

EAST KILBRIDE



SWIM TEAM

East Kilbride Short Course

Winter Time Banded Meet

MEET INFORMATION

Saturday 5th November 2022

Dollan Aqua Centre

Brouster Hill

East Kilbride, G74 1AF

Under SASA and FINA Rules

Licence Number: WD/L2/018/1122

EAST KILBRIDE WINTER TIME BANDED SHORT COURSE MEET 2022 MEET INFORMATION

Date: Saturday 5th November 2022

Venue: Dollan Aqua Centre, East Kilbride, G74 1AF

Pool: 6 lanes x 25m with full electronic timing

Time: **Session 1** Warm-up: 1.55pm Start: 2.30pm

Categories: 10 & Under, 11/12, 13 & Over

Age as at 31st December 2022

Events: The programme for each category will be as follows:

100m on each of the 4 strokes + Medley

200m on each of the 4 strokes + Medley

400m Freestyle

All events will be H.D.W for each age group

**ALL EVENTS WILL BE SWUM AS MIXED GENDER
AND SPLIT FOR RESULTS PURPOSES INTO
GENDER/AGE CATEGORIES**

Entry Fee: £6.00 per event

Closing Date:

Friday 21st October 2022

[Meet Web Page](#)

[Entry Form Link](#)

[Entry File Link](#)

We would like to invite you to the East Kilbride Short Course Time Banded Meet for 2022. We hope to provide you with a great opportunity for your swimmers to compete gain experience in a relaxed setting.

Entry Times: 'Faster Than' and 'Slower Than' Consideration times for this meet. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be short course times; however, long course times converted to short course are acceptable. PLEASE NOTE: Entries will be REVERSE ACCEPTED from slowest to fastest.

Entries: Entries to be submitted by the closing date using Hy-Tek Team Manager meet file. Please ensure that it is completed correctly to show the FULL NAME OF SWIMMER, FULL DATE OF BIRTH, REGISTRATION NUMBER, EVENT NUMBER and ENTRY TIME. Events file supplied to clubs on request, along with instructions if needed. Files can be downloaded from the [Meet Web Page](#) or can be requested by email to derek@ekasc.co.uk.

Entry Form: <https://forms.gle/6eJjVKncygKBKw328>

Entry fees should be forwarded within 3 days of the closing date by Bank Transfer: **BACS: 82-69-03 – 10117014**

Withdrawals: Any withdrawals (inc. reserves) prior to the first day of the event should be notified by email to derek@ekasc.co.uk by 8pm on Friday 16th September. Latest reserves will be notified and Start Sheets produced. Further withdrawals will result in empty lanes, which EKASC hold the right to fill for their swimmers. Programmes/Start Sheets/Results will be posted in the pool area via our 'Live Results Service' and on Meet Mobile. Results will be posted in the pool area and also on Meet Mobile.

Refunds: No refunds will be given after the closing date. Fees for rejected entries will be returned as soon as possible after the event.

Prizes: Medals will be given for 1st, 2nd and 3rd in all categories. 'I Swam Too Fast' Awards will also be given. If a swimmer is 'Too Fast' the fastest within the Meet Times will be awarded the medals.

Presentations: Medals can be collected at the medal table as soon as the results are available for each event.

Officials: Clubs are kindly asked to provide at least two Technical Officials per session, one of which should be qualified to a minimum level of Judge Level 1.

Meet Rules

- The meet will be held under S.A.S.A. rules.
- Age as at 31st December 2022.
- 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 6 lanes separated by anti-wave lane ropes.
- Swim down facility available in far end of pool at the discretion of the organisers.
- Electronic timing will be in operation. In the event of electronic failure, back-up manual timing will be used.
- Coaches must ensure that all swimmers can comply with the technical requirements of each stroke. This is a level 3 meet.
- 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.
- 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.

Miscellaneous

- Accreditation will be applied for under licence number – **WD/L2/018/1122**
- 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 EKASC nor the Dollan Aqua 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 out with 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.
- EKASC reserves the right to vary the above conditions as necessary.
- Swimwear should comply with the FINA and SASA requirements in place

on the day of the competition.

- **COVID-19: Everyone is asked to follow current guidelines set out by the Scottish Government and Scottish Swimming in conjunction with South Lanarkshire Leisure and Culture Ltd.**

