

# Meet Information

**SASA**

**EAST DISTRICT  
Challenge Meet**

**3rd & 4th March 2012**

**Venue**

**Fife Institute of Physical &  
Recreational Education  
Glenrothes**

**SASA East District**  
**EAST DISTRICT CHALLENGE MEET**  
3rd & 4th March 2012

## **Information**

**This event is for swimmers who did not swim in the East District Championships in a particular event and distance. Swimmers who swam in the championships may enter an event in which they did not compete provided their entry time is equal to or slower than the consideration times.**

**The number of swimmers accepted will be equal within the age groups and dependant on session time.**

**There will be 5 age bands:**

**10/11/12 years, 13 years, 14 years, 15 years and 16 years and over. Age will be as on 4 March 2012**

**A prize of £25 will be awarded to any swimmer who equals or betters the time of the 6<sup>th</sup> swimmer in the final of that age group event and distance in the East District Age Group Championships 2011/12**

**This is the “Challenge”**

**Events will be swum in “Open” heats and will be heat declared.**

**Entry fee £5.00**

## **VENUE**

## **FIPRE, GLENROTHES**

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. Swimmers may only compete in their own Age Groups.

Swimmers shall only be permitted on the far side of the pool when marshalling for races. Coaches are not permitted on the far side of the pool.

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.

Session times for all sessions are listed on the Order of Events sheets attached. Afternoon session times are subject to confirmation after the closing date.

## **ENTRIES**

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.**

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\*\*](mailto:JBruce2160@aol.com)

**Closing date for entries**

**Wednesday 8<sup>th</sup> February at 12 noon**

## **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. 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](http://www.swimscotland.org.uk)

## **PROGRAMME OF EVENTS**

### **Saturday 3 March Session 1**

**Warm up 09:00 Boys 09:25 Girls Start time 10:00**

<b>101</b>	<b>200m Backstroke</b>	<b>Boys</b>
<b>102</b>	<b>100m Butterfly</b>	<b>Girls</b>
<b>103</b>	<b>200m Breaststroke</b>	<b>Boys</b>
<b>104</b>	<b>100m Freestyle</b>	<b>Girls</b>
<b>105</b>	<b>1500m Freestyle</b>	<b>Boys</b>

### **Saturday 3 March Session 2**

**Warm Up 13:30 Start time 14:30**

<b>201</b>	<b>100m Backstroke</b>	<b>Boys</b>
<b>202</b>	<b>400m Freestyle</b>	<b>Mixed</b>
<b>203</b>	<b>200m Butterfly</b>	<b>Girls</b>
<b>204</b>	<b>100m Breaststroke</b>	<b>Boys</b>
<b>205</b>	<b>200m Freestyle</b>	<b>Girls</b>
<b>206</b>	<b>200m Individual Medley</b>	<b>Boys</b>

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### **Sunday 4 March Session 3**

**Warm up 09:00 Girls 09:25 Boys Start time 10:00**

<b>301</b>	<b>200m Backstroke</b>	<b>Girls</b>
<b>302</b>	<b>100m Butterfly</b>	<b>Boys</b>
<b>303</b>	<b>200m Breaststroke</b>	<b>Girls</b>
<b>304</b>	<b>100m Freestyle</b>	<b>Boys</b>
<b>305</b>	<b>800m Freestyle</b>	<b>Mixed</b>

### **Sunday 4 March Session 4**

**Warm up 13:30 Start time 14:30**

<b>401</b>	<b>100m Backstroke</b>	<b>Girls</b>
<b>402</b>	<b>400m Individual Medley</b>	<b>Mixed</b>
<b>403</b>	<b>200m Butterfly</b>	<b>Boys</b>
<b>404</b>	<b>100m Breaststroke</b>	<b>Girls</b>
<b>405</b>	<b>200m Freestyle</b>	<b>Boys</b>
<b>406</b>	<b>200m Individual Medley</b>	<b>Girls</b>

***AFTERNOON SESSION TIMES ARE SUBJECT TO CONFIRMATION  
AFTER THE CLOSING DATE***

**CONSIDERATION TIMES  
EAST DISTRICT AGE GROUP CHALLENGE MEET 2012**

**Entry times should be equal to or slower than the consideration times.**

<b>Event</b>	<b>AGE GROUP</b>				
<b>MALES</b>	<b>10/11/12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16+ yrs</b>
100m Freestyle	1:15.97	1:13.70	1:04.88	1:03.11	0:59.27
200m Freestyle	2:49.54	2:28.43	2:23.61	2:14.36	2:10.79
400m Freestyle	5:46.18	5:24.61	4:51.30	4:47.26	4:36.92
1500m Freestyle	19:20.18	19:20.06	19:14.67	18:17.64	17:45.28
100m Backstroke	1:28.73	1:27.86	1:14.85	1:13.42	1:10.61
200m Backstroke	3:22.33	2:55.58	2:46.32	2:41.37	2:24.94
100m Butterfly	1:33.50	1:27.76	1:21.35	1:13.41	1:08.88
200m Butterfly	3:28.22	3:16.62	2:55.82	2:38.12	2:32.86
100m Breaststroke	1:46.26	1:40.37	1:27.49	1:25.34	1:19.89
200m Breaststroke	3:55.42	3:16.69	3:07.12	2:57.44	2:49.07
200m IM	3:08.92	3:05.30	2:41.85	2:38.44	2:35.10
400m IM	6:19.34	5:38.34	5:34.43	5:19.98	5:00.13

<b>FEMALES</b>	<b>10/11/12yrs</b>	<b>13yrs</b>	<b>14yrs</b>	<b>15yrs</b>	<b>16+ yrs</b>
100m Freestyle	1:13.36	1:10.83	1:09.62	1:08.65	1:06.59
200m Freestyle	2:49.72	2:34.19	2:31.19	2:20.98	2:18.62
400m Freestyle	5:33.67	5:27.00	5:18.51	5:05.23	5:03.45
800m Freestyle	11:18.93	10:49.45	10:36.76	10:24.73	9:59.26
100m Backstroke	1:25.83	1:18.66	1:16.74	1:15.78	1:14.85
200m Backstroke	3:06.37	2:53.95	2:53.87	2:44.15	2:40.24
100m Butterfly	1:34.26	1:28.39	1:26.14	1:22.44	1:16.94
200m Butterfly	3:29.93	3:19.64	2:57.05	2:54.20	2:39.85
100m Breaststroke	1:37.33	1:33.72	1:32.77	1:30.88	1:27.99
200m Breaststroke	3:36.91	3:22.41	3:19.20	3:00.90	2:58.48
200m IM	3:01.84	2:53.29	2:52.69	2:49.37	2:48.79
400m IM	6:36.97	6:12.79	6:04.94	5:29.49	5:22.75

*Age as at 4 March 2012*

**SCOTTISH AMATEUR SWIMMING ASSOCIATION  
EAST DISTRICT  
Challenge Meet**

**3rd & 4th March 2021**

<b>SUMMARY SHEET</b>
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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	

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

<b>No. of Boys Entries</b>		@ £ 5.00 each:	£	-
<b>No. of Girls Entries</b>		@ £ 5.00 each:	£	-
<b>No. of Coaches Lunches</b>		@ £ 8.00 each:	£	-
<b>Total Remittance</b>			£	-

**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 .

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

Signed:

Position:

Date: