



2016 'IM' TOUGH MEET

Friday 20th Saturday 21st & Sunday 22nd 2016

Xcite Pool Bathgate

- Hosted by:** Swim West Lothian
- Licensed by:** SASA East District **Number:** ED/2016/028/L2
- Location:** Bathgate Pool, Balbardie Park, Bathgate, EH48 4LA
- Meet Entry Secretary:** Susan Liddle susan.liddle@googlemail.com
- Course:** Six lane, 25 Metre pool with non-turbulent lane ropes, OMEGA start and automatic timing system with touch-pads and 6-lane time display board will be used.
- Age:** Swimmer's age on last day of competition will govern for this meet.
- Age Groups:** 11 years & under, 12 years, 13 years, 14 years, 15 years and over
- Awards:** Presentation medals for the 1500M & 800M (HDW) events will be available for collection for each age group on Saturday 21st May. Awards for all other events will be presented to the top 3 boys and girls in each age group, these will be available at the presentation table during the session.
At the end of session 5, an overall Best Boy and Best Girl award for each age group will be presented to those individuals who have attained the most points over all sessions. Points will be awarded for the first 6 places on the basis: 7, 5, 4, 3, 2, 1
- Skins:** **The Skins event will be a Mystery Medley (see page 3 for more information).** The top 6 swimmers of each age group, from the heats of the 200 IM's and who have taken part in a minimum of 5 events, will be eligible to compete in the Skins event.

Winners of the Skins will each receive £20 prize money.
- Entry Fees:**
- | | | |
|--------------------|-------|--------------------|
| Individual Events: | £5.00 | 50M events |
| | £6.00 | 100M, 200M events |
| | £7.00 | 400M events |
| | £8.00 | 800M, 1500M events |
- Entries:** All entries must be submitted by email using HyTek file. These files may be requested from the Meet Entry Secretary. Fees **must** accompany entries. Entries without payment will not be accepted.

Where the distance events are oversubscribed, girls will be allocated entry to the 800m event provided that they have entered that event and boys to the 1500m event again with the proviso that they have made an entry to that event. Oversubscribed entries will be refunded.
- Closing Date:** noon 20th April 2016
- Mail to: **Susan Liddle, 9 Rullion Road, Penicuik EH26 9HS**
Make cheques payable to: **Swim West Lothian**
- Concessions:** Hospitality will be provided for coaches, officials, and other meet workers.
- Spectators:** Entry to the spectator gallery: **£2 per session, £7 for all 5 sessions**

Officials: All clubs are asked to supply the STO organiser with named technical officials prior to the meet. Please contact:

Tracey King at: Tracey@King.gb.com

- Rules:**
1. Current FINA and SASA rules of competitive swimming will apply.
 2. All events will be **Heat Declared Winners**.
 3. Events will be **combined for seeding** but **scored separately** by age group 11 & under, 12, 13, 14, 15 & over for awards.
 4. All swimmers of Scottish Clubs must have a current SASA registration number.
 5. All swimmers of non-Scottish clubs must be registered with their governing body.
 6. Electronic timing will be in operation. In the event of electronic timing failure, back-up manual timing will be used.
 7. Coaches and Team Managers must ensure that all their swimmers can safely dive into deep/shallow water. There will be **NO** diving at the shallow end of the pool.
 8. No photographic or video equipment (inc. mobile phones) will be allowed in any area under the jurisdiction of the meet organizers and pool facility without prior approval of the meet director. Application must be made on the approved SASA form.
 9. Swimmers must act on the instructions given by the meet officials and behave in a reasonable manner at all times.
 10. It is the responsibility of each club to ensure that their swimmers are aware of the meet rules and guidelines.
 11. Start Sheets will be produced prior to the start of each session.
 12. The promoters reserve the right to restrict entries in order to facilitate the smooth running of the meet. Rejected entries will be refunded in full.
 13. Swimmers must report to the designated marshalling area **a minimum of three heats in advance**. It is the responsibility of competing clubs to ensure that their swimmers report to the marshalling area on time.

Warm-up: The warm-up will commence only when announced by the warm-up controller. There will be no diving allowed during the warm-up until the controlled sprint lanes are announced by the controller.

Sprint lanes will be introduced during the last period of each warm-up. Marshalls may be used to control these lanes to avoid congestion and prevent accidents.

