

# **WARRENDER BATHS CLUB**

## **Winter Graded Meet**

**Saturday 16th & Sunday 17th  
December 2017**

**Michael Woods Sport and Leisure Centre  
KY6 2RD**



# WARRENDER BATHS CLUB

*Would like to invite entry applications for their*

## WINTER GRADED MEET

(Under S.A.S.A. Laws and Licence Number L2/ED/088/DEC17 )

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### Winter Graded Meet - General Information

- Date:* Saturday 16th – Sunday 17<sup>th</sup> December 2017
- Venue:* Michael Woods Centre, Glenrothes KY6 2RD
- Pool:* 8 lane 25 metre; full electronic timing with 8 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria; swim shop.
- Time:*
- | <b>Girls warm-up</b> | <b>Boys warm-up</b> | <b>Start</b> | <b>Finish</b> |
|----------------------|---------------------|--------------|---------------|
| 09:00-09:25          | 09:25-09:50         | 10:00        | 13:00         |
| 13:30-13:55          | 13:55-14:20         | 14:30        | 17:30         |
- Ages:* As at 17<sup>th</sup> December 2017
- Age groups:* 12 & under, 13 years, 14 years and 15 & over
- Events:* **12 & under:** 50m all strokes, 100m all strokes, 200 I.M  
**All other age groups:** 100m and 200m all strokes, 200m I.M, 50m Freestyle
- Entry Fees:* £6.00 per individual event
- Coaches Pass:* £8.00 per day - covers: programme, results sheets, 1 meal each day
- Awards:* Top Club trophy and, Top Girl/Boy trophies in each age group will be awarded  
Individual events - medals will be awarded to the top 6 in each event
- Officials:* Clubs are requested to provide a minimum of two Swimming Technical Officials per session to ensure the event meets the accreditation regulations.
- Closing date for entries:* **Noon Wednesday 15th November 2017**

*All entries should be submitted by email on the appropriate file and returned to:*

**Susan Liddle**  
9 Rullion Road  
Penicuik  
EH26 9HS  
E-mail: [susan.liddle@googlemail.com](mailto:susan.liddle@googlemail.com)

### Winter Graded Meet - Specific Information

## Meet Rules

- The meet shall be held under FINA Rules.
- Ages as at 17<sup>th</sup> December 2017
- All swimmers of Scottish clubs must have a current S.A.S.A. registration number.
- All swimmers of non-Scottish clubs must be registered with their governing body.
- The pool is 25 metres long with 8 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic timing failure, the back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep or shallow water as prescribed by current/planned legislation. There will be no diving at the shallow end of the pool.
- Only swimmers and coaches with meet passes will be admitted on to the poolside.
- Swimmers must act on the instructions given by meet officials and behave in a reasonable manner at all times.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval. Application must be made on the approved S.A.S.A. form.
- It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.

## Entries

- Closing date for entries is Noon Wednesday 15<sup>th</sup> November 2017. Late entries will not be accepted.
- All entries must be made on the relevant electronic files and submitted by email. Entry files can be requested by returning the appropriate form enclosed in this information or via e-mail.
- No entries may be submitted with times faster than those listed in the table on page 8. Entry times should be accurate.
- This is a level 2 meet, coaches should ensure that all swimmers can comply with the technical requirements of the stroke when making the entry.
- Withdrawals must be made to the recorders no later than 45 minutes prior to the start of each session on the event withdrawal form.
- The promoter's reserve the right to restrict entries in order to facilitate the smooth running of the meet. Entries will be accepted on time basis. Clubs should ensure entry times are accurate. Rejected entries will be refunded in full.

## Events

- Over the top starts may be used at the discretion of the promoter's in order to facilitate the smooth running of the meet.
- All events will be swum on a Heat Declared Winner basis.
- Heats will be seeded after the withdrawal table closes 45 minutes before the start of each session. All heats will be spearheaded based on entry times, fastest to slowest, with the fastest swimmers in the final heat. Start sheets will then be issued to clubs for information and marshalling purposes.
- Swimmers must report to the competitor stewards in the designated marshalling area at least three heats in advance.

## Costs

|                 |                                                                |
|-----------------|----------------------------------------------------------------|
| Entry fees:     | £6.00 per individual event                                     |
| Coaches passes: | £8.00 per day. Covers meet pass, programme, results and 1 meal |
| Other costs:    | Spectator entry (includes programme) TBC                       |

## Warm-ups and Session Times

|            | <b>Girls warm-up</b> | <b>Boys warm-up</b> | <b>Start</b> | <b>Finish</b> |
|------------|----------------------|---------------------|--------------|---------------|
| Session 1: | 09:00-09:25          | 09:25-09:50         | 10:00        | 13:00         |
| Session 2: | 13:30-13:55          | 13:55-14:20         | 14:30        | 17:30         |

- The warm-ups may only commence when advised to do so by the warm-up marshalls.
- There will be no diving allowed in warm-ups other than those in controlled sprint lanes.
- Swimmers must keep moving during warm-ups and avoid congestion in any part of the pool.
- Sprint lanes will be made available during the final ten minutes of each warm-up period. Stewards may control these as necessary to avoid congestion and diving in on backstroke or push-start swimmers.
- Lanes 1, 3, 5 and 7 are to be swum in a clockwise direction and Lanes 2, 4, 6 and 8 swum in an anti-clockwise direction.