Order of Events/Consideration Times

| | | Slower Than | Faster Than | | | Slower Than | Faster Than | | | Slower Than | Faster Than |
|-------|-----------------|-------------|-------------|-------|------------------|-------------|-------------|-------|-----------------|-------------|-------------|
| Boys | 10&U 100 Back | 1:33.90 | 1:53.61 | Boys | 11-12 100 Back | 1:16.87 | 1:30.49 | Boys | 13&O 100 Back | 1:11.48 | 1:24.14 |
| Boys | 10&U 100 Breast | 1:48.94 | 2:11.80 | Boys | 11-12 100 Breast | 1:27.68 | 1:43.22 | Boys | 13&O 100 Breast | 1:21.01 | 1:35.36 |
| Boys | 10&U 100 Fly | 1:25.29 | 2:01.29 | Boys | 11-12 100 Fly | 1:17.08 | 1:43.19 | Boys | 13&O 100 Fly | 1:10.79 | 1:23.33 |
| Boys | 10&U 100 Free | 1:21.74 | 1:38.89 | Boys | 11-12 100 Free | 1:07.48 | 1:19.44 | Boys | 13&O 100 Free | 1:02.76 | 1:13.88 |
| Boys | 10&U 100 IM | 1:34.34 | 1:54.14 | Boys | 11-12 100 IM | 1:18.94 | 1:32.93 | Boys | 13&O 100 IM | 1:14.03 | 1:27.15 |
| Boys | 10&U 200 Back | 2:57.84 | 3:35.17 | Boys | 11-12 200 Back | 2:42.36 | 2:56.01 | Boys | 13&O 200 Back | 2:32.31 | 3:35.17 |
| Boys | 10&U 200 Breast | 3:25.64 | 4:08.81 | Boys | 11-12 200 Breast | 3:07.90 | 3:37.13 | Boys | 13&O 200 Breast | 2:55.48 | 3:22.79 |
| Boys | 10&U 200 Fly | 3:13.24 | 3:53.80 | Boys | 11-12 200 Fly | 2:50.37 | 3:16.88 | Boys | 13&O 200 Fly | 2:37.94 | 3:02.52 |
| Boys | 10&U 200 Free | 2:54.16 | 3:30.72 | Boys | 11-12 200 Free | 2:24.66 | 2:47.17 | Boys | 13&O 200 Free | 2:15.96 | 2:37.11 |
| Boys | 10&U 200 IM | 3:00.09 | 3:37.89 | Boys | 11-12 200 IM | 2:44.70 | 3:10.33 | Boys | 13&O 200 IM | 2:35.46 | 2:59.65 |
| Boys | 10&U 400 Free | 5:32.89 | 6:42.76 | Boys | 11-12 400 Free | 5:05.45 | 5:43.20 | Boys | 13&O 400 Free | 4:47.11 | 5:22.60 |
| | | Slower Than | Faster Than | | | Slower Than | Faster Than | | | Slower Than | Faster Than |
| Girls | 10&U 100 Back | 1:32.95 | 1:52.46 | Girls | 11-12 100 Back | 1:17.03 | 1:30.68 | Girls | 13&O 100 Back | 1:13.43 | 1:26.44 |
| Girls | 10&U 100 Breast | 1:47.12 | 2:09.60 | Girls | 11-12 100 Breast | 1:28.08 | 1:43.68 | Girls | 13&O 100 Breast | 1:23.79 | 1:38.64 |
| Girls | 10&U 100 Fly | 1:24.97 | 2:01.16 | Girls | 11-12 100 Fly | 1:17.69 | 1:42.80 | Girls | 13&O 100 Fly | 1:13.85 | 1:26.94 |
| Girls | 10&U 100 Free | 1:21.64 | 1:38.78 | Girls | 11-12 100 Free | 1:08.41 | 1:20.54 | Girls | 13&O 100 Free | 1:05.61 | 1:17.24 |
| Girls | 10&U 100 IM | 1:34.55 | 1:54.39 | Girls | 11-12 100 IM | 1:19.11 | 1:33.13 | Girls | 13&O 100 IM | 1:15.81 | 1:29.24 |
| Girls | 10&U 200 Back | 2:55.87 | 3:32.78 | Girls | 11-12 200 Back | 2:43.32 | 3:08.74 | Girls | 13&O 200 Back | 2:36.42 | 3:00.76 |
| Girls | 10&U 200 Breast | 3:23.64 | 4:06.39 | Girls | 11-12 200 Breast | 3:07.85 | 3:37.08 | Girls | 13&O 200 Breast | 2:59.98 | 3:27.98 |
| Girls | 10&U 200 Fly | 3:11.28 | 3:51.43 | Girls | 11-12 200 Fly | 2:51.96 | 3:18.72 | Girls | 13&O 200 Fly | 2:42.58 | 3:07.88 |
| Girls | 10&U 200 Free | 2:55.93 | 3:32.86 | Girls | 11-12 200 Free | 2:27.15 | 2:50.05 | Girls | 13&O 200 Free | 2:21.49 | 2:43.50 |
| Girls | 10&U 200 IM | 3:00.11 | 3:37.92 | Girls | 11-12 200 IM | 2:47.19 | 3:13.21 | Girls | 13&O 200 IM | 2:40.38 | 3:05.33 |
| Girls | 10&U 400 Free | 5:33.93 | 6:44.02 | Girls | 11-12 400 Free | 5:07.72 | 5:45.75 | Girls | 13&O 400 Free | 4:56.39 | 5:33.02 |

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