION TIMES

EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2011/12

Event	AGE GROUP					
	MALES	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
100m Freestyle		1:27.00	1:22.00	1:17.00	1:11.00	1:04.00
200m Freestyle		3:12.00	3:00.00	2:49.00	2:37.00	2:21.00
400m Freestyle		6:25.00	6:05.00	5:42.00	5:20.00	5:00.00
1500m Freestyle		21:00.00	20:30.00	20:00.00	19:20.00	18:00.00
100m Backstroke		1:37.00	1:31.00	1:26.00	1:19.00	1:11.00
200m Backstroke		3:30.00	3:19.00	3:08.00	2:53.00	2:35.00
100m Butterfly		1:35.00	1:28.00	1:24.00	1:17.00	1:09.00
200m Butterfly		3:22.00	3:15.00	3:12.00	2:50.00	2:33.00
100m Breaststroke		1:49.00	1:42.00	1:35.00	1:28.00	1:20.00
200m Breaststroke		3:50.00	3:40.00	3:26.00	3:11.00	2:53.00
200m IM		3:30.00	3:20.00	3:05.00	2:55.00	2:37.00
400m IM		6:50.00	6:35.00	6:05.00	5:45.00	5:10.00

Event	AGE GROUP					
	FEMALES	10/11/12yrs	13yrs	14yrs	15yrs	16+ yrs
100m Freestyle		1:28.00	1:24.00	1:19.00	1:15.00	1:10.00
200m Freestyle		3:13.00	3:03.00	2:53.00	2:43.00	2:32.00
400m Freestyle		6:45.00	6:25.00	5:55.00	5:25.00	5:19.00
800m Freestyle		11:15.00	11:00.00	10:45.00	10:30.00	10:00.00
100m Backstroke		1:40.00	1:35.00	1:30.00	1:26.00	1:19.00
200m Backstroke		3:30.00	3:23.00	3:13.00	3:03.00	2:48.00
100m Butterfly		1:36.00	1:32.00	1:27.00	1:23.00	1:17.00
200m Butterfly		3:30.00	3:22.00	3:13.00	3:03.00	2:48.00
100m Breaststroke		1:50.00	1:46.00	1:40.00	1:35.00	1:28.00
200m Breaststroke		3:55.00	3:47.00	3:34.00	3:24.00	3:08.00
200m IM		3:36.00	3:26.00	3:16.00	3:07.00	2:52.00
400m IM		7:00.00	6:40.00	6:20.00	6:00.00	5:35.00

Age as at 5th February 2012

Schedule of Events

2011/12 East District Age Group Championships - Programme of Events - Weekend 1 - 5th & 6th November 2011															
Saturday - Session 1				Saturday - Session 2				Sunday - Session 3				Sunday - Session 4			
Girls W/U 09:00 Start : 10:00				Boys W/U 13:30 Girls W/U 13:55 Start : 14.30				Boys W/U 09:00 Start : 10:00				Girls W/U 13:30 Boys W/U 13:55 Start : 14.30			
101	Girls	800 Freestyle	HDW	121	Boys	400 Freestyle	HDW	201	Boys	1500 Freestyle	HDW	221	Girls	400 Freestyle	HDW
				122	Girls	400 Individual Medley	HDW					222	Boys	400 Individual Medley	HDW

HDW = Heat Declared Winner Events

2011/12 East District Age Group Championships – Programme of Events - Weekend 2 – 3rd & 4th December 2011																			
Saturday - Session 5					Session 6					Sunday – Session 7					Session 8				
Girls W/U 09:00 Boys 09:25 Start 10:00					Girls W/U 13:30 Boys 13:55 Start 14:30					Boys W/U 09:00 Girls 09:25 Start 10:00					Boys W/U 13:30 Girls 13:55 Start 14:30				
301	Girls		200 Butterfly	H	321	Girls		200 Freestyle	H	401	Boys		200 Butterfly	H	421	Boys		200 Freestyle	H
302	Boys		200 Backstroke	H	322	Boys		200 Breaststroke	H	402	Girls		200 Backstroke	H	422	Girls		200 Breaststroke	H
301	Girls	10/11/12	200 Butterfly	F	321	Girls	10/11/12	200 Freestyle	F	401	Boys	10/11/12	200 Butterfly	F	421	Boys	10/11/12	200 Freestyle	F
301	Girls	13	200 Butterfly	F	321	Girls	13	200 Freestyle	F	401	Boys	13	200 Butterfly	F	421	Boys	13	200 Freestyle	F
301	Girls	14	200 Butterfly	F	321	Girls	14	200 Freestyle	F	401	Boys	14	200 Butterfly	F	421	Boys	14	200 Freestyle	F
301	Girls	15	200 Butterfly	F	321	Girls	15	200 Freestyle	F	401	Boys	15	200 Butterfly	F	421	Boys	15	200 Freestyle	F
301	Girls	16+	200 Butterfly	F	321	Girls	16+	200 Freestyle	F	401	Boys	16+	200 Butterfly	F	421	Boys	16+	200 Freestyle	F
302	Boys	10/11/12	200 Backstroke	F	322	Boys	10/11/12	200 Breaststroke	F	402	Girls	10/11/12	200 Backstroke	F	422	Girls	10/11/12	200 Breaststroke	F
302	Boys	13	200 Backstroke	F	322	Boys	13	200 Breaststroke	F	402	Girls	13	200 Backstroke	F	422	Girls	13	200 Breaststroke	F
302	Boys	14	200 Backstroke	F	322	Boys	14	200 Breaststroke	F	402	Girls	14	200 Backstroke	F	422	Girls	14	200 Breaststroke	F
302	Boys	15	200 Backstroke	F	322	Boys	15	200 Breaststroke	F	402	Girls	15	200 Backstroke	F	422	Girls	15	200 Breaststroke	F
302	Boys	16+	200 Backstroke	F	322	Boys	16+	200 Breaststroke	F	402	Girls	16+	200 Backstroke	F	422	Girls	16+	200 Breaststroke	F