Miscellaneous: 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 shower or poolside area and are liable for expulsion from the meet if found to do so.

Swim West Lothian take no responsibility for loss or damage to swimmers, team officials or spectators property. Swimmers are strongly advised to secure property in the lockers provided and not leave belongings lying around unattended. Any lockers found unlocked and containing property will have said property removed and secured by facility staff.

Swimmers outside the pool area **must wear** dry clothing and footwear at all times. Outdoor footwear must not be worn on poolside. Anything not covered above and not printed in the meet programme will be at the Meet Directors discretion.

Swimmers are asked not to utilize the Balbardie Park Play Park during the lunch breaks of the Meet. Swim West Lothian will take no responsibility for any accidents that occur throughout the duration of the Meet.

Swim West Lothian 'IM' TOUGH Programme

SESSION 1 FRIDAY 20th MAY 2016

Warm Up 6.00pm - Start 6.30pm

101	Girls/Boys	800m Freestyle	HDW
102	Boys/Girls	1500m Freestyle	HDW

SESSION 2 Saturday 21st May 2016

Warm up 9.00am – Start 10.00am

201	Girls	200m I.M.	HDW
202	Boys	400m I.M.	HDW
203	Girls	100m Butterfly	HDW
204	Boys	200m Backstroke	HDW
205	Girls	100m Breaststroke	HDW
206	Boys	100m Freestyle	HDW
207	Girls	50m Butterfly	HDW
208	Boys	50m Backstroke	HDW

Presentations during session

SESSION 3 Saturday 21st May 2016

Warm up 1.30pm – Start 2.30pm

301	Boys	400m Freestyle	HDW
302	Girls	200m Freestyle	HDW
303	Boys	200m Breaststroke	HDW
304	Girls	50m Freestyle	HDW
305	Boys	50M Breaststroke	HDW
306	Girls	100M Backstroke	HDW
307	Boys	200M Butterfly	HDW
308	Girls	400m Freestyle	HDW
309	Boys	200 I.M.	HDW

Presentations during session

SESSION 4 Sunday 22nd May 2016

Warm up 9.00am – Start 10.00am

401	Girls	400m I.M.	HDW
402	Boys	100m Butterfly	HDW
403	Girls	200m Backstroke	HDW
404	Boys	100m Breaststroke	HDW
405	Girls	100m Freestyle	HDW
406	Boys	50m Butterfly	HDW
407	Girls	50m Backstroke	HDW
408	Boys 14/U	50m IM Skins	HDW
409	Girls 13/U	50m IM Skins	HDW

Presentations during session

SESSION 5 Sunday 22nd May 2016

Warm up 1.30pm – Start 2.30pm

501	Boys	200m Freestyle	HDW
502	Girls	200m Breaststroke	HDW
503	Boys	50M Freestyle	HDW
504	Girls	50M Breaststroke	HDW
505	Boys	100M Backstroke	HDW
506	Girls	200M Butterfly	HDW
507	Boys 15/O	50m IM Skins	HDW
508	Girls 14/O	50m IM Skins	HDW

Presentations during session

NB Skins: Age groups will be swum alternatively at one and a half minute intervals.

The stroke to be swum will be determined by draw.

Swimmers in each age group event will start under the normal starting rules and swim 50metres of the pool, exit the pool and return to the starting position with the exception of the last swimmer who will be eliminated. On each subsequent start, swimmers will be given a 10 second warning after which the signal to start will follow without any verbal instructions. Starting before the signal is sounded will lead to disqualification; any such disqualification will exempt the last swimmer in that leg.

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Xcite Pool Bathgate

Entries Summary Sheet

*** Please completed this form electronically and return it with your 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	0	£	5.00	=	£	-
	0	£	6.00	=	£	-
	0	£	7.00	=	£	-
	0	£	8.00	=	£	-
Number of Male Entries	0	£	5.00	=	£	-
	0	£	6.00	=	£	-
	0	£	7.00	=	£	-
	0	£	8.00	=	£	-
TOTAL					<u>£</u>	<u>-</u>

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

**Please return this form and cheque (made payable to
Swim West Lothian) to:**

Susan Liddle
 9 Rullion Road
 PENICUIK
 EH26 9HS

e-mail: susan.liddle@googlemail.com

Closing date for Entries: **Noon Wednesday 20th April 2016**