

# AQUANAUTS LIVINGSTON A.S.C.



## **17<sup>th</sup> Annual Graded Meet**

Bathgate Xcite Leisure Centre

**Saturday 23<sup>rd</sup> June 2018**

SESSION 1: Warm-up 09:00hrs Start 09:45hrs

SESSION 2: Warm-up 13:30 Start 14:15hrs

Licence number: **L2/ED/008/JUN18**

# Aquanauts 17<sup>th</sup> Annual Graded Meet

Please join us for our annual graded meet at Bathgate Xcite Leisure Centre, Bathgate.  
EH48 4LA

**Pool:** 6 lane 25 metre; full electronic timing with 6 lane display scoreboard; anti-wave lane ropes; spectator area; cafeteria

|              |                |                    |              |
|--------------|----------------|--------------------|--------------|
| <b>Time:</b> | <u>Session</u> | <u>Warm-up</u>     | <u>Start</u> |
|              | <b>1</b>       | <b>09:00-09:40</b> | <b>09:45</b> |
|              | <b>2</b>       | <b>13:30-14:10</b> | <b>14:15</b> |

**Ages:** 8-10, 11-12, 13-14, 15 years and over

**Events** 200m Backstroke, 200m Breaststroke, 200m Butterfly, 200m IM, 400m freestyle, 4 x 50 freestyle chain relay (one swimmer from each age group). See below rules on relay

**This is a level 2 meet. Coaches must ensure that all their swimmers can comply with the technical requirements of each stroke.**

**Entry fees:** £6.00 per individual event, £8.50 per relay

**Coaches meals:** £9.50 per meal

**Awards:** Individual events: Medals will be presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event (except those disqualified or who swim faster than the time band)

Best Club based on overall points.

**Officials:** To help with accreditation clubs are respectively asked to provide 2 technical officials per session, one of which should be qualified to a minimum of Judge Level 1. Details of officials should be submitted with the entry fee payment.

**Closing date for entries: 12:00 midday, Wednesday 23<sup>rd</sup> May 2018**

Return files to: Susan.liddle@googlemail.com

## Aquanauts 17<sup>th</sup> Annual Graded Meet

### Meet Rules

- The meet will be held under S.A.S.A rules.
- Age as at 23<sup>rd</sup> June 2018.
- All swimmers of Scottish clubs must have a current S.A.S.A registration number.
- The pool is 25 metres long with 6 lanes separated by anti-wave lane ropes.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Swimmers, coaches and team managers must ensure that all their swimmers can safely dive into deep water as prescribed by current/planned legislation.
- No photographic or video equipment will be allowed in any area under the jurisdiction of the meet organisers without prior approval of the meet director.
- 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 midday **Wednesday 23<sup>rd</sup> May 2018**.
- **All entries should be made in a Hytek team manager event file, a copy of which can be-obtained from [www.swimscotland.co.uk](http://www.swimscotland.co.uk)**
- Withdrawals must be made on the sheets provided to the recorders no later than 45 minutes prior to the start of each session including nil returns.
- The promoter reserves 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. There are no refunds for entries withdrawn after the draft programme is prepared.

# Aquanauts 17<sup>th</sup> Annual Graded Meet

## Events

- Over the top starts may be used at the discretion of the promoters to facilitate the smooth running of the meet.
- Swimmers must report to the competitor stewards in the designated marshalling area at least FIVE heats in advance.
- All events will be swum as heat declared winners.
  - Chain Relays will consist of 1 swimmer per age group\*, all swimmers will start in the water together and swim in a chain (one behind the other – parallel swimming will disqualify a team), in age order, eg youngest swimmer first. The first swimmer will go on the starting signal with the others following in a chain behind. There will be no overtaking. The first swimmer will swim 50m and stop. The second swimmer will take the lead and continue swimming a further 50m and then stop. The third swimmer will then take the lead and continue swimming a further 50m and stop. The final swimmer will swim a further 50m to complete the 200m race. *\*It is permissible to swim up an age.*

## Miscellaneous

- Accreditation has been applied for under licence number
- The centre has a cafeteria. Swimmers are asked not to eat their own food in the cafeteria area.
- There will be a raffle or other fundraising activities.
- 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 Aquanauts Livingston ASC nor Xcite Bathgate, Leisure 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 changing rooms and not to leave belongings lying around unattended.
- Swimmers outwith the poolside must wear dry clothing and footwear at all times.
- Outdoor footwear must not be worn on the poolside.

