

SASA East District Long Course Time Trial

Sat & Sun 27th & 28th April 2019

Location: Royal Commonwealth Pool, Edinburgh

Time: Sat & Sun 1300 Warm-Up 1345 Start (tbc)

Eligibility: **Open from Bronze up to Platinum squads.** The East District is holding this time trial to provide an opportunity for swimmers to gain experience in competing over a range of events in a long course (50m) pool.

Swimmers cannot enter an event for which they were accepted at EDAGs round 2 (Dec 18) or round 4 (Feb 19). ****This does not affect many of our Club swimmers****

In addition, swimmer's entry time must be SLOWER than the published consideration times for that event. Please refer to your squad eligibility report.

Cost: £5.00 per swim.

Events The events will be 50m and 100m for all strokes. **All events will be swum mixed gender with results declared separately.**
Each session may commence with a male 800 freestyle and a female 1500 freestyle, (available only to swimmers competing in the East District Open over the same weekend and dependent on the number of entries received for the whole meet – these 2 long distances are not open for entrants just in this Time Trial)

- **Event Selection:** If a cell is blank in the eligibility report then you cannot enter that event - if a time appears in a cell (which will be slower than the qualifying time listed above it), then you can enter that event

Closing Date: All entries to be emailed to your squad admin before **9pm Wed 3rd Apr.**

Saturday	101	50m Butterfly	Age groups are defined by year of birth; Group 1 - born in 2007 & 2008 Group 2 - born in 2006 Group 3 - born in 2005 Group 4 - born in 2004 Group 5 - born in 2003 Group 6 - born in 2002 or earlier
	102	50m Backstroke	
	103	100m Freestyle	
	104	100m Breaststroke	
Sunday	201	100m Butterfly	
	202	100m Backstroke	
	203	50m Freestyle	
	204	50m Breaststroke	