## Awards

*Top Girl/Boy:* Retainable trophy. Awarded to the Girl and Boy scoring most points in each age group (12/under, 13yrs, 14yrs, 15/over) according to the same scale as the Top Club Award.

*Top Club* Trophy to be returned after 1 year. Awarded to the club scoring the most points from all events on the following scale: 1st = 7, 2nd = 5, 3rd = 4, 5th = 2, 6th = 1. Disqualifications will score no points.

*Individual events:* Medals presented to swimmers placing 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup>.

## Miscellaneous

- A licence number has been received under Licence Number (L2/ED/088/DEC17)
- Amenities for the meet: The Michael Woods Centre has vending machines and a cafeteria serving refreshments which will be open most of the day. Please note the cafeteria takes cash sales only. The centre also provides good spectating facilities and ample parking.
- A swim shop will be open during the meet.
- The promoters reserve the right to exclude or refuse admission to any competitor, spectator or team official.
- Swimmers and coaches must not take glassware into the showers or on to poolside and are liable for expulsion from the meet if found to do so.
- Neither Warrender Baths Club nor the Michael Woods Centre, can be held responsible for loss or damage to swimmers, team staff or spectator's property. Swimmers are strongly advised to secure property in the lockers provided in the changing rooms and not to leave belongings lying around unattended.
- Swimmers out with the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside area.
- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Warrender Baths Club reserve the right to vary the above conditions as necessary.

# **WARRENDER BATHS CLUB**

**Winter Graded Meet:  
16th – 17th December 2017**

## **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 etc,) is to be allowed on poolside, in the 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 enclosed with this information.

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.

# WARRENDER BATHS CLUB

## Winter Graded Meet: 16<sup>th</sup> and 17<sup>th</sup> December 2017

*In order to comply with accreditation and health and safety requirements, this form must be completed and returned along with entry information.*

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 along with entries no later than Noon Wednesday 15<sup>th</sup> November 2017 to:

**Susan Liddle**  
**9 Rullion Road**  
Penicuik  
EH26 9HS  
Susan.liddle@googlemail.com

# WARRENDER BATHS CLUB

## Winter Graded Meet: 16<sup>th</sup> and 17<sup>th</sup> December 2017

### Programme of Events

#### **SATURDAY 16th DECEMBER:**

SESSION 1:                      Girls warm-up: 09:00 - 09:25                      Start: 10:00  
                                         Boys warm-up: 09:25 - 09:50                      Finish: 13:30

| EVENT NO. |      | AGE      | EVENT |              |     |
|-----------|------|----------|-------|--------------|-----|
| Girls     | Boys |          |       |              |     |
| 101       | 102  | 13/over  | 100m  | Breaststroke | HDW |
| 103       | 104  | 12/under | 50m   | Backstroke   | HDW |
| 105       | 106  | 13/over  | 200m  | Butterfly    | HDW |
| 107       | 108  | 12/under | 100m  | Freestyle    | HDW |
| 109       | 110  | 13/over  | 50m   | Freestyle    | HDW |

SESSION 2:                      Girls warm-up: 13:30 - 13:55                      Start: 14:30  
                                         Boys warm-up: 13:55 - 14:20                      Finish: 17:30

|       |      |          |      |              |     |
|-------|------|----------|------|--------------|-----|
| Girls | Boys |          |      |              |     |
| 201   | 202  | 12/under | 50m  | Butterfly    | HDW |
| 203   | 204  | 13/over  | 100m | Backstroke   | HDW |
| 205   | 206  | 12/under | 100m | Breaststroke | HDW |
| 207   | 208  | 13/over  | 200m | Freestyle    | HDW |
| 209   | 210  | 12/under | 200m | I.M          | HDW |

#### **SUNDAY 17th DECEMBER:**

SESSION 3:                      Girls warm-up: 09:00 - 09:25                      Start: 10:00  
                                         Boys warm-up: 09:25 - 09:50                      Finish: 13:30

| EVENT NO. |      | AGE      | EVENT |              |     |
|-----------|------|----------|-------|--------------|-----|
| Girls     | Boys |          |       |              |     |
| 301       | 302  | 13/over  | 100m  | Butterfly    | HDW |
| 303       | 304  | 12/under | 50m   | Freestyle    | HDW |
| 305       | 306  | 13/over  | 200m  | Breaststroke | HDW |
| 307       | 308  | 12/under | 100m  | Backstroke   | HDW |
| 309       | 310  | 13/over  | 200m  | I.M          | HDW |