2011/12 East District Age Group Championships – Programme of Events – Weekend 3 – 4th & 5th February 2012

Saturday - Session 9				Session 10				Session 11					
Girls W/U 09:00 Boys W/U 09:25 Start 10:00				Girls W/U 13:30 Start 14:30				Warm up and start times TBC					
501	Girls	100 Butterfly	H	521	Girls		200 I.M	H	501	Girls	10/11/12	100 Butterfly	F
502	Boys	100 Backstroke	H	521	Girls	10/11/12	200 I.M	F	501	Girls	13	100 Butterfly	F
503	Girls	100 Freestyle	H	521	Girls	13	200 I.M	F	501	Girls	14	100 Butterfly	F
504	Boys	100 Breaststroke	H	521	Girls	14	200 I.M	F	501	Girls	15	100 Butterfly	F
				521	Girls	15	200 I.M	F	501	Girls	16+	100 Butterfly	F
				521	Girls	16+	200 I.M	F	502	Boys	10/11/12	100 Backstroke	F
									502	Boys	13	100 Backstroke	F
									502	Boys	14	100 Backstroke	F
									502	Boys	15	100 Backstroke	F
									502	Boys	16+	100 Backstroke	F
									503	Girls	10/11/12	100 Freestyle	F
									503	Girls	13	100 Freestyle	F
									503	Girls	14	100 Freestyle	F
									503	Girls	15	100 Freestyle	F
									503	Girls	16+	100 Freestyle	F
									504	Boys	10/11/12	100 Breaststroke	F
									504	Boys	13	100 Breaststroke	F
									504	Boys	14	100 Breaststroke	F
									504	Boys	15	100 Breaststroke	F
									504	Boys	16+	100 Breaststroke	F
									505	Girls		4 x 50m Medley	HDW
									506	Boys		4 x 50m Freestyle	HDW
Saturday - Session 12				Session 13				Session 14					
Boys W/U 09:00 Girls W/U 09:25 Start 10:00				Boys W/U 13:30 Start 14:30				Warm up and start times TBC					
601	Boys	100 Butterfly	H	621	Boys		200 I.M	H	601	Boys	10/11/12	100 Butterfly	F
602	Girls	100 Backstroke	H	621	Boys	10/11/12	200 I.M	F	602	Boys	13	100 Butterfly	F
603	Boys	100 Freestyle	H	621	Boys	13	200 I.M	F	603	Boys	14	100 Butterfly	F
604	Girls	100 Breaststroke	H	621	Boys	14	200 I.M	F	604	Boys	15	100 Butterfly	F
				621	Boys	15	200 I.M	F		Boys	16+	100 Butterfly	F
				621	Boys	16+	200 I.M	F		Girls	10/11/12	100 Backstroke	F
										Girls	13	100 Backstroke	F
										Girls	14	100 Backstroke	F
										Girls	15	100 Backstroke	F
										Girls	16+	100 Backstroke	F
										Boys	10/11/12	100 Freestyle	F
										Boys	13	100 Freestyle	F
										Boys	14	100 Freestyle	F
										Boys	15	100 Freestyle	F
										Boys	16+	100 Freestyle	F
										Girls	10/11/12	100 Breaststroke	F
										Girls	13	100 Breaststroke	F
										Girls	14	100 Breaststroke	F
										Girls	15	100 Breaststroke	F
										Girls	16+	100 Breaststroke	F
									605	Boys		4 x 50m Medley	HDW
									606	Girls		4 x 50m Freestyle	HDW

HDW = Heat Declared Winner Events