

**EAST KILBRIDE**



**SWIM TEAM**

**East Kilbride Long Course**

**Summer Sprints**

**MEET INFORMATION**

**Sundy 18th June 2023**

**Dollan Aqua Centre**

**Brouster Hill**

**East Kilbride, G74 1AF**

**Under SASA and FINA Rules**

**Licence Number: WDL2/031/0623**

# EAST KILBRIDE LONG COURSE SUMMER SPRINTS 2023 MEET INFORMATION

Date: Sunday 18th June 2023  
Venue: Dollan Aqua Centre, East Kilbride, G74 1AF  
Pool: 6 lanes x 50m with full electronic timing  
Time: **Session 1** Warm-up: 1.55pm Start: 2.40pm

Categories: 11 & Under, 12/13, 14 & Over

**Age as at 31st December 2023**

Events: The programme for each category will be as follows:  
50m on each of the 4 strokes

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

Entry Fee: £6.50 per event

**Closing Date:**  
**Friday 2nd June 2023**

[Meet Web Page](#)

[Entry Form Link](#)

[Entry File Link](#)

We would like to invite you to the East Kilbride Long Course Summer Sprints Meet for 2023. We hope to provide you with a great opportunity for your swimmers to compete Long Course in a fast setting at a great time of year.

**Entry Times:** Please see Entry Times page. The organisers reserve the right to make cuts to ensure a balanced programme and the smooth running of the meet. Entry times will be long course times; however, short course times converted to long course are acceptable.

**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](mailto:derek@ekasc.co.uk).

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](mailto:derek@ekasc.co.uk) by 8pm on Friday 16th June. For reserves purposes, after scratches are completed, EKASC hold the right to fill reserve spaces for their swimmers. Programmes/Start Sheets/Results will be posted in the pool area via our 'Live Results Service' and 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in all events.

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

**Officials:** To help with accreditation, 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 on the final day of the competition.
- 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 50 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.
- Coaches must ensure that all swimmers can comply with the technical requirements of each stroke. This is a level 1 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 – **WDL2/031/0623**
- 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.

## Events and Entry Times

<b>Event</b>	<b>Faster Than</b>	<b>Slower Than</b>
Event 1 Girls 11&U 50 Fly	45.00	35.00
Event 1 Girls 12-13 50 Fly	43.00	33.00
Event 1 Girls 14&O 50 Fly	42.00	32.00
Event 2 Boys 11&U 50 Fly	44.00	34.00
Event 2 Boys 12-13 50 Fly	42.00	32.00
Event 2 Boys 14&O 50 Fly	40.00	30.00
Event 3 Girls 11&U 50 Back	45.00	35.00
Event 3 Girls 12-13 50 Back	43.00	33.00
Event 3 Girls 14&O 50 Back	42.00	32.00
Event 4 Boys 11&U 50 Back	44.00	34.00
Event 4 Boys 12-13 50 Back	42.00	32.00
Event 4 Boys 14&O 50 Back	40.00	30.00
Event 5 Girls 11&U 50 Breast	49.00	38.00
Event 5 Girls 12-13 50 Breast	47.00	36.00
Event 5 Girls 14&O 50 Breast	44.00	35.00
Event 6 Boys 11&U 50 Breast	47.00	38.00
Event 6 Boys 12-13 50 Breast	45.00	36.00
Event 6 Boys 14&O 50 Breast	41.00	34.00
Event 7 Girls 11&U 50 Free	41.00	32.00
Event 7 Girls 12-13 50 Free	39.00	30.00
Event 7 Girls 14&O 50 Free	36.00	29.00
Event 8 Boys 11&U 50 Free	40.00	31.00
Event 8 Boys 12-13 50 Free	38.00	29.00
Event 8 Boys 14&O 50 Free	34.00	27.00

[Meet Web Page](#)

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