- Anything not covered above and not printed in the event programme will be at the promoter's discretion.
- Aquanauts Livingston ASC reserves the right to vary the above conditions as necessary.

## **Aquanauts 17<sup>th</sup> Annual Graded Meet**

### **Session 1 Warm-up 09:00 Start 09:45**

- 101 Male 400m FREESTYLE
- 102 Female 200m BREASTSTROKE
- 103 Male 200m BACKSTROKE
- 104 Female 200m INDIVIDUAL MEDLEY
- 105 Male 200m BUTTERFLY
- 106 Female 200m FREESTYLE CHAIN RELAY

### **Session 2 Warm-up 13:30 Start 14:15**

- 201 Female 400m FREESTYLE
- 202 Male 200m BREASTSTROKE
- 203 Female 200m BACKSTROKE
- 204 Male 200m INDIVIDUAL MEDLEY
- 205 Female 200m BUTTERFLY
- 206 Male 200m FREESTYLE CHAIN RELAY

### **Presentations of Top Club Trophy**

**Entry times must be slower than the consideration times published below**

| MALE/FEMALE       | 10YRS & U<br>consideration<br>times | fastest<br>race<br>time | 11/12 YRS<br>consideration<br>times | fastest<br>race<br>time | 13/14 YRS<br>consideration<br>times | fastest<br>race<br>time | 15 YRS & O<br>consideration<br>times | fastest<br>race<br>time |
|-------------------|-------------------------------------|-------------------------|-------------------------------------|-------------------------|-------------------------------------|-------------------------|--------------------------------------|-------------------------|
| 400m FREESTYLE    | 5.50                                | 5.33                    | 5.20                                | 5.04                    | 5.00                                | 4.45                    | 4.45                                 | 4.31                    |
| 200m BREASTSTROKE | 3.40                                | 3.29                    | 3.20                                | 3.10                    | 3.10                                | 3.00                    | 3.00                                 | 2.51                    |
| 200m BACKSTROKE   | 3.30                                | 3.19                    | 3.15                                | 3.05                    | 2.55                                | 2.46                    | 2.40                                 | 2.32                    |
| 200m BUTTERFLY    | 3.40                                | 3.29                    | 3.20                                | 3.10                    | 3.10                                | 3.00                    | 2.50                                 | 2.42                    |
| 200m IM           | 3.20                                | 3.10                    | 3.05                                | 2.56                    | 2.50                                | 2.42                    | 2.35                                 | 2.28                    |

- Presentations will be made to the first 3 swimmers in each age group who do not exceed the time band

- The first 3 places in relays will receive medals
- All events will be HDW
- Awards will be given to swimmers who exceed the speed limit
- A trophy will be presented to the Top Club

## Aquanauts 17<sup>th</sup> Annual Graded Meet

### 23<sup>rd</sup> June 2018

#### Summary Entry Form

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

|                 |  |
|-----------------|--|
| Club Name:      |  |
| Contact Name:   |  |
| Address:        |  |
|                 |  |
|                 |  |
| Post Code:      |  |
| Telephone:      |  |
| e-mail-address: |  |

**Double click anywhere in this grid then add totals to column B**

|                          |  |         |   |   |   |
|--------------------------|--|---------|---|---|---|
| Number of Female Entries |  | @ £6.00 | = | £ | - |
| Number of Male Entries   |  | @ £6.00 | = | £ | - |
| Number of Relays         |  | @ £8.50 | = | £ | - |
| Number of Coaches Meals  |  | @ £9.50 | = | £ | - |
|                          |  | TOTAL   | = | £ | - |

**Hit <Enter> & Click anywhere outside the grid to return to normal mode.**

Please make cheques payable to: **Aquanauts Livingston ASC**

Return this form with appropriate cheque no later than

12:00 (noon) Wednesday 23<sup>rd</sup> May 2018

Susan Liddle  
9 Rullion Road  
Penicuik  
EH26 9HS0

## Aquanauts 17<sup>th</sup> Annual Graded Meet

**AQUANAUTS 17<sup>TH</sup> GRADED MEET OFFICIALS SHEET Please write in names under each session.**

| Preferred duty | S1 | S2 |
|----------------|----|----|
| Judges         |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
| Timekeepers    |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
|                |    |    |
|                |    |    |

**Please Complete and electronically return to John Calder at [aquanautsgalaconvener16@gmail.com](mailto:aquanautsgalaconvener16@gmail.com)**

**Declaration:** I confirm that all swimmers entered in this competition have paid their current SASA membership fee.

Signed ..... Position in Club ..... Date .....  
(This declaration must be completed by all competing clubs)