SESSION 4:                      Girls warm-up: 13:30 - 13:55                      Start: 14:30  
                                         Boys warm-up: 13:55 - 14:20                      Finish: 17:30

|       |      |          |      |              |     |
|-------|------|----------|------|--------------|-----|
| Girls | Boys |          |      |              |     |
| 401   | 402  | 12/under | 200m | Freestyle    | HDW |
| 403   | 404  | 13/over  | 100m | Freestyle    | HDW |
| 405   | 406  | 12/under | 50m  | Breaststroke | HDW |
| 407   | 408  | 13/over  | 200m | Backstroke   | HDW |
| 409   | 410  | 12/under | 100m | Butterfly    | HDW |

# WARRENDER BATHS CLUB

## Winter Graded Meet: 16<sup>th</sup> and 17<sup>th</sup> December 2017

Entry times must be slower than those published in the table below:

| GIRLS CUT OFF TIMES | 12/under | 13yrs   | 14yrs   | 15/over |
|---------------------|----------|---------|---------|---------|
| 50m Freestyle       | 0:31.00  | 0:31.00 | 0:30.00 | 0:29.00 |
| 100m Freestyle      | 1:10.00  | 1:07.00 | 1:04.00 | 1:02.00 |
| 200m Freestyle      | 2:30.00  | 2:25.00 | 2:18.00 | 2:12.00 |
| 50m Backstroke      | 0:36.00  |         |         |         |
| 100m Backstroke     | 1:18.00  | 1:15.00 | 1:12.00 | 1:09.00 |
| 200m Backstroke     |          | 2:38.00 | 2:32.00 | 2:26.00 |
| 50m Breaststroke    | 0:41.00  |         |         |         |
| 100m Breaststroke   | 1:27.00  | 1:26.00 | 1:22.00 | 1:18.00 |
| 200m Breaststroke   |          | 3:02.00 | 2:52.00 | 2:44.00 |
| 50m Butterfly       | 0:35.00  |         |         |         |
| 100m Butterfly      | 1:20.00  | 1:16.00 | 1:12.00 | 1:08.00 |
| 200m Butterfly      |          | 2:43.00 | 2:33.00 | 2:26.00 |
| 200m IM             | 2:53.00  | 2:45.00 | 2:36.00 | 2:28.00 |

| BOYS CUT OFF TIMES | 12/under | 13yrs   | 14yrs   | 15/over |
|--------------------|----------|---------|---------|---------|
| 50m Freestyle      | 0:31.00  | 0:31.00 | 0:29.00 | 0:27.00 |
| 100m Freestyle     | 1:10.00  | 1:05.00 | 1:02.00 | 0:58.00 |
| 200m Freestyle     | 2:30.00  | 2:23.00 | 2:13.00 | 2:05.00 |
| 50m Backstroke     | 0:36.00  |         |         |         |
| 100m Backstroke    | 1:17.00  | 1:13.00 | 1:10.00 | 1:06.00 |
| 200m Backstroke    |          | 2:35.00 | 2:26.00 | 2:18.00 |
| 50m Breaststroke   | 0:41.00  |         |         |         |
| 100m Breaststroke  | 1:27.00  | 1:24.00 | 1:20.00 | 1:16.00 |
| 200m Breaststroke  |          | 3:00.00 | 2:50.00 | 2:40.00 |
| 50m Butterfly      | 0:35.00  |         |         |         |
| 100m Butterfly     | 1:20.00  | 1:15.00 | 1:09.00 | 1:04.00 |
| 200m Butterfly     |          | 2:40.00 | 2:30.00 | 2:20.00 |
| 200m IM            | 2:53.00  | 2:45.00 | 2:35.00 | 2:23.00 |



# WARRENDER BATHS CLUB

## Winter Graded Meet: 16th – 17th December 2017

### Summary Entry Form

*\*\* This form must be completed and returned with any entries. \*\**

Club Name: .....

Contact Name: .....

Address: .....

..... Post Code .....

Telephone: .....

Email: .....

Total Female Entries ..... @ £6.00 each: = £.....

Total Male Entries ..... @ £6.00 each: = £.....

Coach Passes (per day).....@£8.00 includes lunch = £.....

Total Amount Enclosed: = £.....

Signed: .....

Position in club: .....

Please make cheques payable to: **Warrender Baths Club**

Return this form along with entries no later than **Noon Wednesday 15<sup>th</sup> November 2017**  
to:

**Susan Liddle**  
9 Rullion Road  
Penicuik  
EH26 9HS  
Susan.liddle@googlemail.com

# WARRENDER BATHS CLUB

**Winter Graded Meet:  
16th – 17th December 2017**

## **Entry Files Request Form**

Please email the entry files for the above meet to:

|           |                         |              |       |
|-----------|-------------------------|--------------|-------|
| Club      | _____                   | Contact Name | _____ |
| Address   | _____<br>_____<br>_____ |              |       |
| Telephone | _____                   | E-mail       | _____ |

Return this completed form to:

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

**Alternatively, send an e-mail with the same information to  
Susan Liddle at:  
[Susan.liddle@googlemail.com](mailto:Susan.liddle@googlemail.com)**