

SASA East District Time Trial **19th & 20th October 2019**

Location: Bathgate Xcite

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 the longer distance events in 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 1 Nov 2018. Swimmers with no time against any event means they currently do not have a verified recorded time on the SWL database.

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 Club Coach and set in presence of a qualified judge 1 or above.

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 200m/400m IM and 400m/800m/1500m Freestyle.
The 200m IM, 800/1500m Free will be swum as a mixed sex event. Swimmers should choose which session to swim it these events in.
The 800/1500m Freestyle events are NOT OPEN to the youngest age group.
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 Wed 11th September**

SASA East District Time Trial

19th & 20th October 2019

Closing Date: 9pm Wednesday 11th September 2019

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 1500m Freestyle Mixed*		303 800m Freestyle Mixed*	
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 Mixed*		402 400m IM Boys	
203 200m Backstroke Boys		403 1500m Freestyle Mixed*	
204 200m Breaststroke Girls		404 200m Freestyle Boys	
205 200 IM Mixed*		405 200 IM Mixed*	

*** The 200 I M, 800/1500m Free will be swum as a mixed sex event. Swimmers should choose which session they wish to swim it in.**

Age groups are defined by year of birth; **Age as at 31/12/2020** on the squad reports.

Group 1 – born in 2008 & 2009

Group 2 – born in 2007

Group 3 – born in 2006

Group 4 – born in 2005

Group 5 – born in 2004

Group 6 – born in 2003 or earlier

Swimmers Signature _____ Date _____

Parent/Guardian Signature _____ Date _____