EAST KILBRIDE



SWIM TEAM

East Kilbride Short Course

Graded and Timebanded Meet

MEET INFORMATION

Timebanded: Saturday 18th November 2023

Graded: Sunday 19th November 2023

Dollan Aqua Centre

Brouster Hill

East Kilbride, G74 1AF

Under SASA and FINA Rules

Licence Number: WD/L2/035/1123

EAST KILBRIDE GRADED AND TIMEBANDED MEET
SHORT COURSE MEET 2023
MEET INFORMATION

Date:	Saturday 18th/Sunday 19th November 2023		
Venue:	Dollan Aqua Centre, East Kilbride, G74 1AF		
Pool:	6 lanes x 25m with full electronic timing		
Time:	**Timebanded**	Warm-up: 2.05pm	Start: 2.40pm
	Graded	Warm-up: 2.05pm	Start: 2.40pm

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

Age as at 31st December 2023

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

50m on each of the 4 strokes

Graded: 100m IM, Backstroke, Breaststroke, Freestyle

Timeband: 100m Fly, Backstroke, Breaststroke, 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 3rd November 2023

Meet Web Page

Entry Form Link

Entry File Link

EAST KILBRIDE SWIM TEAM

We would like to invite you to the East Kilbride Short Course Graded and Timebanded Meet for 2023. We hope to provide you with a great opportunity for your swimmers to compete and gain experience in a relaxed setting.

Entry Times: 'Slower Than' and 'Faster Than or Equal to' 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. Graded Meet will be accepted slowest to fastest. Timebanded Meet will be accepted by REVERSE Seeding, 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/Bu2Futat375J6M9X9

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

Withdrawals: Any withdrawals prior to the first day of the event should be notified by email to derek@ekasc.co.uk by 8pm on Friday 17th November. Any reserves will be allocated to EKASC swimmers ONLY. 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 for Graded Events where applicable. 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 2023.
- 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/L2/035/1123**
- 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.

Order of Events/Consideration Times - TIMEBANDED MEET - Saturday

Event #	10 & U GIRLS	11/12 GIRLS	13 & O GIRLS	< FASTER THAN >	10 & U BOYS	11/12 BOYS	13 & O BOYS
Event 11	2.01.16	1.31.45	1.26.94	100 Butterfly	2.01.29	1.30.74	1.23.33
Event 12	49.66	41.44	39.58	50 Butterfly	50.09	41.18	38.36
Event 13	1:52.46	1:30.68	1:26.44	100 Backstroke	1:53.61	1:30.49	1:24.14
Event 14	51.15	42.93	40.74	50 Backstroke	51.42	42.77	40.21
Event 15	2:09.60	1:43.68	1:38.64	100 Breaststroke	2:11.80	1:43.22	1:35.36
Event 16	58.75	48.10	46.15	50 Breaststroke	59.16	47.84	44.73
Event 17	1:38.78	1:20.54	1:17.24	100 Freestyle	1:38.89	1:19.44	1:13.88
Event 18	43.87	37.48	36.27	50 Freestyle	43.77	36.78	34.53

Order of Events/Consideration Times - GRADED MEET - Sunday

Event #	10 & U GIRLS	11/12 GIRLS	13 & O GIRLS	< SLOWER THAN >	10 & U BOYS	11/12 BOYS	13 & O BOYS
Event 21	1:54.39	1:33.13	1:29.24	100 Individual Medley	1:54.14	1:32.93	1:27.15
Event 22	49.66	41.44	39.58	50 Butterfly	50.09	41.18	38.36
Event 23	1:52.46	1:30.68	1:26.44	100 Backstroke	1:53.61	1:30.49	1:24.14
Event 24	51.15	42.93	40.74	50 Backstroke	51.42	42.77	40.21
Event 25	2:09.60	1:43.68	1:38.64	100 Breaststroke	2:11.80	1:43.22	1:35.36
Event 26	58.75	48.10	46.15	50 Breaststroke	59.16	47.84	44.73
Event 27	1:38.78	1:20.54	1:17.24	100 Freestyle	1:38.89	1:19.44	1:13.88
Event 28	43.87	37.48	36.27	50 Freestyle	43.77	36.78	34.53

Meet Web Page

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