

INTENT TO PARTICIPATE FORM FOR BATHGATE ASC SWIMMERS



GALA & DATE – EAST DISTRICT TIME TRIALS – Saturday 9TH OCTOBER 2021 – ALL ARE SHORT COURSE EVENTS (25m lengths) **NO SPECTATING PERMITTED**

The East District is holding these time trials to provide an opportunity for swimmers to gain entry times for the planned Scottish event in December and future East District meets. There are no finals or awards. There are 5 identical Time Trials (2 District and 3 Regional) happening on various dates around the east district with the same focus as above. Bathgate ASC has decided to enter the District event in Edinburgh on 9/10/21.

Swimmer numbers for events will be agreed by the East District swim committee and the facility after all entries are received. If it is necessary to reject entries, this will be done at the discretion of the ED swim committee. Where swims are rejected from the district event (at the Royal Commonwealth Pool), these will be accommodated in the appropriate Regional event – (ours is Prestonpans pool on 23/10 but attendance at that firstly needs to be confirmed by Bathgate ASC) – to ensure as many athletes as possible have the opportunity to swim.

LOCATION – Royal Commonwealth Pool – Edinburgh EH16 5BB

SESSION TIMES – please see sheet 2 of this document

ELIGIBLE SWIMMERS – Swimmers may be entered if they are considered as currently swimming at District level. Seek coach advice if in doubt whether to enter or not. ****for guidance only** please see sheet 3 for the 2019/2020 consideration times to compete at the last East District Age Group competitions – please compare your swimmer’s times against these – if they are slower than those times published, then it is unlikely that they’ll be accepted into this meet – this meet is likely to be oversubscribed****

EVENTS & AGE GROUPS – 12, 13, 14, 15, 16, 17, then 18 & over - Age as at 31st December 2021

All events are 100 m Freestyle /Backstroke /Breaststroke /Butterfly and 200m Individual Medley

ENTRY FEES – max. 5 entries costs £25 – charge is a flat £25 whether just 1 swim entered or the max. of 5

FULL MEET INFO. – <https://www.swimscotland.co.uk/>

CLOSING DATE FOR SUBMITTING ENTRIES –midday Saturday 12th September

Dates	Saturday 9th October		
Pool	RCP	8 lane 25m competition pool, 6 lane 25m swim down pool	
Session Times			
	Session	Warm Up	Start
	1	13:20	14:00
	2	16:15	17:00

Schedule of Events



Session 1 - Afternoon
200 IM Girls
100 Fly Boys
100 Back Girls
100 Breast Boys
100 Free Girls
Session 2 Evening
200 IM Boys
100 Fly Girls
100 Back Boys
100 Breast Girls
100 Free Boys

THESE WERE THE CONSIDERATION TIMES FOR EAST DISTRICT AGE GROUP CHAMPIONSHIPS 2019/2020

****PLEASE USE THE TIMES BELOW FOR GUIDANCE – ANY ENTRANTS FOR THE TIME TRIALS EVENT ON 9TH OCTOBER 2021 SHOULD HAVE TIMES EQUAL TO OR LESS THAN THOSE STATED BELOW****

All 100m and the 200m IM times are long course (50m lengths). All other times are short course (25m lengths)

Year of birth	2008 & 2009	2007	2006	2005	2004	2003 or earlier
MALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:38.00	00:35.00	00:32.00	00:30.00	00:28.50	00:27.00
100m Freestyle	01:28.00	01:19.00	01:13.00	01:08.00	01:04.00	01:00.00
200m Freestyle	03:00.00	02:45.00	02:32.00	02:22.00	02:13.00	02:10.00
400m Freestyle	06:20.00	05:45.00	05:15.00	04:55.00	04:49.00	04:30.00
800m Freestyle		11:40.00	11:10.00	10:30.00	09:30.00	09:00.00
1500m Freestyle		21:00.00	20:30.00	19:40.00	18:50.00	18:00.00
50m Backstroke	00:44.70	00:41.35	00:36.90	00:35.70	00:33.90	00:33.70
100m Backstroke	01:40.00	01:30.00	01:25.00	01:17.00	01:14.00	01:12.00
200m Backstroke	03:20.00	03:06.00	03:02.00	02:50.00	02:41.00	02:32.00
50m Butterfly	00:46.00	00:41.70	00:36.00	00:34.00	00:32.50	00:29.40
100m Butterfly	01:47.00	01:32.00	01:26.00	01:20.00	01:16.00	01:08.00
200m Butterfly	03:42.00	03:20.00	03:08.00	02:58.00	02:50.00	02:32.00
50m Breaststroke	00:52.00	00:49.00	00:41.50	00:40.00	00:37.75	00:35.00
100m Breaststroke	01:55.00	01:44.00	01:35.00	01:30.00	01:25.00	01:21.00
200m Breaststroke	03:45.00	03:35.00	03:15.00	03:08.00	03:03.00	02:55.00
200m IM	03:35.00	03:14.00	03:05.00	02:53.00	02:50.00	02:32.00
400m IM	07:10.00	06:35.00	06:10.00	05:48.00	05:40.00	05:10.00
Year of birth	2008 & 2009	2007	2006	2005	2004	2003 or earlier
FEMALES	Group 1	Group 2	Group 3	Group 4	Group 5	Group 6
50m Freestyle	00:35.50	00:32.60	00:31.25	00:30.40	00:30.00	00:29.50
100m Freestyle	01:20.00	01:14.00	01:10.00	01:09.00	01:08.00	01:07.00
200m Freestyle	02:55.00	02:40.00	02:30.00	02:26.00	02:25.00	02:22.00
400m Freestyle	05:58.00	05:30.00	05:15.00	05:05.00	05:00.00	04:55.00
800m Freestyle		11:00.00	10:30.00	10:10.00	10:00.00	09:53.00
1500m Freestyle		22:30.00	20:40.00	20:30.00	19:40.00	18:50.00
50m Backstroke	00:43.00	00:38.00	00:36.00	00:35.00	00:34.75	00:34.00
100m Backstroke	01:32.00	01:27.00	01:22.00	01:21.00	01:20.50	01:18.00
200m Backstroke	03:10.00	03:04.00	02:53.00	02:48.00	02:46.00	02:44.00
50m Butterfly	00:43.00	00:37.00	00:35.00	00:34.00	00:33.00	00:33.00
100m Butterfly	01:47.00	01:34.00	01:25.00	01:24.00	01:23.00	01:18.00
200m Butterfly	03:45.00	03:25.00	03:15.00	03:04.00	02:56.00	02:44.00
50m Breaststroke	00:49.00	00:44.00	00:41.00	00:40.00	00:39.25	00:39.00
100m Breaststroke	01:48.00	01:39.00	01:35.00	01:32.00	01:30.00	01:26.00
200m Breaststroke	03:40.00	03:20.00	03:13.00	03:08.00	03:06.00	03:00.00
200m IM	03:10.00	03:08.00	03:02.00	02:57.00	02:54.00	02:45.00
400m IM	06:30.00	06:20.00	06:04.00	05:54.00	05:48.00	05:32.00