

SASA East District Time Trial **20th & 21st October 2018**

Location: Mergat, Prestonpans

Time: Saturday Session 1 warm up 9.00 start 10.00
Saturday Session 2 warm up 13.30 start 14.30
Sunday Session 3 warm up 9.00 start 10.00
Sunday Session 4 warm up 13.30 start 14.30

Eligibility:

The East District holds this time trial to provide an opportunity for swimmers to gain entry times for parts 1 & 2 of the East District age group championships (EDAGs). There are no finals or awards.

Swimmers **CANNOT** enter an event where they are faster than the consideration time. Please consult the attached full squad eligibility report & eligible only report when selecting swims. If your time has an asterisk* next to it then this means you are 'too fast' to enter that event.

Verified (accredited) entry times, achieved in a Level 1 or 2 Meet, should be provided for all events. Times achieved since 20 Sep 2017. A proof of time report must be sent in with the entries. Swimmers with no time against any event means they currently do not have a verified recorded time on the SWL database. Entries without verified times will be rejected, without refund.

The ED Swimming Committee is aware however that providing a verifiable time for the Girls 1500m Freestyle and the Boys 800m Freestyle may be difficult. For these events **ONLY** a time from a club Time Trial or a training session which has been verified by a British Swimming Registered Official or a Swimming Official of Starter level or above will be acceptable.

Cut off numbers for each event will be determined, if necessary, by the organising committee after entries have been received. If it is necessary to reject entries for the time trial, this will be done at the discretion of the meet organisers, to ensure that those with the best chance of achieving the EDAGs consideration time are accepted.

Representation:

Swimmer will represent their clubs at this event. Fees for accepted swims should be paid direct to your club for this meet.

Cost: £6.00 per swim.

Events

The events will be 200m for all strokes and 200 IM, 400m IM and 400m, 800m and 1500m Freestyle. All events EXCEPT 200m IM will be swum separately for boys and girls. The 200 IM will be swum as a mixed sex event. There are opportunities to swim it at the end of every session. Swimmers should choose which session to swim it in with regard to the rest of their schedule. The 800/1500m Freestyle events are NOT OPEN to the youngest age group. Both the 1500m and 800m Freestyle are open to boys and girls. Link swimscotland website: Includes EDTT Consideration Times
<http://www.swimscotland.co.uk/>

Event Selection: Please select your swims with reference to the meet info & squad eligibility report

Closing Date: All forms must be returned to your squad admin strictly before **9pm Mon 10th September**

SASA East District Time Trial

20th & 21st October 2018

Closing Date: 9pm Monday 10th September 2018

Name _____ Date of Birth _____.

Session 1 Saturday		Session 3 Sunday	
101 200m Butterfly Boys		301 200m Breaststroke Boys	
102 400m IM Girls		302 200m Butterfly Girls	
103 800m Freestyle Boys		303 1500m Freestyle Boys	
104 200m Freestyle Girls		304 400m Freestyle Girls	
105 200 IM Mixed*		305 200 IM Mixed*	
Session 2 Saturday		Session 4 Sunday	
201 400m Freestyle Boys		401 200m Backstroke Girls	
202 800m Freestyle Girls		402 400m IM Boys	
203 200m Backstroke Boys		403 1500m Freestyle Girls	
204 200m Breaststroke Girls		404 200m Freestyle Boys	
205 200 IM Mixed*		405 200 IM Mixed*	

*. The 200 I M will be swum as a mixed sex event. There are opportunities to swim it at the end of every session. Swimmers should choose which session they wish to swim it in.

Age groups are defined by year of birth; **Age as at 31/12/2019** on the squad reports.

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

Swimmers Signature _____ Date _____

Parent/Guardian Signature _____ Date _____